

# Parent Coaching

Parent-based coaching that equips caregivers to more effectively and confidently parent a child who suffers from anxiety, OCD, or a related disorder.



anxiety  
institute

*Compassion without compromise™*

# Actionable & Pragmatic Parent Coaching

Empowering parents to help their anxious child develop resilience, independence, and competence.

We offer solution-based therapy for parents of children with anxiety. Parents and caregivers will learn to shift their approach from accommodating their child's anxiety to parenting using constructive strategies and effective support techniques.

Parents master skills to break the cycle of accommodation and avoidance, improve family dynamics, and foster a more independent, resilient child. Informed by evidence-based practices of the SPACE\* treatment model from the Yale Child Study Center, Anxiety Institute's Parent Coaching is customized for your family's specific needs.

## Parent Coaching includes:

- One-on-one parent coaching sessions with a SPACE-trained clinician
- Clinically proven approach using solution-based strategies
- Understanding how your child's anxiety affects you and the family system
- Learning to modify interactions with your child to nurture independence and well-being
- Creating a strategy and roadmap for confidently navigating future interactions with your child

Parent Coaching is delivered through video sessions and is available for any parent with a child with anxiety, OCD, or a related disorder.

\*SPACE - Supporting Parenting for Anxious Childhood Emotions

**Let's start with a conversation.**  
**(844) 881-1846**



# Discover the Anxiety Institute Difference

## Anxiety Treatment Expertise

Anxiety Institute's singular focus on the treatment of anxiety, OCD, and related disorders directly addresses emotional, behavioral, and physical symptoms. Our team has specialized training and experience to achieve superior outcomes.

## Extensive Experience

Anxiety Institute has supported, trained, and coached thousands of parents and caregivers in their quest to help their anxious children.

## Evidence-Based Protocols

We use advanced, proven techniques while nurturing youth and their families in their home environment. Our outpatient services focus on treating teens and young adults, while coaching the parents who guide them.

## Parent Role In Driving Change

We understand that parents play a critical role in their child's anxiety treatment and recovery. Anxiety Institute enables you to confidently engage and interact with your anxious child fostering better family dynamics and bringing the joy of parenting back into your lives.



"Parent Coaching at Anxiety Institute was terrific. It gave us the knowledge and tools that we needed to change our behavior, reduce our parental accommodations, and support our daughter as she gained back her independence.

What might have seemed scary at first quickly turned into early wins for her, and with each passing success, our daughter's anxiety decreased as her confidence returned.

We fully recommend Parent Coaching; it helped us meet all of our goals, parents and child alike."

– Parent Coaching Client

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**Learn more**  
[anxietyinstitute.com](https://anxietyinstitute.com)

# Anxiety Institute

## Programs & Services

Anxiety Institute specializes in treating families with children who struggle with moderate to severe OCD, anxiety, and anxiety related disorders.

### Intensive Day Program

Comprehensive, customized care for expedited and enduring recovery.

- Includes ten hours per week of individualized treatment sessions
- Dedicated lead clinician serves a maximum of three intensive outpatient clients at any given time
- Integrative program includes two hours of individual cognitive and behavioral work daily, complemented by two hours of group work each day
- Parent support includes a weekly family session for coaching and psychoeducation, and a weekly parent group to facilitate and sustain recovery
- Four hours therapy daily, five days per week, over a six-to-ten-week program, depending on symptom severity

### Specialized Services

Services to support and educate parents, clients, and professionals.

- Parent Coaching
- School-based Parent Education
- Professional Development Trainings
- Psychological Testing\*
- In-home Consultation

### Outpatient Services

Focused therapy sessions with an experienced anxiety specialist.

- Targeted Individual Therapy
- Applied Behavioral Coaching Sessions
- Group Therapy
- Parent Support Groups

# Empathetic Care. Enduring Recovery.

We are happy to provide more information about our advanced anxiety treatment for adolescents, young adults and the parents who guide them.

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**[anxietyinstitute.com](https://anxietyinstitute.com)**

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