

Parent Roadmap: Changing Your Drive-Time Response to Your Child's OCD with Supporting Statements

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Agenda

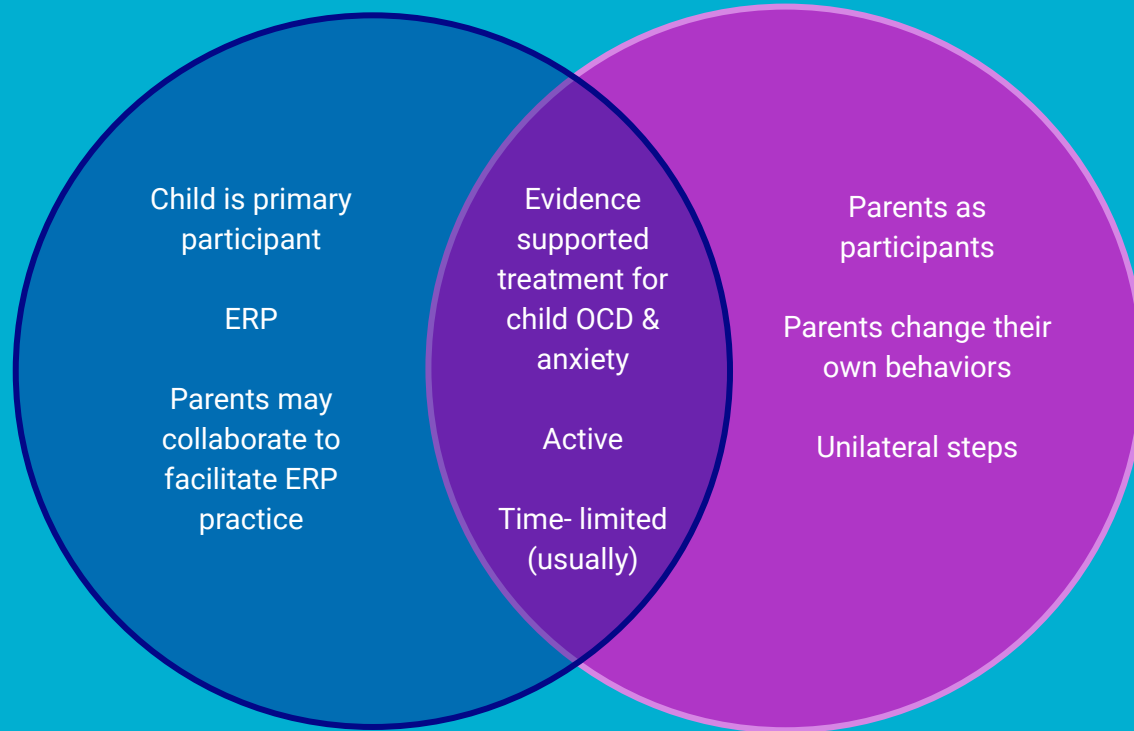
- What is SPACE?
- Accommodations
- Support
- Supportive Statements practice
- Caregiver Burnout & Self-Care
- Questions

SPACE

Supportive Parenting for Anxious Childhood emotions

- Parent-based treatment for childhood anxiety & OCD
- Developed and researched by Dr. Eli Lebowitz at Yale Child Study Center
- Goals: Increase Support and Decrease Accommodation

