



# FINDING AN ADOPTION-COMPETENT THERAPIST

Finding an adoption competent therapist who understands the unique needs of members of the adoption triad is important for successful treatment. Therapists need to understand areas such as disrupted attachment, grief and loss, trauma, navigating birth parent relationships, transitions from foster care to adoption, race issues in trans-racial families, identity development, and trauma-informed parenting. Listed below are questions to ask therapists. Included on page 2 are articles to read for more information and where to find adoption competent therapists. For more assistance, please email [info@wisapsp.org](mailto:info@wisapsp.org).

- Have you completed the [Training for Adoption Competency \(TAC\)](#)?
- What course work or specialized training have you completed in the areas of adoption and trauma competency?
- How long have you been in practice?
- What approaches to therapy do you use specific to adoption and trauma?
- What percentage of your caseload is adoptive families, birth parents, and adult adoptees?
- What experience do you have working with adoptive families, birth parents, and adult adoptees?
- What are the unique issues of adoptive families, birth parents, and adult adoptees?
- How does trauma impact a child's development?
- What is trauma-informed parenting?
- What types of adoptive families have you worked with?
- What books about adoption and trauma do you recommend?
- What are your thoughts about adoptive children's relationships with their birth families?
- What is your experience assisting adoptive families navigate birth family relationships?

Articles  
about  
Finding an  
Adoption-  
Competent  
Therapist



[Finding and Working With Adoption-Competent Therapists](#)

[7 Questions to Ask When Looking for an Adoption Therapist](#)

[5 Questions to Ask a Potential Adoption Therapist as an Adoptee](#)

[10 Questions to Ask When Searching for an Adoption Competent Therapist](#)

[Screening Questions When Seeking an Adoption-Competent Therapist](#)

[Interview Questions to Find an Adoption Therapist](#)

[Choosing The Right Adoption Competent Therapist For Your Family](#)

## Where to Find an Adoption-Competent Therapist

[WISAPSP's Mental Health Professionals Directory](#)

[Directory of TAC Trained Mental Health Professionals](#)

[Adoptee-Therapist Directory](#)



Wisconsin Adoption and Permanency Support Program  
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