Directory of Therapies

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/directory-of-therapies/

Summary: This resource compiles a list of therapy modalities that work best for families who have experienced child welfare. This list is a starting point for families to discuss with their clinician.

Application: Professionals can share this resource with families as they consider the type of service that might best fit their needs. It's important that parents are knowledgeable about what works best for families formed through adoption.

Source: Center for Adoption Support and Education

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The 3-5-7 Model® is built on the belief that all children placed in out-of-home care experience separation and loss, and this loss must be acknowledged and grieved before permanency can be pursued. The Model is underscored by the three core values of separation and loss, resilience, and attachment. It is a directional model – always moving towards the decision of relationships in permanence, relying on the belief that a child or youth must do their own work to know their own story. The 3-5-7 Model® is both an approach and a framework – it focuses heavily on case workers and supervisors, ensuring they are best trained to guide youth through the grieving process, to heal relationships, and build trust and permanent relationships. The Model recognizes that permanency is a relationship; it is not a place. Therefore, it is a guided approach that trains and coaches professionals to support young people and families to make those decisions themselves, through meetings, tools, and activities. 3-5-7-model-overview

Adoption themed camps and other camp experiences focus on healing relationships and experiences. There are family camps that create positive family memories and offer parent workshops and children's activities that foster understanding of adoption and a sense of belonging. Camps for children can have various themes; for example, "Camp To Belong," gives separated siblings a chance to reunite, while being therapeutic and healing Camp To Belong | Reuniting Brothers & Sisters Separated by Foster Care. Another example is the family camp model through Pact, where adopted children of color get support being amongst peers and mentors while their parents gain skills and support. Pact Family Camp - Family Camp For Adopted Children of Color (pactadopt.org)

Animal Therapies such as Equine Therapy and the use of therapy dogs and other animals, teaches children how to take care of and nurture an animal as well as how to interact and communicate with the animal. With equine therapy, children learn when to let the horse take the lead and when to take the lead themselves. As they learn about the ways in which horses learn, react, and follow instructions, they can relate these lessons to their own lives. Telling an animal's story, for instance about a puppy leaving their mother and siblings to be part of another family, can help an adopted child be more open to telling their own story. Having an animal present during a therapeutic session can be a calming influence on a child who has formed a relationship with and is comforted by the animal.

Attachment and Biobehavioral Catch-up (ABC), was developed by Dr. Mary Dozier, and tailored toward infants who have experienced early adversity. This practice model is covered in more depth in NTI Module 3 Promoting Secure Attachments – Relationships and Experiences Matter. ABC Intervention | Developmental Psychology Lab

Attachment-Based Family Therapy (ABFT) was designed to capitalize on the innate desire for meaningful and secure relationships. It is an interpersonal, process-oriented, trauma-focused

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