Adoption and Therapeutic Help

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/adoption-and-therapeutic-help/

Summary: The article describes the challenges adopted children may experience adjusting to their new families and environments. It highlights that adopted children might need therapy to resolve feelings about their birth parents, especially if they were older at adoption or had experienced trauma or international adoption.

Application: Post-adoption services, including outpatient psychotherapy, residential treatment, educational services, and support groups, are essential and commonly sought by adoptive families. The article offers practical advice for finding appropriate therapists and support services, even in areas with limited resources; and a comprehensive list of national organizations and resources.

Source: International Adoption Help

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