CBT vs. SPACE



Family Accommodations

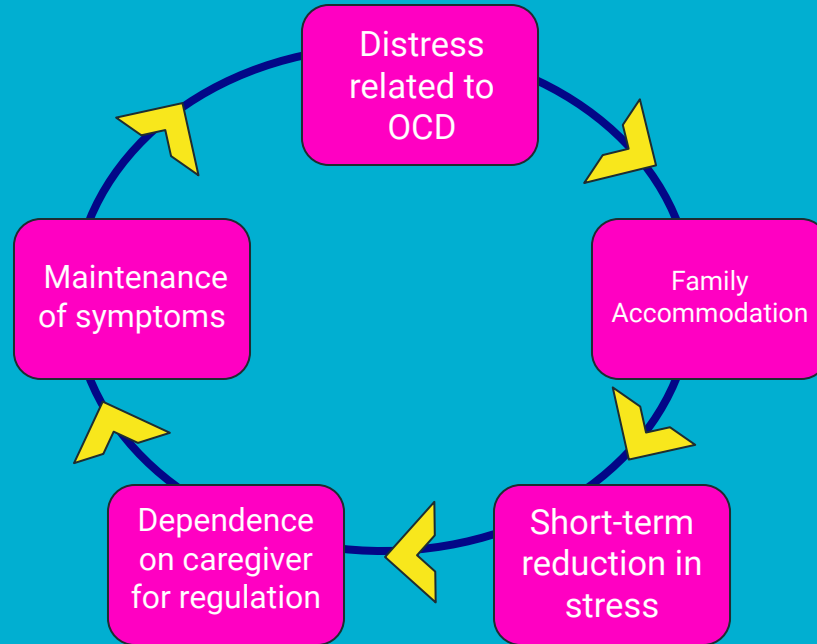
- What are they?
- Who is accommodating?
- What do we know about accommodating?
- How does everyone end up accommodating?
- What is the down side of OCD & accommodations?
- Why SPACE?

Examples of Family Accommodation

- Physical
 - Doing things for your child by participating in their rituals
 - Handwashing, checking, cleaning rituals, maintaining a certain order or symm
- Verbal
 - Listening to confessions
 - Offering reassurance
- Thinking ahead
 - Anticipating issues and attempting to prevent your child from being triggered
 - Modifying the family's routines and schedules.

Accommodations: From care to maintenance

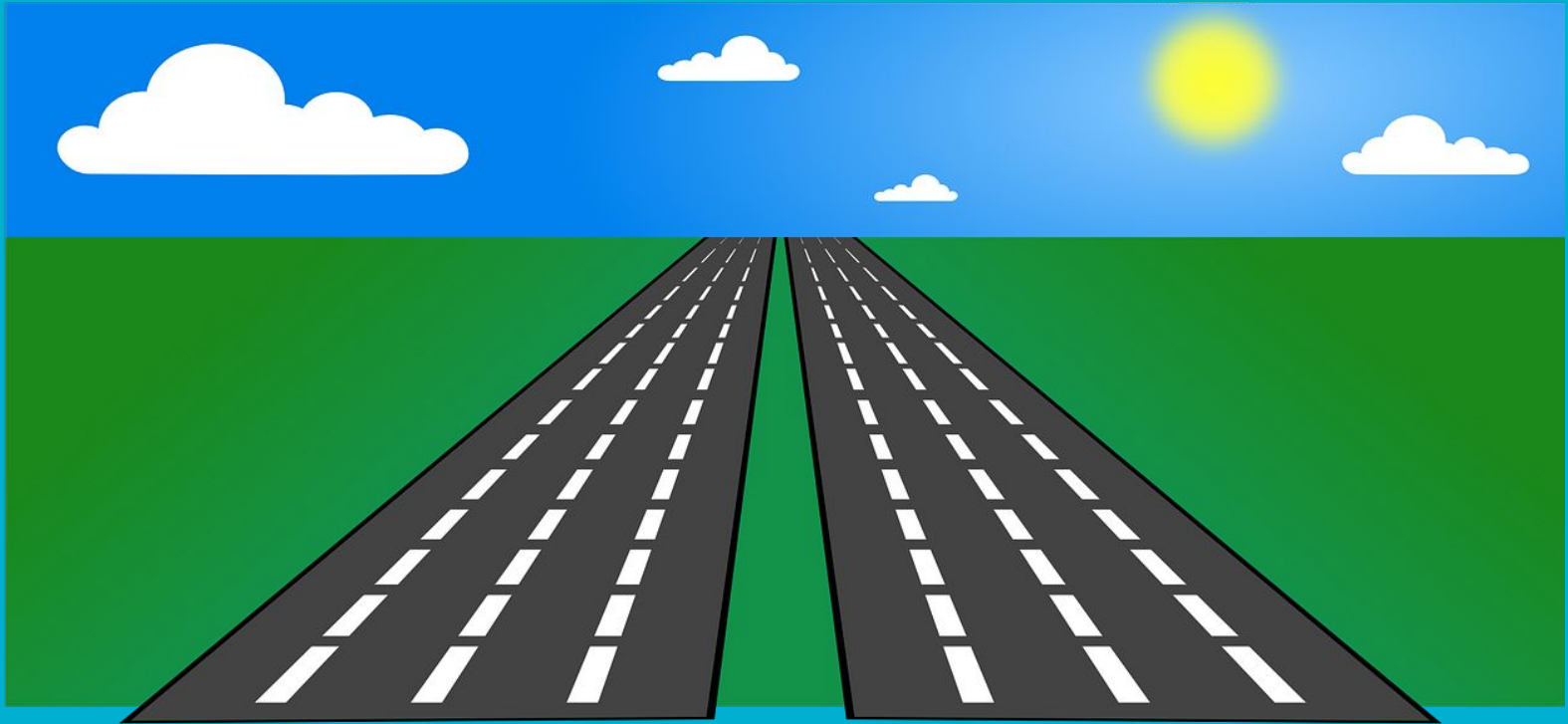
“You are not the problem here; however, you can be an important part of the solution.”



