

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 completed my training in academic medical centers, including Massachusetts General Hospital and McLean Hospital/Harvard Medical School. I am also a mom of two young boys and am married to a physician, so I know firsthand how difficult it can be to manage parenting and work in a demanding medical environment.

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 Department?

Parents in healthcare are eager to learn effective parenting tools, but typically *lack the time and energy to find and vet evidence-based resources*. All too often, this leads to parenting stress that can spill over into the workplace, with a particular impact on women in healthcare.

Do What Works can help solve this dilemma through practical, solution focused workshops that take the guesswork out of common parenting challenges like handling transitions, tantrums, and anxiety. We empower busy moms and dads to navigate the demands of modern parenting with skill and confidence, freeing up their attention, time, and energy to refocus on work.

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

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

Experienced, highly skilled delivery

- I have presented to groups of all sizes, from intimate employee affinity groups to company wide keynotes and am closing in on delivering my 200th workshop.

Testimonials

- "The big emotions parenting workshop was just what our parents needed to learn 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 unstuck from worry thoughts and live more fully.

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!).

I look forward to working with your team!

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