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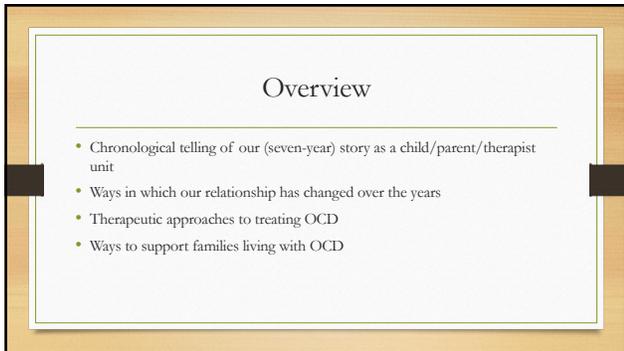
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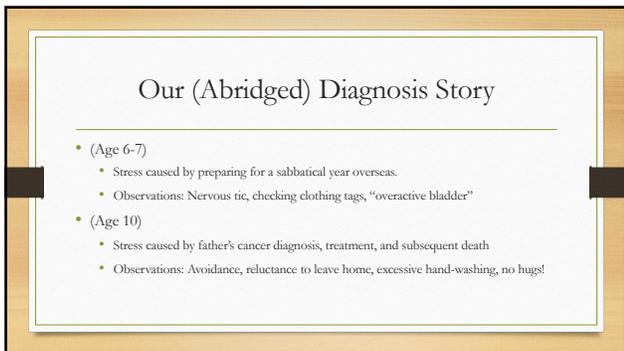
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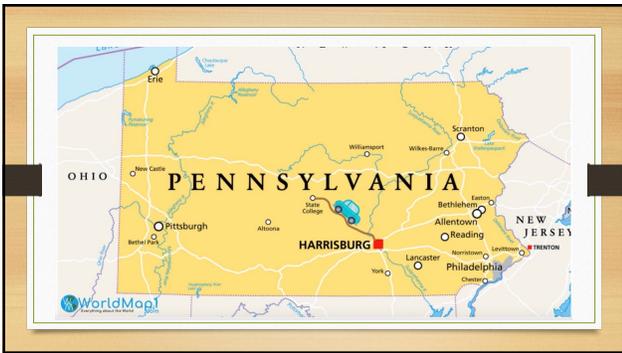
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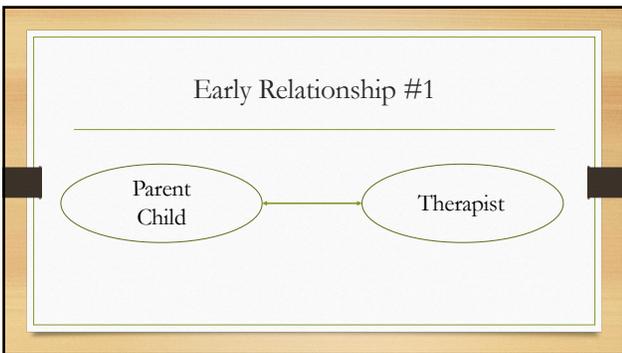
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### Exposure and Response Prevention (ERP)

- Practice facing fears while resisting compulsions and, in doing so, learn from experience.
- Getting started is the hard part!
- What motivates the client?
  - Externalizing OCD... thinking of OCD as a bully
  - Identifying values, choosing what matters, focusing on what's important
  - Using external rewards for motivation

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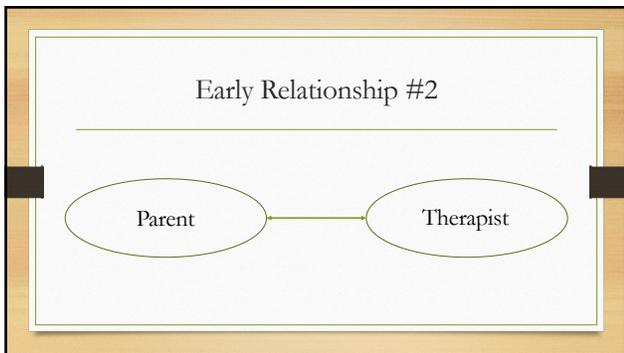
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### What I, as a Parent, Needed Early On

- A get-out-of-jail-free card?
- An education!
- A reading list!
- Someone's hand to hold!
- Most of all, affirmation that with the three of us working together, my daughter was going to get better and thrive again!

