



## SPACE PROGRAM

Supporting Parents with Anxious Childhood Emotions

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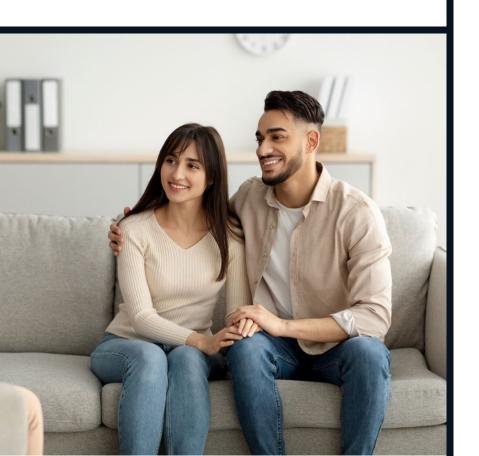


#### What is SPACE?

- SPACE stands for Supportive Parenting for Anxious Childhood Emotions and is a parent-based treatment program for children and adolescents with anxiety, OCD, and related problems.
- SPACE was developed by Dr. Eli Lebowitz at the Yale University Child Study Centre and has been tested and found to be efficacious in randomized controlled clinical trials.
- It has been found as effective as CBT in recent trials. The difference is it does not require the young person to be present for the treatment. The treatment is entirely with parents.
- It is like giving the parent the medicine to give to their child as they are the ones who are living with them the most



## What is SPACE for? Who is the patient?



- SPACE aims to treat children and adolescents with anxiety disorders and obsessivecompulsive disorder. Although children do not have to attend SPACE sessions - they are the patients!
- When SPACE treatment is successful children feel less anxious and function better following treatment.

Some of the main anxiety problems treated with SPACE include:

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

# Principles of SPACESPACE

focuses on empowering parents to: Respond more supportively to their child's anxiety.

To support parents/carers to reduce *accommodations*, the well-meaning Behaviors that help children avoid distress but unintentionally reinforce anxiety (e.g., avoiding social events, giving excessive reassurance).



### How It Works

- Parents/carers/staff are the participants, not the child but they can attend.
- Treatment typically lasts around 12 sessions but can be tailored.
- Delivered in individual or group formats, in-person or via online.
- Parents learn to use supportive statements that combine;
- **Acceptance/validation** ("I know this is hard for you") with **Confidence** ("I believe you can handle it").
- Use of systemic externalization to separate the problem form the person or the family

Why SPACE is Unique?

It's especially helpful when children resist therapy or struggle to engage.

It's evidence-based, with clinical trials showing effectiveness equal to traditional CBT.

It helps parents break the cycle of accommodation, fostering independence and resilience in their children.

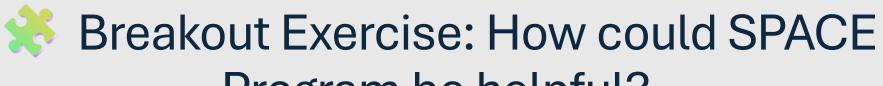


## Connecting **SPACE** and **NVR** in Residential Care

SPACE	NVR	Shared Principles
Focuses on reducing parental accommodation	Focuses on resisting harmful or controlling behaviors non-violently	Both empower adults to respond calmly, effectively and consistently
Uses <b>supportive statements</b> to build trust and confidence	Uses <b>non-retaliatory resistance</b> to maintain boundaries	Both promote parental presence and emotional regulation
Helps parents support without rescuing	Helps parents <b>resist</b> without escalating	Both reduce <b>reactivity</b> and increase <b>relational safety</b>
Effective for <b>anxiety</b> , <b>OCD</b> , <b>and avoidance</b>	Effective for aggression, defiance, and control	Both support healing through connection, not control

SPACE and NVR both shift the adult role from fixer or enforcer to calm, connected support, supporting children to grow through safe boundaries and emotional resilience.





Program be helpful?