

What Is Adoption Therapy?

Adoption therapy is a specialized form of therapy tailored to the specific needs of individuals and families touched by adoption.

The goal is to provide a supportive and understanding environment to explore and process unique experiences, develop coping strategies, strengthen relationships, and ultimately thrive. It can address a wide range of challenges due to the complexities of adoption including identity exploration, attachment, grief and loss, relationship dynamics within the adoptive family, search and reunion, and navigating open adoption relationships.

Who Is Adoption Therapy Right For?

All members of the adoption triad (birth family members, adoptive family members, and adoptees) can all benefit from adoption counseling, either individually or together.

Whether facing relationship challenges within the adoption triad or grappling with complex emotions tied to adoption, seeking adoption counseling is a valuable option. It's similar to seeking counseling for any other emotional or relationship struggle but it's tailored specifically to the unique dynamics of adoption.

If you are currently working with a therapist, they might recommend an adoption competent therapist based on your own needs.



Learn More:

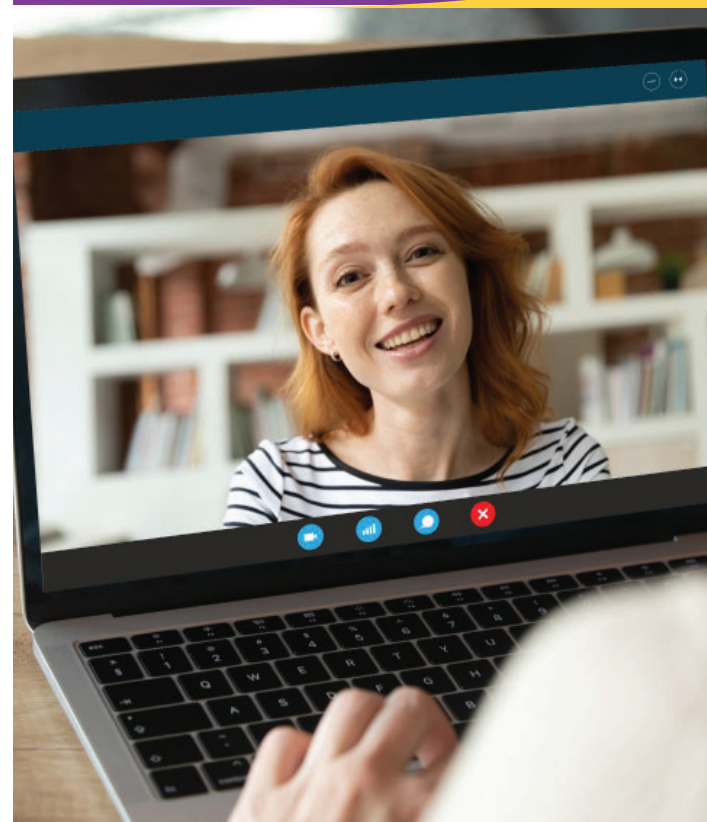
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ADOPTION THERAPY

For All Members of the Adoption Triad



 **Adoptions From The Heart®**
*Navigating the Complexities of
Adoption Together*

When Is It Time to Seek Help?

There is no shame in seeking help. We are here to provide tools and help you navigate whatever you are experiencing. Adoption-related challenges can arise at different phases of life and therapy can assist and ease the struggles.

Common Reasons People Seek Help:

- Trauma and loss related depression/anxiety
- Struggling with identity and sense of belonging
- Relationship difficulties - this can be related to open adoption relationships or just in general
- Attachment and bonding challenges
- Navigating search and reunions
- Behavioral concerns such as isolation, acting out, struggling connecting with peers, etc.
- Going through major life transitions
- Deeper understanding of impact of adoption

If you are currently working with a therapist, they might recommend an adoption competent therapist based on your own needs.

Why Is It Important to Find an Adoption Competent Therapist

While other therapists may be able to help in some ways, adoption-competent therapists are mental health professionals who have specific training and expertise on the nuances of adoption-related issues. They understand the unique dynamics and challenges that individuals and families may face throughout life.

As a child, I went through many different testings to see what kind of therapies and interventions worked best for me. Unfortunately, many of them were more of a band-aid to a much larger issue.

Meeting with an adoption competent therapist when I was older was the first time my feelings were validated. Finally, I had someone that could imagine what I was going through. I finally felt like I had a voice.

- Christian, International Adoptee

What Are the Benefits?

Adoption therapy can offer numerous benefits. By addressing areas of challenge for individuals and families, adoption-competent therapy can promote healing, understanding and enhance emotional well-being for individuals and families. Adoption therapy can help all members of the adoption triad to navigate the complexities of adoption more effectively.

Commonly Reported Benefits:

- Validation and understanding
- Emotional processing and healing
- Stronger sense of identity
- Increased confidence and self-esteem
- Support during major life transitions
- Better communication skills
- Healthier relationships
- Assistance with attachment and bonding
- Guidance through search and reunion process

About Our Services

Adoptions From The Heart is now offering therapy by adoption-competent mental health professionals.

As of now, we are only accepting clients residing in the state of CT however we have plans to expand our services to other states in the future.

Our adoption-competent therapists are available to provide telehealth (remote) individual and family therapy. We are currently accepting new patients of all ages who have been impacted by adoption.

Our services are self-pay as we are not accepting insurance at this time however we are in the process of being approved for Husky.

First Step

The first step can sometimes be the hardest but also the most important. Contact us today to set up a free consultation with one of our adoption-competent therapists to learn more.

There are several ways you can reach out:
Complete the form at www.afth.org/therapy
Email us at Therapy@afth.org
Or call us at 347-997-0847

We look forward to hearing from you.