Turn & Talk

What are some reasons you, as caregiver, accommodate?

Boundaries: A new map, a new way



Support for Families

- All parents need support!
 - Children behave differently outside the home
 - Bringing other people into the home can help children improve behavior
 - Caregiver burnout
-
- How do you feel about adding supporters to your team?



Why are supporters helpful?

- Reinforce parents' message about overcoming anxiety
- Express caring and concern for children
- Express confidence in child's coping to boost motivation and self-esteem
- Children may be more willing to face a fearful situation with a supporter present
- Help children collaborate in the process
- Help parents stay committed to SPACE treatment
- Minimize disruptive behavior and respond to behaviors that may escalate situations

Providing support to your child

- Parenting traps
 - Over protection
 - Over demanding
- Support is the combination of
 - Accepting and validation your child's fears
 - The belief your child can withstand and cope with anxiety



Common Barriers

Some parent comebacks:

- “Won’t validating make it worse?”
- “If my child is suffering, shouldn’t I accommodate?”
- “This is too ridiculous to validate!”
- “They’re just going to disagree.”

Low confidence in the child’s ability to cope

Expecting them to “work” right away

Supportive Statements Practice

Scenario #1

Jane is bombarded by intrusive thoughts about something bad happening at night so she insists that a parent complete a nightly checklist in a certain way. The list of demands has grown over the past year, and if they don't do anything "right," she becomes extremely upset and asks to repeat the process. They are working with a SPACE therapist and haven't made specific changes to this target yet, but tonight, she adds a request that her dad sleep on the floor in her room.

What might be some barriers to providing support for these parents?

What statements on the next slide include **BOTH accepting validation AND confidence?**

“Absolutely not.”

“Nothing bad will happen if I leave.”

“You’re really scared tonight.”

“You just need to go to sleep.”

“I know you’re worried about being on your own, and I’m sure you can handle this.”



Now it's your turn!!!

This may seem daunting, but you've got this!

1. Provide at least 1 example of a situation in which your child was anxious, expressed anxious feelings, or engaged in anxiety driven behaviors in the past month.
2. Reflect:
 - a. How did you respond in the moment? Was it supportive?
 - b. Write a supportive statement in response to your child's anxiety driven behaviors or anxious feelings.
3. Share out (small groups, full group)

Caregiver Burnout and Self Care

- Caregiver burnout is the significant physical, mental and emotional fatigue one experiences when providing long-term care for another.
 - Caregiver Burnout vs Compassion Fatigue
 - Compassion fatigue is characterized by feeling burdened and overwhelmed by the suffering of others. It is often associated with healthcare professionals, however, can impact anyone in the “helper” role including parents.
 - Feeling helpless, hopeless, and powerless is not only associated with parenting anxious children but is also commonly experienced through social media, news, and sometimes our professions.
 - Creating/Finding Hope in day-to-day activities is key to combating both burnout and fatigue.

