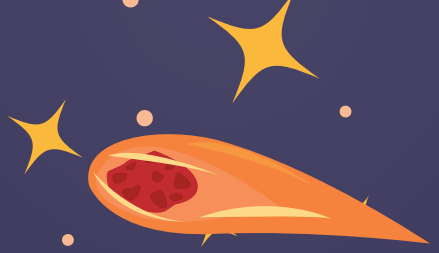


SPACE



What is SPACE?

SPACE stands for Supportive Parenting for Anxious Childhood Emotions. This evidenced based treatment modality works with parents and other caregivers to treat childhood anxiety and OCD.

How does SPACE work?

SPACE treatment targets the behaviors of the PARENTS and does not depend on the child. SPACE treatment addresses parental accommodations made for children with anxiety. SPACE teaches parents how to support their children to face their anxieties rather than avoid them.

How is SPACE different than traditional therapeutic models?

SPACE is different in that it addresses typical problems faced when working with children with anxiety. As anxious children are not usually motivated clients, it is up to the parent and caregiver to support change. Biologically, parents tend to want to protect children from their anxious fears- which only makes the anxiety GROW! Instead, SPACE focuses on helping the child and the parent grow in confidence!

How do we get started?

Please visit our contact page and sign up for a free phone consultation.