



Roche + Associates

PSYCHOTHERAPY AND CONSULTATION

SPACE

Supportive Parenting for Anxious Childhood Emotions

Innovative and Cutting Edge Treatment for Anxiety in Children

(from the Yale University Child Study Center)

NOW ENROLLING IN HOUSTON AND CHICAGO AREAS!

WHO CAN SPACE HELP?

- Does your child have problems with an anxiety disorder or anxious emotions?
 - Is your child fearful or anxious?
 - Have your child's worries or fears gone on too long?
 - Does your child have other symptoms (such as physical complaints, sleep difficulties, anger problems, oppositional behavior, underachievement, or social challenges) that could be related to anxiety?
- Does your child resist the idea of therapy?
- Do you want to help, without enrolling your child in therapy?

TREATMENT BACKGROUND

Until now, the gold standard for treatment of anxiety has been Cognitive Behavior Therapy (CBT) for the child. There is now an innovative, proven, and cost-effective option that provides outcomes as good as CBT and reduces parenting-related stress. We are proud to offer SPACE in Houston.

LOGISTICS

Roche + Associates offers the SPACE program in person or via Telehealth:

- A clinical intake interview/case assessment is required prior to enrollment in the program.
- Private, flexible, individualized sessions for parents or caregivers are offered to fit your schedule.
- Lower cost small group sessions with up to 4 other sets of parents or caregivers are available.
- The program consists of set modules. Amount of sessions is determined on need and application of modules
- To enroll, contact us by phone, our website, or email (listed below).

INVESTMENT

Private individualized instruction 8-12 X 1 hour modules (Paid per session)	\$300/session
Small group instruction 8-12 X 1.25 hour modules (8 sessions paid in advance)	\$190/session

In order to respect the needs of other participants completing the program, no refunds will be issued for unattended sessions in the small group program (although missed written materials will be provided). Make-up sessions may be scheduled for an additional private instruction fee; this is strongly recommended.

Roche + Associates is an out-of-network provider. We can provide documentation for insurance companies, and clients may use their health savings accounts.