Lebowitz, E., Omer, H., Hermes, H., & Scahill, L. (2014). Parent Training for Childhood Anxiety Disorders: The SPACE Program. *Cognitive and Behavioral Practice,21*(4), 456-469

Here is the link to the article:

<https://www.dropbox.com/s/ubm02oyjescgwyl/SPACE%20paperCBP.docx?dl=0>

This was the first study on implementation of NVR (the SPACE program is an adapation of NVR for anxiety) for the parents of anxious children. The detailed treatment manual appears in our book "Treating child and adolescent anxiety: a guide for caregivers" (see publication's list on this page). This was an open trial with ten families, whose children refused any kind of treatment. Showing effectiveness with this difficult population is especially important, for those children are not amenable either to CBT or to medications. Probably 50% of the children with anxiety disorders refuse treatment. Developing an effective approach for those cases would therefore be a very significant contribution to the treatment of anxious children. No previous study showed effectiveness working with the parents alone. The treatment consists of 10 sessions, in which the parents are guided to reduce accommodation, while systematically containing escalation. Results showed significant improvements in the child's symptoms, reduced parental accomodation and improvement in the child's motivation for treatment. Out of the 10 children whose parents had been treated, 7 became willing to undergo treatment after the parents concluded their training. When asked why they had changed their minds, these children gave two reasons: (a) "I thought I wouldn't be able to survive those situations. Now I know I can survive them, so I might as well suffer less", and (b) "I was afraid that if I went to therapy, my parents would stop doing the services they did to protect me from anxiety. But they stopped them anyhow, so I might as well go to therapy!" We find these comments illuminating. I find them very helpful in explaining to parents who come to therapy, why stopping to accommodate to their child's expectations is so vital.