

2 DAY WORKSHOP/TRAINING IN THE SUPPORTIVE PARENTING FOR ANXIOUS CHILDHOOD EMOTIONS (SPACE) INTERVENTION

KEYNOTE SPEAKER/TRAINER: ELI LEBOWITZ (YALE UNIVERSITY)

VENUE: SIGNING TREE, BIRMINGHAM

DATES: 20TH-21ST APRIL 2023

FAMILY AND SYSTEMIC THERAPIST IN NHS COMMUNITY MENTAL HEALTH SERVICES (0-25 AGES).

SUMMARY OF THE TRAINING

The SPACE intervention is a parenting approach that treats anxious childhood emotions. Its strength lies in its ability to help parents to change their response to the child's anxiety, without needing to see the child themselves. On the course, we spent time breaking down the different aspects of the intervention and learning about how we can teach its principles to parents.

One of the main angles of the training was to help parents see when they are accommodating their child's anxiety and start to formulate a different response to this that both acknowledges the child's distress, but that states confidence in them, that they can cope and get through it.

It has similarities to Non-Violent Resistance, in that parents are encouraged to write an 'announcement' to their child about the target accommodation and to inform the child of their intention to behave differently around it in the future.

The course helps us to support parents through this process and to see that accommodation will usually keep anxiety alive rather than reduce it in the long term and that it keeps the child in a position whereupon they do not test their own ability to cope.

MY EXPERIENCE OF THE TRAINING

This intervention is going to be enormously helpful to me in my practice. We have many families waiting for a different way of approaching childhood anxiety; especially for those young people who find it very difficult to engage.

The training was superb and Eli Lebowitz has expert knowledge, being the founder of the intervention. The two days were expertly pitched and I came away enlivened and excited about using SPACE when I got back to work.

Since the course I have already met with one family and started some of the groundwork and am now planning to deliver a group version of SPACE to a small cohort of parents, along with a colleague who hasn't done the training, in order to wider promote it and help others gain skills.

I think this is going to be a staple intervention within our service before long.

A HUGE THANK YOU TO FPSA FOR MAKING THIS POSSIBLE FOR OUR FAMILIES AND YOUNG PEOPLE WHO USE NHS SERVICES.