



## Eli Lebowitz, PhD

Eli Lebowitz er professor, og forsker på og behandler angst hos barn og unge ved Yale School of Medicine, Child Study Center, hvor han leder Program for Anxiety Disorders. Forskningen hans fokuserer på utviklingen av, neurobiologien bak og behandling av angst og relaterte lidelser. Han vektlegger spesielt familiedynamikk og foreldrenes rolle i forbindelse med angstlidelser. Dr. Lebowitz leder flere finansierte forskningsprosjekter, og har skrevet forskningsartikler, bøker og kapitler om angst hos barn og unge. Arbeidet hans er anerkjent av både private og offentlige organisasjoner som the Brain and Behavior Foundation, the National Institute of Mental

Health and The National Center for Advancing Translational Science. Han er også far til tre flotte gutter.

Vi er svært glad for å ønske Dr. Lebowitz som en av årets hovedforelesere.

### Om forelesningene:

#### **Keynote:**

**Title:** *Parent-Based Treatment for Childhood Anxiety Disorders: The SPACE Program Keynote*

**Description:** Anxiety disorders are exceedingly prevalent in children and adolescents. Anxious children rely heavily on their parents for help in coping with anxiety and parents frequently become entangled in their children's symptoms through the process of family accommodation.

This talk will review cutting-edge research on neurobiological systems that drive these patterns of interactions between parents and anxious children, including the oxytocinergic system and brain circuitry.

The talk will introduce SPACE, a novel and efficacious parent-based treatment for childhood anxiety disorders focused on reducing accommodation and increasing supportive responses to childhood anxiety symptoms. The talk will briefly review the principles and components of the SPACE treatment using clinical vignettes to illustrate the therapeutic process and will present data from clinical trials of SPACE demonstrating its efficacy.

**Om workshop, se siden under.**

## **Workshop:**

**Title:** *SPACE: Overview and Practical Implementation Workshop*

**Description:** SPACE is a theory-driven intervention informed by research into parental entanglement in the symptoms of childhood anxiety. SPACE teaches parents to recognize their accommodating behaviors, and to implement specific plans for reducing the accommodation while maintaining an empathic and supportive attitude towards the child. The treatment also includes tools for coping with difficult child responses to the change in family accommodation.

This workshop will present attendees with an overview family accommodation and its associations with child anxiety and provide an introduction to SPACE. Discussion SPACE will include a case presentation and a review of the various treatment components.