

Supportive Parenting for Anxious Childhood Emotions (SPACE)

What is SPACE?

SPACE stands for Supportive Parenting for Anxious Childhood Emotions. It is an evidence-based, parent-focused treatment designed to help children and adolescents with anxiety, obsessive-compulsive disorder (OCD), and related challenges.

Unlike traditional therapy models, SPACE works by empowering parents to make targeted changes in how they respond to their child's anxiety—helping children feel calmer, more confident, and better able to function over time.

Who is SPACE for?

SPACE is designed to treat children and adolescents with anxiety disorders and OCD. Although children typically do not attend the sessions, they are the patients.

When SPACE treatment is effective, children experience reduced anxiety, improved daily functioning, and increased confidence and independence.

Concerns commonly treated with SPACE include:

- Separation anxiety
- Social anxiety
- Generalized anxiety
- Specific fears and phobias
- Panic disorder and agoraphobia
- Selective mutism
- Obsessive-compulsive disorder (OCD)
- Picky eating / ARFID

Who participates in treatment?

Parents and caregivers participate directly in SPACE sessions. In most cases, the child or adolescent does not need to attend treatment.

What happens in SPACE treatment?

Parents learn practical, research-based skills to help their child manage anxiety, OCD, or related challenges. The focus is not on making the child change. Instead, parents learn how to change their own responses in ways that reduce anxiety over time.

The two core components of SPACE are:

- Responding more supportively to a child's anxiety
- Reducing accommodations that unintentionally maintain anxiety symptoms

SPACE is for parents who want to help their anxious child without feeling helpless, confused, or alone. Parents will learn how to respond calmly and supportively, reduce the cycle of accommodation, build their child's confidence and resilience, and feel more connected and confident as a parent.

SPACE Treatment Options:

Individual Training: 12 weekly parent sessions at \$175 per session

Coming in 2026 Group Program: 8-week online group at \$100 per session