



Adoption Support

ACCESSING THERAPIES



Coram's Adoption Support

Adoption is a big decision. When you adopt with us you won't be alone, we'll guide you through the adoption process – all the way to becoming a family, and beyond.

The preparation and training you had before your child or children came to join your family will help, but it cannot prepare you completely for the reality of caring for a child who has had a difficult start. Our Adoption Support Service includes senior adoption social workers who understand the complexity and impact of adoption – and can help you find the services which will best support you as an adoptive parent.

We recognise the lifelong impact of adoption and we will help adults who were formerly in the care of the Thomas Coram Foundation to access their records. We will also provide information to descendants of those who were formerly at the Foundling Hospital.

For more information contact
Val: val.payman@coram.org.uk



Our Adoption Support Team is here to help

Families are welcome to come back to us for advice and training at any time – not just if things are difficult, but to refresh your learning and acquire new skills. Our aim is to provide opportunities that will support you as your children grow.

Talk to us

We understand that seeking help itself can be challenging. We want to make it as easy as possible for you to share any concerns or worries. This may include: school and education, behaviour management, transitions and your child's life story and life story book.

We are also available to meet you and your children to think about what help you might need. Having space and time to reflect and work things out together is often the best way to proceed.

Adoption Support Helpline

Call our helpline for advice and support on any adoption matter:

Monday to Friday 9.00am–1.00pm

020 7520 0383

Email adoption@coram.org.uk

Helping you access the Adoption Support Fund (ASF)

The Adoption Support Fund is a mechanism for funding additional therapeutic adoption support. It is for children placed for adoption and adopters from local authority care in the UK, who live in England and are aged up to 21, or 25 if they have an EHCP (Education, Health and Care Plan).

Find out more about the fund:
www.gov.uk/guidance/adoption-support-fund-asf#how-families-access-asf-support

To discuss your needs please contact the Adoption Support Helpline.



Therapies

Sometimes adopted children and their families can benefit greatly from professional therapeutic support. All the packages of care delivered by Coram are bespoke and specific to the families' and child's needs.

The following therapies are provided by Coram and our associates via the Adoption Support Fund:

Music Therapy

Music Therapy is aimed at helping children to express their emotions non-verbally and help them build trust through a reparative relationship. It provides a secure base where children and young people can explore their experiences creatively and, often with carers and parents alongside them, can find



ways of building greater resilience in themselves and in their relationships.

Art Therapy

Art Therapy is a form of psychotherapy that uses art media as its primary mode of communication. The art therapist's role is to facilitate communication of children's thoughts and feelings through the use of art – previous experience or skills in art is not needed. Art Therapy is not dependent on spoken language and can therefore be helpful to anyone who finds it difficult to express their thoughts and feelings verbally. Art Therapists can help identify new strategies for managing feelings, thoughts and behaviours at home and at school, and encourage and support the child, their parents and teachers through the process of making positive changes.



Systemic Family Therapy

Systemic Family Therapy sessions enable families to express and explore difficult thoughts and emotions safely, to understand each other's experiences and views, appreciate each other's needs, build on strengths, and make useful changes together in their relationships and their lives.

Therapeutic Parenting

Therapeutic Parenting supports parents to develop skills in a one-to-one setting so that particular examples and dilemmas can be thought through and more effective strategies developed. The sessions will help parents to better understand how they parent and how they might respond differently, based on the specific needs of their child and their family context.

Mentalisation-Based Therapy

Mentalisation-Based Therapy (MBT) helps parents understand their own and their child's thoughts and feelings. It enables parents to develop positive interactions with their children and promotes trust, security and attachment. This is provided through our relationship with the Anna Freud Centre.

Non Violent Resistance (NVR)

NVR emphasises change through improving relationships. A key difference from other parenting programmes is the emphasis on parents actively rebuilding their relationship through making reconciliation gestures unrelated to any behaviour (good or bad) shown by the child. Parents and their supporters work together to bring a united approach to the situation. NVR is delivered either in a group setting with other parents or individually.

Trauma-Focused CBT

Trauma-Focused CBT is a form of Cognitive Behavioural Therapy specially adapted for young people who are experiencing Post Traumatic Stress Disorder (PTSD) and other trauma-related symptoms. It is one-to-one work focusing on examining some of the experiences which have contributed to the onset of the symptoms and finding ways of challenging the automatic feelings, thoughts and emotions which arise in response to the trauma events.

Specialist level services

Our Adoption Support team can also signpost to other specialist adoption services such as:

- Anna Freud National Centre for Children and Families
www.annafreud.org/
- The Tavistock & Portman NHS Trust
<https://tavistockandportman.nhs.uk/>
- National Adoption & Fostering Service, SLAM (South London and Maudsley)
www.national.slam.nhs.uk/



Contact us

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