

# Therapies To Help Adopted Children With Their Mental Health

## Family Therapy

This approach helps to form a strong attachment between the child and the family by achieving a balance of their needs and helping them communicate better with each other.



## Play Therapy

Mostly used with children unable to express themselves well, such as the younger ones. Play therapy uses games and activities to help children cope with their issues and convey their fears and concerns.



## Attachment-Focused Therapy

It focuses on past traumatic experiences of the child. The therapist discusses ways to help the parents understand these and guides the children to overcome them, helping alleviate the fear of attachments.



## Group Therapy

This approach lets children talk with other children going through similar issues in a small group setting and aims to improve their self-esteem and make them feel accepted as they realize they are not alone.



### Reference:

1. Finding and Working With Adoption-Competent Therapists; Child Welfare Information Gateway