

SUPPORTIVE PARENTING FOR CHILDREN AND YOUTH WITH ANXIETY AND OCD



Catherine Burns, PhD

- **4 Weeks**
- **Online**
- **\$150**

Based on the book, "Breaking Free of Childhood Anxiety and OCD" by Eli Leibowitz, PhD

Learn how to support your children who struggle with anxiety and OCD problems through changes in your own parenting behavior.

Register for sessions here:
<https://synchrosaic.com>



Learn about Anxiety and OCD



Identify and reduce parent accommodations



Learn to use supportive statements



Create an action plan & troubleshoot



Develop a more positive relationship not based in anxiety!



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