

Supportive Parenting for Anxious Childhood Emotions SPACE

SPACE is a parent-based program for children and young people with anxiety, OCD, and other needs.

Rachelle Whitehead at **A Secure Base** is offering one-on-one private Zoom sessions for parents and caregivers. Clients often fit these into work lunch hours.

SPACE (Supportive Parenting for Anxious Childhood Emotions) was pioneered by Dr. Eli Lebowitz at the Yale Child Study Center.

Problems treated with SPACE include:

- Separation anxiety
- Social anxiety
- Generalized anxiety
- Fears and phobias
- Panic disorder and Agoraphobia
- Selective mutism
- Obsessive-compulsive disorder



Treatment focuses on changes that parents and caregivers can make to their own behaviour, rather than focusing on the child's behaviour exclusively. The child or young person does not need to attend treatment sessions.

SPACE sessions teach how to respond more supportively to anxious young people and to minimise accommodations been made to behaviours.

Read more about SPACE at: www.spacetreatment.net
Find out more about us at: www.asecurebase.co.nz

SPACE is offered as a pre-paid, 8 Session Course, at \$150 + gst per session. Individual circumstances can be negotiated.



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