



SPACE

SUPPORTIVE PARENTING FOR ANXIOUS CHILDHOOD EMOTIONS

\$425 - 90-minute Intake Session (Required)

\$250 - 50-minute Follow-up Session or

\$2,250 - Package of 10 Sessions

SPACE, Supportive Parenting for Anxious Childhood Emotions, is a short-term therapy intervention (typically 10 sessions) designed to help children manage and overcome problematic anxiety and OCD (Obsessive-Compulsive Disorder) by working primarily with their parents. This approach does not suggest that parents are to blame for their child's anxiety; rather, it recognizes them as an essential part of the solution. SPACE focuses on helping parents identify effective ways to respond to their child's anxiety that lead to a gradual reduction in symptoms over time. Research has shown SPACE to be an effective, evidence-based treatment for childhood and adolescent anxiety and OCD. It is also a valuable treatment option for children and teens who struggle to engage in individual therapy or are resistant to exposure-based interventions.

To learn more about SPACE, visit spacetreatment.net.

**To schedule a SPACE session with Summer, please call or text
(706) 383-1137 or email summeralvarezlpc@gmail.com.**



Summer Alvarez
M.Ed., LPC

Summer is a Licensed Professional Counselor who is passionate about helping children and adolescents overcome anxiety by working with the entire family. She understands that motivating anxious children to make meaningful change can be challenging. Through the SPACE program, Summer supports parents by focusing on what they can control to best promote their child's healing.

Summer has experience treating anxiety and OCD using SPACE and other evidence-based approaches, including Exposure and Response Prevention (ERP) and Cognitive Behavioral Therapy (CBT). She is also trained in Dialectical Behavior Therapy (DBT) and specializes in the treatment of eating disorders.



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