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**Ways that I, as a Therapist, Support  
Parents & Families**

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- Recommend individual therapy for parents
- Support parents through treatment with their child
- Recommend online forums
- Recommend support groups
- Educate parents in what to do and what not to do

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**What is accommodation?**

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- Anything parents do to modify their behavior as a response to their child's anxiety.
- Although accommodation feels like helping, it hinders the child's ability to learn to tolerate distress.
- Examples: washing hands, sleeping near child, repeatedly answering questions, providing reassurance

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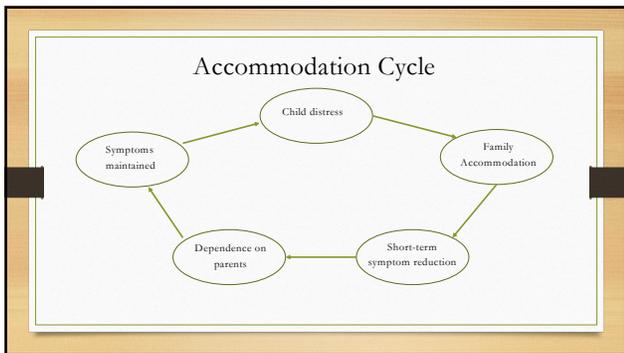
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### Our Continued OCD Story

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- (Age 12)
  - OCD flare caused by getting backyard chickens.
- (Age 15)
  - OCD flare caused by worries about academic expectations of (homeschooled) high school.
  - Reading OCD surfaced. Caused a huge loss of self-esteem.

Resistance to ERP started. Functional, not "rock bottom," so not as motivated.

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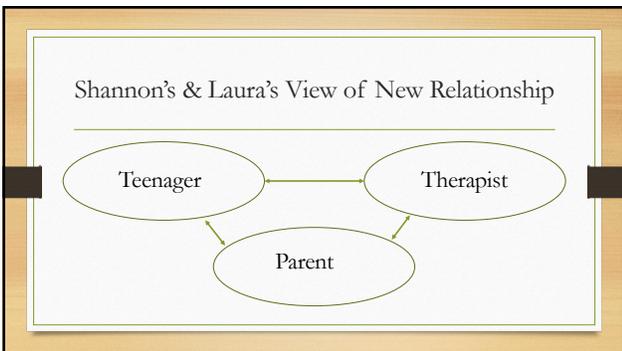
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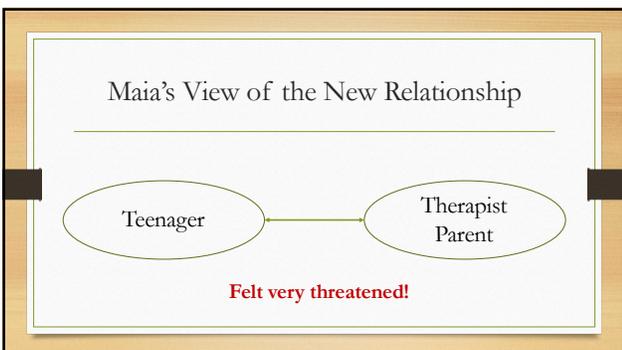
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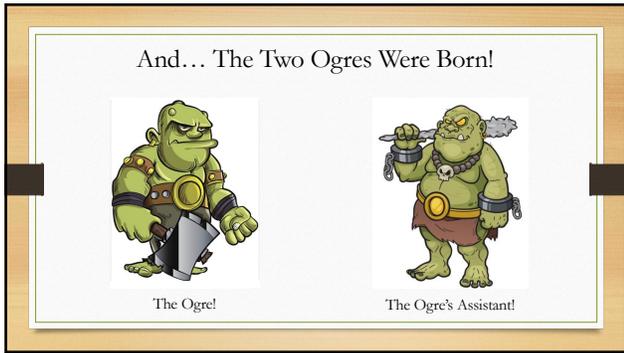
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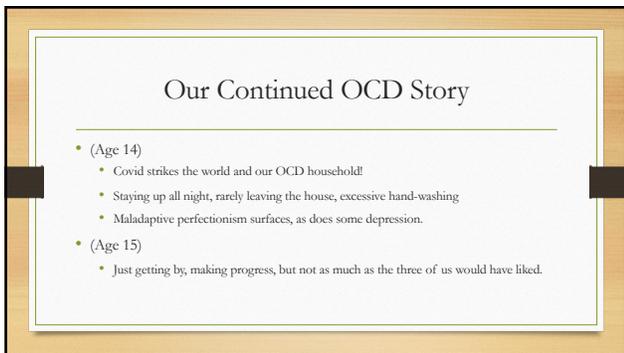
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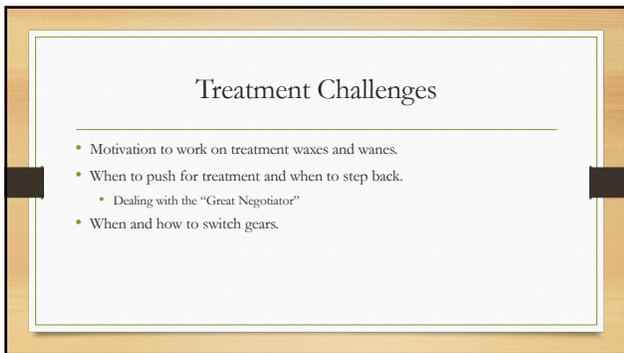
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**Supportive Parenting for  
Anxious Childhood Emotions (SPACE)**

