



Anxiety and OCD  
Treatment Center  
of Ann Arbor

*Providing evidence-based treatment across the lifespan*

# SPACE

## SUPPORTIVE PARENTING FOR ANXIOUS CHILDHOOD EMOTIONS 1:1 CLASS

**SPACE is now being offered as a 1:1 hybrid format! SPACE is a 6-8 week skill focused treatment class for parents of children with anxiety and/or OCD. Each week, participants will independently learn content through video-based learning modules followed by meeting 1:1 with a clinician for 30 mins (Virtual/In-Person). Meeting with a clinician is contingent on videos and homework being completed weekly.**



### **Virtual Education - \$400**

This includes access to our educational videos (8 hours total), workbook, and information sheets.

\* Videos will continue to be available for 4 months after SPACE sessions have finished. \*



### **1:1 Sessions - \$105/\$120**

\*Can billed to BCBS/BCN Insurance\*  
30 min 1:1 sessions with a clinician, 6-8 sessions \*more can be discussed if needed.

## WHY SPACE?



Parents/caregivers will learn strategies to help their child overcome anxiety or OCD by responding more supportively and reducing the accommodation they have been making to the child's symptoms.



SPACE has been found to be as efficacious as child-focused CBT for childhood anxiety and OCD



Anxiety problems treated with SPACE include: separation anxiety, social anxiety, generalized anxiety, fears and phobias, panic disorder, selective mutism, OCD, school refusal.



Practice strategies under the guidance of advanced clinicians.



For more information please call or email [information@anxietyannarbor.com](mailto:information@anxietyannarbor.com) | (734) 368 - 9691