Counseling for Adopted Adults and Children

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/counseling-for-adopted-adults-and-children/

Summary: Adoption counseling involves members of the adoption triad (birth family, adoptive family, and adoptees) working with professionals who are adoption competent and trained to address adoption-related issues.

Application: The therapy can benefit those struggling with adoption-related emotions or relationships. Adoptees benefit from improved self-esteem, healthier relationships, and better mental health by having specialized advice and support. Resources for finding adoption counseling include state agencies and adoption agencies, when not available other suggested support include support groups and reading materials.

Source: Considering Adoption

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