Caregiver Burnout and Self Care

- Common Symptoms
 - Rapid change in weight or appetite
 - Migraines or persistent headaches
 - Exhaustion you can't shake, regardless of sleep:
 - Feeling hopeless, like your stress will never end
 - Depression
 - Anxiety/Panic attacks
 - Isolating yourself
 - Low self-esteem, worthlessness

Caregiver Burnout and Self Care

- Causes of Burnout for Parents of Anxious Children
 - Burnout of Caregiver task
 - OCD Accommodations
 - Daily Parenting Taks (cooking, cleaning, grooming, etc.)
 - Personal Pressure and high personal expectations
 - Feeling guilty for not responding to my child's anxiety
 - "I am the only one who can respond to my child's needs"
 - Financial Constraints to seeking professional support
 - Lack of adequate Rest/Support
 - Poor Diet
 - Lack of adequate sleep
 - Isolation from supportive friends and family
 - Lack of time for hobbies/person interest

Caregiver Burnout and Self Care

- Combating Caregiver Burnout with Self Care
 - You may own a cape (Super Parent) but that does mean you have to always wear it.
 - Assess your parental status:
 - Did I get 7-8 hours of sleep last night?
 - Did I eat 3 meals and a snack today?
 - Did I drink 8 glasses of water today?
 - Did I get any exercise today?
 - Did I spend time on an activity I enjoy today?
 - Did I spend time with someone other than the person I care for?

Caregiver Burnout and Self Care

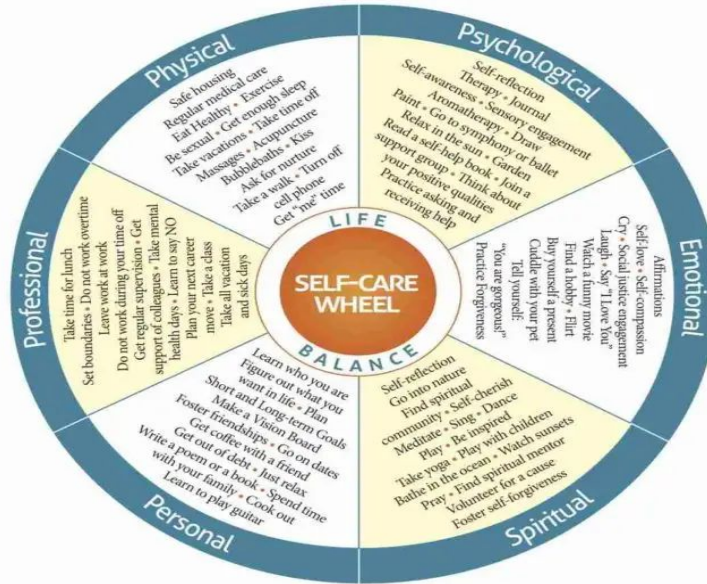
- Combating Caregiver Burnout with Self Care(Cont.)
 - Teaching your anxious child how to put on their own cape to fight “The Anxiety” (Villain) helps you and your child establish clear parent/child boundaries
 - Relational boundaries will help you (the parent) put a greater premium on:
 - Getting enough sleep
 - Healthy Diet
 - Exercise
 - Spending time away from kids
 - Date night
 - Travel
 - Soothing bath
 - Quiet time

Caregiver Burnout and Self Care

Remember:

1. Self-Care is NOT Selfish.
2. Self-Care can often be found in the smallest moments.
3. Self-Care is NOT Indulgence (Promote Health and Wellness)
4. Self-Care does not look the same for everybody.
5. Self-Care is intentional.

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com

Research Articles & Such

- Lebowitz, E., Marin, C., Martino, A., Shimshoni, Y., and Silverman, W. (2019). [Parent-Based Treatment as Efficacious as Cognitive Behavioral Therapy for Childhood Anxiety: A Randomized Noninferiority Study of Supportive Parenting for Anxious Childhood Emotions.](#) Journal of the American Academy of Child & Adolescent Psychiatry, In Press.
- Lebowitz, E., and Shimshoni, Y. (Fall, 2018). [The SPACE program, a parent-based treatment for childhood and adolescent OCD: The case of Jasmine.](#) Bulletin of the Menninger Clinic, Vol. 82, No. 4
- [SPACE Treatment Books and Manuals](#)