

## **Group Consultation #2**



Post-Adoption  
Family Consultation  
and Counseling on  
Specific Issues  
of Your Child

### **Difficulties of the initial adjustment period in international adoption**

#### **The format of a group consultation:**

Focused on a specific post-adoption issue, a small group of 4-8 families (parents, no children) gathers at the BGCenter on the date and time, scheduled for the group of your choice led by one or several moderators.

A moderator is a professional (child psychologist, therapist, pediatrician, school administrator or lawyer) specializing in the related services to adoptive families and/or children.

**The length of a consultation session is 3 hours**

#### **Every consultation includes:**

- Introduction
- The moderator's presentation on the specified issue
- Case presentation by each family with group discussion and the moderator's recommendations
- Concluding remarks by the moderator: action plan for dealing with the problem in question

#### **Moderator:**

**Shulamit Rishik, Certified Bilingual Psychotherapist**

#### **During a group session we will address the following questions:**

- Adoptive families' expectations and realities.
- Setting daily routines and establishing priorities.
- How to deal with behavioral and/or emotional disturbances: excessive aggression, emotional detachment/alooofness or the reverse of it: overly clingy or needy behavior, etc.
- Practical bonding and attachment between you and your older child (what works and what doesn't).
- Overcoming cultural differences and language barrier.

**Are you adapting to a new situation?**