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- A treatment that involves parents working on reducing accommodations and responding to their child in a supportive way.
- The child is still the client.
- The parent is the one working on his or her behavior.
- The child is treated through parental changes in behavior.

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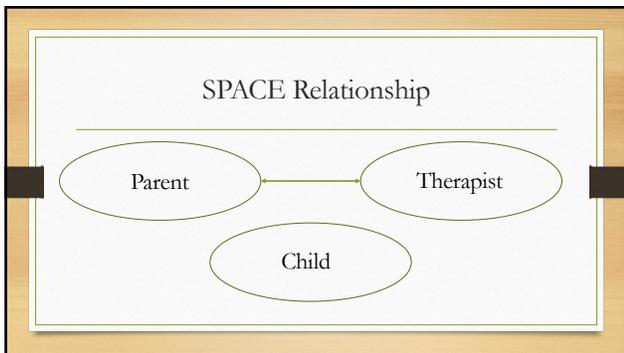
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**Our Continued OCD Story**

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- (Age 16)
  - Online OCD Camp. Breakthrough in parent and child working together again.
- (Age 17)
  - Minor increase in OCD symptoms caused by a heavy workload in her senior year.
- (Age 18)
  - Not quite 18, but currently working very hard on ERP to prepare for a three-month overseas gap-year program this coming fall.

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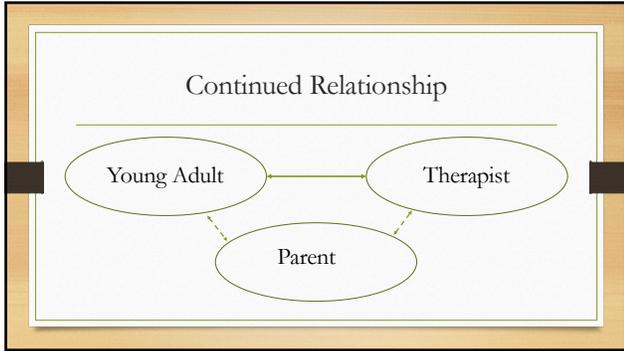
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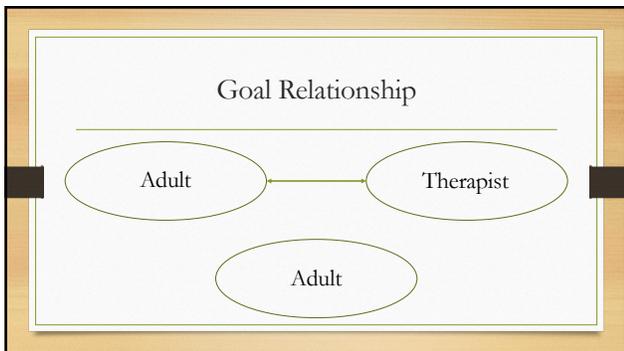
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- Resources
- When a Family Member Has OCD by Jon Hershfield
  - OCD Stories Podcast
  - Natasha Daniels <https://www.anxioustoddlers.com/>
  - SPACE <https://www.spacetreatment.net/>
  - Breaking Free of Child Anxiety & OCD by Eli Lebowitz
  - [iocdf.org](http://iocdf.org)

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Introducing Maia...



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Q&A Discussion

- Please ask questions related to the presentation topic.
- We will not provide personal treatment advice or consultation.
- If necessary, we will stay after to address additional questions.

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Please remember to complete an evaluation.

**Thank you for attending!**

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