I Spy Helpful Help: How to Find an Adoption-Competent Therapist

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This article underscores the profound and lifelong impacts of foster care, kinship care, and adoption on children's mental health and development. It emphasizes the prevalence of mental health challenges among children in these systems, often requiring specialized therapeutic approaches such as adoption-competent therapy.

Key themes include:

- The interplay of trauma and attachment
- The significance of secure attachments for healthy development
- Questions for interviewing prospective therapists

Adoption-competent therapists play a pivotal role in addressing these challenges by understanding trauma's impact, supporting grief and loss, and fostering positive identity development.

Source: National Council for Adoption

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