

ADOPTION-SPECIFIC THERAPY:
A GUIDE TO HELPING ADOPTED CHILDREN AND THEIR
FAMILIES THRIVE

SUMMARY OF HANDOUTS FOR PARENTS AND CHILDREN

(NOTE TO THERAPISTS: PLEASE HAVE MARKERS, CRAYONS, STICKERS,
GLITTER, GLUE, ETC. AVAILABLE FOR CHILDREN TO ENCOURAGE THEM TO
DECORATE THEIR HANDOUTS AS APPROPRIATE)

CHAPTER 2 HANDOUT

HANDOUT A: MATERIALS NEEDED FOR ADAPT TOOLKIT

HANDOUTS FOR MODULE 1:

TRUST, POSITIVE COPING STRATEGIES, AND BEHAVIOR MANAGEMENT

PARENT SESSION 1

HANDOUT 1: MODULES OF ADAPT (ADOPTION-SPECIFIC THERAPY)

HANDOUT 2: BASIC BELIEFS OF ADOPTION-SPECIFIC THERAPY

HANDOUT 3: WHAT PARENTS CAN EXPECT DURING THE TRANSITION

HANDOUT 4: PARENT PROGRESS REPORT (PPR)

HANDOUT 5: MY CHILD'S POSITIVES

HANDOUT 6: MY CHILD'S STRENGTHS/CONCERNING BEHAVIORS

PARENT SESSION 2

HANDOUT 7: CHILD-LED PLAY SKILLS

HANDOUT 8: ADOPTION-SPECIFIC BEHAVIOR RECORD

HANDOUT 9: CHILD-LED PLAY RECORD SHEETS

CHILD SESSION 2

HANDOUT 10: FEELINGS FOR FEELINGS GRAB BAG

HANDOUT 11: FEELINGS THERMOMETER

HANDOUT 12: ADOPTION FILL-IN-THE-BLANK (for children 8 and older)

PARENT SESSION 3

HANDOUT 13: POSITIVE PARENTING STRATEGIES

HANDOUT 14: 101 WAYS TO PRAISE A CHILD

HANDOUT 15: MODEL REWARD CHART

HANDOUT 16: PRAISE AND ENCOURAGEMENT RECORDS

HANDOUT 17: REINFORCERS FOR MY CHILD

CHILD SESSION 3

HANDOUT 18: MUSCLE RELAXATION PICTURES

PARENT SESSION 4

HANDOUT 19: POSITIVE DISCIPLINE STRATEGIES

HANDOUT 20: BEHAVIORAL STRATEGIES FOR COMMON DIFFICULT CHILD

BEHAVIORS USING ADOPTION-SPECIFIC LENS

CHILD SESSION 4

HANDOUT 21: KIDS' COPING SOLUTIONS

HANDOUT 22: COPING WITH MY PROBLEM

JOINT SESSION

HANDOUT 23: WHAT I LIKE ABOUT YOU

HANDOUT 24: COPING STRATEGIES LOG

HANDOUTS FOR MODULE 2:

DEVELOPMENTAL UNDERSTANDING OF ADOPTION EXPERIENCE

PARENT SESSION 1

HANDOUT 25: SUGGESTED ADOPTION BOOKS BY AGE GROUP

HANDOUT 26: CHILD'S ADOPTION STORY

PARENT SESSION 2

HANDOUT 27: CHILD'S PLACEMENT HISTORY TIMELINE

HANDOUT 28: SAMPLE SCRIPTS FOR DISCUSSING DIFFICULT HISTORY WITH
CHILDREN

HANDOUT 29: CHILDREN'S QUESTIONS ABOUT ADOPTION AT DIFFERENT
DEVELOPMENTAL STAGES

CHILD SESSIONS 2 & 3

HANDOUT 30: MY ADOPTION STORY: A LIFEBOOK

HANDOUT 31: QUESTIONS FOR MY PARENTS

HANDOUTS FOR MODULE 3:
LOSS AND GRIEF ISSUES IN ADOPTION

PARENT SESSION 1

HANDOUT 32: LOSS CHART

HANDOUT 33: UNDERSTANDING MY CHILD'S LOSSES

HANDOUT 34: MY CHILD'S GRIEF REACTIONS

CHILD SESSION 1

HANDOUT 35: WHAT CHILDREN MAY LOSE

PARENT SESSION 2

HANDOUT 36: UNDERSTANDING CHILD'S REJECTING/TESTING BEHAVIOR

JOINT

HANDOUT 37: SAMPLE TREE AND LEAVES FOR TREE OF REMEMBRANCE

HANDOUTS FOR MODULE 4:

ATTACHMENT AND JOINING WITH THE ADOPTIVE FAMILY

PARENT SESSION 1

HANDOUT 38: CIRCLE OF SECURITY

HANDOUT 39: ATTACHMENT STYLES

CHILD SESSION 1

HANDOUT 40: FAMILY FIGURES FOR CHILD'S WEB OF CONNECTIONS

PARENT SESSION 2

HANDOUT 41: WAYS TO ENCOURAGE ATTACHMENT

CHILD SESSION 2

HANDOUT 42: FAMILY ACTIVITIES CARDS

JOINT SESSION

HANDOUT 43: WHAT I LIKE ABOUT OUR FAMILY/WHAT I WOULD LIKE TO CHANGE ABOUT OUR FAMILY

HANDOUTS FOR MODULE 5:

SEARCH FOR IDENTITY AND TRANSRACIAL ADOPTION

PARENT SESSION 1

HANDOUT 44: COMMON CHILDREN'S QUESTIONS ABOUT IDENTITY

PARENT SESSION 2

HANDOUT 45: MY CHILD'S IDENTITY

CHILD SESSION 2

HANDOUT 46: MY SELF CHART

PARENT SESSION 3

HANDOUT 47: SUPPORTING MY CHILD'S RACIAL/ETHNIC IDENTITY

HANDOUT 48: OUR JOINT TRANSRACIAL FAMILY IDENTITY

CHILD SESSION 3

HANDOUT 49: BOOKS ABOUT DIVERSE FAMILIES

PARENT SESSION 4, CHILD SESSION 4, and JOINT SESSION

HANDOUT 50: POSITIVE RESPONSES TO DISCRIMINATION SITUATIONS

HANDOUT FOR MODULE 6:
ADOPTION AND THE OUTSIDE WORLD

PARENT SESSION 1

HANDOUT 51: DIFFICULT ADOPTION-RELATED QUESTIONS

HANDOUTS FOR MODULE 7:

TRAUMA TREATMENT

PARENT SESSION 1

HANDOUT 52: COMMON REACTIONS TO TRAUMA AND STRESS

HANDOUT 53: MY CHILD'S TRAUMA HISTORY

CHILD SESSION 1

HANDOUT 54: PREVALENCE GRAPHICS

HANDOUT 55: COMMON REACTIONS CHECKLIST FOR KIDS (under 10 years)

HANDOUT 52: COMMON REACTIONS TO TRAUMA AND STRESS (10 & over) (From Parent Session 1)

HANDOUT 56: WHAT HAPPENED TO ME

HANDOUT 57: COPING STRATEGIES FOR POSTTRAUMATIC STRESS REACTIONS

CHILD SESSION 2

HANDOUT 11: FEELINGS THERMOMETER (from Module One Child Session 2)

PARENT SESSION 3

HANDOUT 58: TIPS FOR LISTENING TO YOUR CHILD

HANDOUTS FOR TERMINATION SESSION

HANDOUT 59: WHAT I LIKE ABOUT YOU (adapted for termination session)

HANDOUT 60: ADAPT CERTIFICATES