

PAS (Post Adoption Services)

Research shows that counseling in an early stage after adoption is useful for many families

It is highly usual that the families with adoptive children experience challenges in their everyday life or can become uncertain regarding the attachment process.

Post Adoption Services (PAS) is an international term for describing the various types of guidance, support and counseling before and after the adoption. We serve both the adoption families and the adoptees. Denmark is obligated to support this service through The Hague Convention.

The National Board of Appeals adoption secretary (Ankestyrelsens Adoptionssekretariat) administrates and develop PAS in Denmark. In PAS, we offer our services in both national and international adoptions.

For the adoption family we offer:

- Mandatory PAS-counseling when bringing home a child
- PAS-counseling for adoption families (20 hours per child)
- Adoptive parent groups
- Theme-afternoons to discuss different topics
- And more

For the adoptee, we offer:

- Children groups if you are under the age of 18 years
- Counseling for adult adoptees over 18 years
- Adultgroups

For professionals, we offer:

- PAS-teaching

PAS-Counselors

We strive to make the waiting time as short as possible when contacting and requiring the PAS-counselor you wish. If you experience too long of a waiting time regarding your next scheduled PAS-counseling you are always free to choose any of our other PAS-counselors.

PAS-counselors in Sjælland and Fyn

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PAS-counselors in Jylland

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PAS-Counseling for the adoptive families

With PAS-counseling we want to help the families to sort out and understand whether what they experience are common reactions on the adoption, or if it is a more specific and personal reaction from your child. This counseling offers you tools to understand the needs of your child in order to support a healthy development.

All adoptive families has 20 hours counseling with a PAS-counselor regardless of the time of adoption.

The counseling is for you as an adoptive parent or family. We offer 20 hours of counseling for each adopted child. It is possible to split the 20 hours between you as parents.

The 20 counseling hours is available in both international and national adoptions until the child turns 18 years.

The 20-hour counseling:

When you as a parent have chosen one of our counselors, it is up to you to contact the counselor and make an appointment. The counseling will take place in the counselors' consultation.

We are required to charge 100 DKK per counseling hour and you pay the fee directly to the counselor.

When finishing the 20 hours of counseling (or when you have a break) you will receive an evaluation-form we hope you will fill out. The evaluations are 100% anonymous and used to document the need for the PAS system, as well as develop and improve the PAS system.

Counseling with dispensation

In special cases, we can grant dispensation and offer more than the mentioned 20 hours counseling.

This means you can apply for more than the 20 hours in special situations. This could be in cases where the child is temporary placed in the adoption family before the legal process is finished.

Dispensations is granted in rare situations with unforeseen and/or long processed adoptions, life threatening illness for one of the adoptive parents or the child, which would be described as a life crisis.

It is a requirement for the dispensation that you describe the challenges you and your family have, and what you imagine the you can gain having more counseling.

We consider every case individually and therefore we cannot guarantee that we can accommodate your requirement.

You have to fill out the following form from our website and we will respond within four weeks: [Skema med anmodning om yderligere PAS-rådgivningstimer](#)

PAS-Counseling for adopted adults

We offer PAS counseling for adults who are adopted. We also offer group sessions for adult adoptees.

PAS-counseling for adults adoptees

The PAS system offers individual PAS counseling by professionals with specific expertise within the adoption field. The counseling is targeted adult adoptees with adoption related challenges. You can apply for individual counseling by filling out our application form. Every application are assessed individually and it can take up to approximately one month to assess your application.

In cases of individual counseling the hours granted must be used within six months counting from the time of the granting. Any hours that is not spend within the six months will expire.

If you are granted counseling, you can freely choose and book any of our PAS counselors. When at the counselor it is important to bring the granting declaration.

You pay a 100DKK fee per hour directly to the PAS counselor.

