



nurture.
inspire.
empower.

Counseling at C.A.S.E.

Why do you need an adoption-competent therapist?

It is not always obvious that a problem you may be experiencing yourself or with your child is related to adoption, and it may or not be. C.A.S.E.'s highly trained therapists are first and foremost experienced in all facets of adult and child mental health – prepared to address any concerns including:

- Anxiety/depression
- School/learning/attention difficulties
- Job performance/career
- Emotional/behavioral/social challenges
- Attachment and relationship issues
- Trauma histories

“C.A.S.E. counseling saved our daughter. She was a self-destructive child and is now doing great. Her therapist established a strong commanding relationship, challenged her and gave her honesty in return.”

- Adoptive parent

Being adoption-competent means that C.A.S.E. therapists are unique in understanding how whatever challenge or difficulty you are experiencing may be connected to the adoption experience.

What does it mean to be adoption-competent?

“We floundered and no one could really help us with her trauma issues and it wasn’t until we came to C.A.S.E. that we got the help we needed.”

- Adoptive parent

C.A.S.E. therapists use a family-based, strengths-based, evidence-based, developmental and systemic approach when working with birth, foster, and adoptive families. We have knowledge, clinical skills and experience in treating individuals with a history of trauma including abuse and neglect. We understand the different types of adoption; the clinical issues that are associated with separation, loss and grief, and attachment; the common developmental challenges in the life-long experience of adoption; as well as the characteristics and skills that make adoptive families successful.

Our therapists are skilled in using a range of therapies and are culturally competent and sensitive to the racial, cultural, and gender identification issues that can impact children and their families. Our focus: helping individuals heal, strengthening relationships, and providing the support and life skills necessary to ensure each family’s longevity and well-being. And finally, we are skilled in advocating with other service systems on behalf of birth and adoptive families.



Meet our mental health staff

We’re proud of our highly trained clinical staff who are not only adoption-competent, but ALSO exceptional mental health clinicians. Visit us online to read the bios on each of our therapists from all seven of our offices in Maryland, Northern Virginia, Baltimore and New York. C.A.S.E. serves families in person and through secure, interactive video counseling “telehealth.”

Schedule an Appointment

866.217.8534 or appts@adoptionsupport.org

www.adoptionsupport.org

Evening and Saturday hours available at select locations