

Lunchtime Learning: June 20, 2024 at Noon Virtually

**Introduction to SPACE: A Parent-Based Treatment for Child Anxiety
with Lindsey Copeland, PhD**

Supportive Parenting for Anxious Childhood Emotions (SPACE) is an empirically-supported, parent-based treatment approach for children and teens with anxiety and OCD. In this practical introduction to SPACE, we will discuss the research foundations of the SPACE approach, what we know about how childhood anxiety works in families, the typical course of SPACE treatment, and specific interventions that mental health providers can use to help parents respond effectively and supportively to their child's anxiety symptoms.

Fee: NCPA Members - \$20.00; Non-members - \$45.00

Instructional Level: Basic

Educational Format: Lecture and discussion

Learning Objectives:

By the end of the institute, participants will be able to:

1. explain the role of parental accommodation in the maintenance or exacerbation of childhood anxiety,
2. explain the key differences between parental accommodation and parental support, and
3. describe at least two interventions used in a typical course of SPACE treatment.



Instructor:

Dr. Lindsey Copeland is a psychologist in private practice in Durham. She completed her doctoral training at Colorado State University and her doctoral internship at Duke University. She has specialized training in SPACE and other behavioral treatments for anxiety disorders. She has been working with young people and their families in therapy for fifteen years. She is an active member of the NCPA and serves on the NCPA Continuing Education Committee.

Continuing Education Information: This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. **This workshop is offered for 1 hour of Category A credit.**

Attendance Requirement for CE Credit:

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 5 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.

Citations: Available upon request.