Group sessions for adult adoptees

The group sessions normally compile to approximately 8 adult adoptees meeting up for 3-4 hours, in a total of about 15 times. There will be exchanged thoughts, feelings and experiences as adoptees in the sessions. Furthermore, there will be discussed relevant topics.

To sign up for our adult group sessions you have to fill out a form in order to get on our waiting list. A group will be created when we have enough attendances in your area of living. Because of these conditions, it is therefore hard to estimate the waiting time to start a group for you. Participation in group sessions are free of charge.

Who: Adopted adults of any age above 18 years. We do not consider the birthplace of any adoptees.

Where: We start groups regularly all over the country and place the attendances in groups considering geography, age among other things. We also focus on whether the adoptees have become parents themselves.

When: The group sessions contain 15 meetings with each meeting lasting for 3-4 hours.

The meetings will be scheduled the same weekdays if possible and often during the afternoon or evening.

How many: A group session contains around 8 participants and 2 session leaders in every meeting.

Pre-interview: We will invite you to a meeting with the two group leaders before starting a group.

Payment: The group sessions are free.

Conditions: It is a condition that you are willing to listen to all group members and that you are willing to share your own thoughts.

During the sessions, it is possible that you will feel some frustration. You might feel that it is impossible or feel there is not enough time to discuss your specific situation. We therefore recommend that you have someone to contact after the sessions.

We recommend that you have had PAS counseling before participating in our group sessions or that you are having individual counseling concurrently.

The group is confidential and none of the participants or group leaders can share the personal information or statements made, outside of the group.

Mandatory PAS-Counseling when bringing home a child (phase 4)

The mandatory PAS counseling is to support the adoption process in order to make sure the Childs' needs are met in the best way.

The mandatory PAS counseling is called Step 4 because it is the fourth step made in the evaluation and approval system.

The counseling is free and if you are adopting as a couple you are both required to attend.

Before bringing home a child

When you are matched with a child - and have said yes to receive the child - you have to receive 3 hours of mandatory counseling (phase 4) before you bring home your child. It requires that you make contact and schedule an appointment. In collaboration with the counselor, you decide whether you want all 3 hours in one session or if you want to divide the hours into one, two or three sessions. The counseling takes place in the counselors' place.

It is not possible to transfer any hours from before the home bringing to after the child is back home with you.

In case you need help to consider, *whether to bring home the child matched with you or not* we recommend that you contact the Adoption-boards pediatricians. You also have the option of contacting one of our PAScounselors who will be helpful in covering the care needs of the child and the requirements from you as a parent.

After bringing home the child

Within the first three months after your child has arrived to Denmark you have to receive an additional three hours mandatory counseling (phase 4). It requires that you make contact and schedule an appointment. In collaboration with the counselor you decide whether you want to divide the hours into one, two or three hours per session.

The counseling can take place at your home for the sake of the child. However, it will also be possible to agree with the adviser that the counseling takes place in the counselors' facilities.

The counseling must be completed three months after the date the child is brought home. Any unused hours cannot be used after the three months.

It is not possible to transfer any unused counseling hours from before the home bringing to after the child is brought home.

What is the counseling about?

The counseling both before and after the adoption is based on the adoptive parents' own thoughts and feelings about the adoption and the new life as an adoptive family. It is about creating a good and safe environment for the child right from the first meeting. It therefore does not require that there is problems or something else that has given the parents reason to seek support.

Theme-afternoons

Two examples:

Theme-afternoon: The good cooperation with daycare and school

Theme-afternoon: Trauma care

Children groups - conversation groups for adopted children

Participating in a group course for adopted children and young people can contribute something very special, as the children and young people have the opportunity to reflect on themselves and their peers.

The group includes two group leaders, and each meeting will be about a special theme with whatever the children/young people are preoccupied with here and now. Thoughts, feelings and experiences are exchanged with others who have a start in life that resembles each other. The group leaders are also PAS counselors.

