



Boston Child Study Center - Los Angeles
Anxiety and Related Disorders Program
is pleased to offer

Building Bravery Services

The Building Bravery treatment track of the Anxiety and Related Disorders Program at BCSC-LA offers evidenced-based treatments for pre-kindergarten through 8th grade children with Obsessive Compulsive Disorder (OCD), anxiety, and related disorders.

- Diagnostic assessment with feedback
- Individualized outpatient treatments of varying intensity from once weekly to 5 days a week (1-3 hours/day) of individual, family, and/or parent sessions
- Telehealth video conference or phone sessions available
- School consultation or collaboration
- Summer Bravery Camps

Primary treatment modalities include Cognitive Behavior Therapy (CBT) and Exposure Therapy, the gold standard treatments for anxiety disorders and OCD. Exposures (or brave challenges) focus on overcoming anxiety by exposing oneself to one's fears. Clinicians at BCSC-LA guide youth through exposures in a safe and warm setting, and in graduated steps. To help children master these exposures, additional skills (e.g., relaxation, distress tolerance, cognitive restructuring) tailored to the child may be added. Since anxiety and OCD affects the family as a whole, parents are included to help support their child in treatment.