



## Post Adoption Services

Branching Out understands that adoption is a process – miraculous, exciting, and difficult at times. Given our understanding of attachment, we recognize that adjusting to an adoption can require a lot of work on the part of the parents, other children in the home and the adoptive child. A new family is being formed [and having contact with the many adults in the adoptive process can be stressful for this new family.](#)

We believe that providing assistance to the family in the post adoption phase can aid the family in defining its new culture and identity. Our therapists aim to arm the family with the knowledge they need to facilitate attachment, using various modalities. We work with the family as a whole, with the parents and/or with their child(ren). We use Dr. Daniel Hughe's and Dr. Bruce Perry's work as a philosophical basis, as well as Theraplay Marschak assessments and techniques. Our therapists are trained Play Therapists through the Canadian Association of Child & Play Therapists.

After an initial phone consultation, we like to meet with the parents to establish the goals of the intervention. Where ever possible, we involve the [parents](#) along the way – either in a family meeting facilitated by the therapist or in a theraplay session, or in individual play therapy sessions. We highly respect that intervention needs to be tailored to meet the needs of each individual family, and that the family needs to be acknowledged as a unit – a developing and dynamic unit – in a way that facilitates solidarity [and fosters the emerging attachment.](#)

In addition to [parent education based family support](#) (filial work) counselling and play therapy, Branching Out also offers a Parent Educational/Support Group called "Loving Our Attachment Challenged [Kids](#)" on a monthly basis. This group is a combination of educational material facilitated by Theresa Fraser, (see [theresafraser.com](http://theresafraser.com)) and practical and useful tips and techniques shared by other foster, kinship, biological and adoptive parents.

At Branching Out we believe that attachment can be developed and nurtured if the family has the knowledge and skills to work with. We know that the hope and love are there in the family already – we just assist along the way.

Please contact us at 905-799-7589, or at [info@branchingout1.com](mailto:info@branchingout1.com) .Our website is branchingout1.com