

NEWSLETTER

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Post Placement Counseling For Birth Parents

There are many reasons why counseling may be needed after placing a child for adoption. Whatever your reason, don't be afraid to ask for help. It can seem intimidating, but there are counselors out there who are sensitive to your adoption journey and will be able to help you navigate the rougher times. A Act of Love Adoptions has counselors that are willing to help you find the resources you need. Here are a few things you should be aware of when you seek counseling help.

1. Shop around before choosing a counselor. There are many counselors out there. Don't be shy about meeting with someone ahead of time before choosing them. Many counselors will be happy to offer a free consultation to be sure it would be a good fit between the two of you.
 2. Be open in your sessions. It can feel strange to be completely open with a stranger, but sharing the whole picture with your counselor will only help him or her help you work through your problems. It will be challenging to open up at times, but be patient with yourself and only do what you are comfortable with.
 3. Find a support system. There may be a birth mother support group locally that you might wish to attend. There are also groups online that can help you navigate your feelings and be the support system you need in between sessions or share breakthroughs. A support group can be the extra help you need to keep you progressing forward.
 4. Ask for homework. If your counselor doesn't send you home with things to work on, don't be afraid to ask for it. This will help strengthen what you've learned in sessions and help you grow outside them, too.
 5. Keep a journal about your progress. Not only can writing be meditative, but it can also be a great way to keep track of your progress. Looking back and seeing how far you have come can be its own reward. It's also a good idea to keep track and remember all the breakthroughs you've made.
- If you're unsure where you can get help, talk to your adoption agency. The agency may also be able to connect you to a counselor.



We Make it Personal

Adoption can be confusing and be intimidating at times. A Act of love is here to be your guide and make the process easier and faster. Our biggest differentiator is our loving and dedicated team. We make every case personal and we won't stop until we can provide you with the service that you are looking for.