

Do What Works: Evidence Based Therapy and Training

Hello! I'm Dr. Julia Martin Burch and am the founder and head of Do What Works, LLC.

I have a PhD in clinical child psychology and was a member of McLean Hospital/Harvard Medical School's School Consultation Service for six years. I have led workshops for parent associations in dozens of independent and public schools and am often invited back to speak year after year. I am also a mom of two young boys and run a busy private practice, so I know firsthand how difficult it can be to manage parenting and life.

That's why I founded Do What Works, a company whose mission is to make effective therapy skills accessible outside of the therapy office. We offer workshops and coaching for busy parents to learn practical, proven tools to manage a range of childhood challenges.



Why Bring Us to Your School?

Parent associations are eager to bring engaging, timely, and informative workshops to their members. However, there are many parenting "experts" out there and it is often hard to know who to trust and which parenting topics to focus on.

Do What Works helps solve this dilemma. With years of experience in independent and public schools, we have an intimate understanding of the needs of school-based parent associations. We also have extensive experience working with parent association leadership teams to develop customized workshops that integrate practical, solution-focused parenting techniques with opportunities for attendees to connect with each other and create a sense of community.

What We Offer

Parenting Workshops

- Virtual or in-person single workshops or workshop series
- Depending on your needs, workshops run 30 - 90 minutes
- ****See page 2 for topics****

Parent Coaching

- Individual or small groups
- Builds on skills introduced in workshops

What You Can Expect

Engaging, warm, and energetic style

Concrete, easy to apply tools

- We ensure attendees leave with practical new skills - not just theories of parenting!

Experienced, highly skilled delivery

- We have presented to groups of all sizes, from intimate parent and teacher support groups to district-wide keynotes and are closing in on delivering our 200th workshop.

Testimonials

- "The big emotions parenting workshop was just what our parents needed right now! I've heard multiple attendees referring to the skills taught in the workshop."
- "Dr. Martin Burch is so good at providing actionable tools in a dynamic and relatable way".
- "The anxiety workshop made our group feel like we weren't alone in what we're seeing with our kids. This is a hard time to parent and we are so grateful to have some new ideas."
- Dr. Martin Burch's toddler workshop was incredibly thoughtful, informative, witty, and relatable... She is such a delight to learn from."

Learn What Works: Workshop Topics

Customizable to meet your needs

Toddler Toolkit: Bedtimes, Tantrums, and Transitions - oh my!

- Learn and practice the key skills to connect with your young child, motivate them to follow routines, and skillfully support them through meltdown moments. Optional focus topics: bedtimes, meals, transitions, discipline, and more.

Coping Skills for Big Emotions: Tools to Help Your Child Navigate Tough Emotional Moments

- Understand how and why big emotion moments happen for kids (and grown ups!). Learn and practice parent-focused and child-focused tools to handle tough moments with intention.

Survive and Thrive: How to Help Your Child Develop Independence, Self Reliance, and Resilience in Today's High Stress World

- Learn how stress and worry can impact families and negatively influence the development of resilience in kids. Develop tools to combat this cycle in your family and foster independent, self reliant children.

Supporting Your Anxious Child: Parent-focused Strategies to Help Your Anxious Child Live More Fully and Have More Fun

- Develop an understanding of the "anatomy" of child anxiety, including why it occurs and what keeps it going. Learn and practice evidence-based tools to help your anxious child unstick from worry thoughts and practice bravery.

When Good Enough Isn't Good Enough: Tricks and Tips for Supporting Your Perfectionistic Child

- Learn how perfectionism develops and what parents can do to disrupt the perfectionistic cycle in their kids (and themselves!).

Your Topic of Interest!

- We have created a variety of custom presentations for schools with a particular interest, including peer conflict, building and maintaining a strong relationship with your child/teen, parent-child communication, and more!

We look forward to working with your group!

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