

## Inova Children's Grand Rounds

# SPACE: Supportive Parenting for Anxious Childhood Emotions

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**Location: MS Teams**

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**August 21, 2026**

**Target audience:** Who is this for? Pediatricians, nurse practitioners, physician assistants, residents, medical Students

**12:30-1:30 p.m.**

**Learning objectives:**

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- Review the evidence base for Supportive Parenting for Anxious Childhood Emotions (SPACE), a parent-based treatment for childhood anxiety and OCD.
- Describe the 2 main goals of SPACE and utilize SPACE-informed language to promote resilience when communicating with children and families affected by anxiety in pediatric medical settings.
- Identify patients who can benefit from SPACE and utilize SPACE referral pathways when supporting parents of children with anxiety or OCD.

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