

# CHILDREN'S ADOPTION PREPARATION PROGRAM (CAPP)

## GOALS OF SESSIONS

### SESSION # 1: "ALL ABOUT ME"

- Establish common purpose of learning and talking about separation, loss, change, personal history, parenting, love, trust, and adoption
- Initiate group process of building a sense of safety for group members
- Introduce Agenda and time frame for each session
- Celebrate each child's individuality

### SESSION # 2: "EXPRESSING MY FEELINGS"

- Introduce a language for feelings
- Help group members identify and attune to their own feelings
- Normalize a wide range of feelings
- Attend to children's expressions of feelings related to their experiences

### SESSION #3: "WHAT ALL KIDS NEED"

- Understand the basic needs of all children
- Practice nurturing behaviors with baby dolls
- Identify nurturing vs. non-nurturing behaviors in birth homes

### SESSION #4: "WHY I COULDN'T STAY"

- Discuss concepts of Abuse and Neglect, as they apply to children's experiences
- Build awareness of their own and others' coping skills
- Recognize their resiliency in coping

### SESSION #5: "MY CIRCLE OF PROTECTION"

- Identify own personal sources of safety, strength, and protection
- Introduce power of symbolism

### SESSION #6: "MY JOURNEY"

- Assist children in documenting personal histories chronologically
- Promote the integration of children's memories and feelings

### SESSION #7: "LOVE & LOYALTIES"

- Expand recognition that children can love any number of people (and animals) at the same time, even those who conflict with others
- Increase awareness that love is unlimited by time, place, and physical presence

### SESSION #8: "CELEBRATION"

- Heighten children's sense of accomplishment in completing this group
- Acknowledge heroic qualities in each individual
- Explain the transition process to an adoptive family of their particular agency