Lebowitz, E. R. (2013). Parent-based treatment for children and adolescent OCD. *Journal of Obsessive-Compulsive and Related Disorders, 2*, 425-431.

Here is the link to the article:

<https://www.dropbox.com/s/58b8fzgs9uufbtz/SPACE%20OCD%20%283%29.pdf?dl=0>

This is an open trial of the SPACE model (an adaptation of NVR to parents of children with anxiety disorders) in the treatment of children and adolescents with OCD. In the six cases described in this article all of the children refused to receive therapy, so that the parents were the only relevant candidates for treatment. This was the second open trial of the model, the first one (also described in this internet page) dealing with children with other anxiety disorders. The SPACE model consists of a number of elements: a) helping the parents to reduce their accommodation to the child's compusive symptoms; b) resisting in non-violent ways the child's angry and violent reactions to the process of de-accomodation, and c) supporting the child's coping attempts. Accommodation has been shown to be the crucial variable in the perpetuation of OCD. NVR is a very useful method to stop parental accommodation, as it helps the parents to cope with the child's extreme reactions in ways that prevent escalation. The present article illustrates how the process is carried out with a child with OCD. Results indicate a reduction in the child's symptoms and in parental accomodation, as well as high parental satisfaction.