

Supportive Parenting for Anxious Childhood Emotions

SPACE

TREATMENT GROUP BY
GEORGETOWN PSYCHOLOGY'S
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WHAT IS SPACE?

SPACE is a parent based treatment developed by Dr. Eli Lebowitz at the Yale Child Study Center for children and adolescents with anxiety, OCD, and related problems.

Research shows that the SPACE treatment protocol is just as effective as cognitive behavioral therapy (CBT) which requires motivation on the part of the child. SPACE focuses on the one person you can change– yourself.

WHY SPACE?

- Anxiety tends to get worse without treatment. Be proactive!
- Focus on how you can change your response and reduce your child's anxiety.
- Learn individualized strategies while also learning from other parents
- Great option for parents of children who are too young or resistant to therapy.

WHEN & HOW?

- 8 weekly sessions, 75 minutes each
- All sessions are virtual.
- Parents will participate in an initial intake to ensure
- SPACE treatment is appropriate.
- Two brief individual check ins at key points during the protocol
- Fee includes up to 2 adults per child.
- Treatment group is limited to
- 5 families.

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