A parent must register a child/young person for the waiting list by filling out the following application form: [Udfyld tilmeldingsblanket til ventelisten her](#)

Who: Adopted children below the age of 18. We prioritize setting up groups for the oldest. We put the groups together with a maximum of 2 years' age difference between the children in a group.

Where: We continuously start up groups around the country based on the age and the geographical location of the children or young people who are on the waiting list. We have no way of predicting when a group for your child will be possible. This depends on the children's age and place of residence.

When: A group consists of up to 15 meetings and each meeting usually lasts 2-4 hours. A group meeting is usually held approximately every 14. day with the exception of the summer holiday. As far as possible, the group meeting takes place on the same day of the week in the afternoon or early in the evening.

Parental involvement: A group meeting will be created for the parents, so they can support the development that is initiated in the group.

The last group meeting will often take place approximately half a year after the group has finished. Our experience is that this meeting provides a joy of reunion and clarifies the development that has taken place for the children and young people.

After the end of the group, it is possible for each individual family to have a individual session with the group leaders. However, this requires that the individual family have counseling hours available.

How many: A group has about 8 participants and two group leaders.

Pre-interview: Before we start a group, you and your child will be invited to an individual interview with the group leaders. The conversation will last half an hour.

Price: The group sessions are free.

The fine print: As a parent, you cannot receive individual counseling from the group leader. This only applies during the time period over which the group is on going. You are welcome to receive PAS advice from another adviser during that period.

There is a confidentiality obligation in the group. This means that the group participants and leaders do not pass on personal information and personal statements to others outside the group.

PAS-teaching for professionals

The PAS teaching has a particular focus on the child's institutional life and opportunities for attachment. Here we focus on conditions and perspectives that the professional adult must be aware of in the meeting with an adopted child and their parents.

We offer free education on adoption-specific conditions for different types of institutions, schools, municipalities, seminars, universities, etc.

It is general teaching. This means that specific children cannot be discussed (specific challenges can be discussed). It is our experience that the staff at schools and institutions can also use the acquired knowledge to accommodate all children who have had a difficult start in life.

If you wish to receive PAS teaching, you must fill in the following application form: [Ansøg om PAS-undervisning](#)
The expected processing time is up to 1 month.

It is our PAS consultants who take care of the teaching. It is possible to request a specific PAS consultant. Please note that an agreement on teaching is made with the Danish Appeals Board and not directly with the PAS consultant. An agreement on teaching is only valid when you have received written confirmation from the Appeals Board. The first priority date should not be earlier than 1 month in the future.

The teaching takes 4 hours. The teaching is free. You must provide locations yourself with a projector and possibly other things that are agreed upon directly with the PAS consultant. There must be a minimum of 10 participants and a maximum of 25 participants. Parents do not have the opportunity to participate in the teaching, as the course is exclusively for professionals.

The teaching is targeted at two different groups. Target group 1 includes staff in institutions and schools. Target group 2 includes consultative staff including psychologists, social workers, support pedagogues, speech-hearing pedagogues, health nurses and more.

Parent groups for adoptive parents with teenagers

We now offer parenting groups for parents with teenagers, as we have experienced that adolescence is a time when identity and questions about "who am I" are expressed in all forms and all kinds of behavior. At the same

time all kinds of emotions and reactions arise from you as parents. It is pervasive – and often to great frustration for everyone.

If adoption is your start in life, quite often more needs to fall in place and sometimes does not really seem to fall in place by itself.

That is why we have made groups for you as parents of one or more teenagers. Here you can - together with other equal parents - work with:

How can you understand why your teenager is doing whatever?

What is he/she telling you with his/her behavior that there are no words for? What is developmental needs from you as a parent of this young person?

What is at stake?

How do I avoid making it worse?

How can it be that previously learned skills have suddenly disappeared in the young person? How bad will it go and will it ever stop?

If you can recognize some of this in yourself and in your teenager, then a parenting group may be for you. We already have experience that parenting groups are a good place to be - a good place to share - and a good place to learn.