Selective Mutism Training Series

The Center for Anxiety & Behavioral Change (CABC) is excited to present a training opportunity on Selective Mutism.

Dr. Lindsay Scharfstein will lead a 4-session, training series for mental health providers of youth with selective mutism.

WHAT IS SELECTIVE MUTISM?

Selective mutism (SM) is an anxiety disorder that renders children speechless in school and community settings, despite speaking in other settings, for example, at home with family members. SM affects 1% of children and commonly begins in children ages 2.5 - 4 years.

Despite its early onset, children with SM are often in school for 4 years prior to formal assessment and treatment, leading to more ingrained patterns of silence. If untreated, SM can interfere with social and emotional development as well as impede academic progress. Early identification and intervention can help children find their voice.

IMPROVE ACCESS TO TREATMENT AND CARE

Often, parents seeking services for their child with selective mutism find that few providers are knowledgeable about or know how to effectively treat this condition. In fact, only 129 providers total are currently listed as Treating Providers through the Selective Mutism Association (2018).

The training series will delineate evidence-based cognitive behavioral (CBT) approaches to the assessment and treatment of selective mutism. Techniques will target increased speech with various people, places, and situations as well as essential collaboration with parents and schools.

TOPICS IN THE 4-SESSION TRAINING SERIES INCLUDE:

- How selective mutism differs from shyness
- How symptoms develop and maintain
- Evidence-based treatment techniques
- Tailoring each child’s treatment plan
- Case discussion and consultation
- Working with parents/caregivers
- Collaborating effectively with schools
- Prepping for holidays or summer breaks
- Role of medication and therapy ‘camps’
- Trouble shooting common roadblocks
If you would like additional training in the treatment of Selective Mutism over the summer:

Clinicians and graduate students are encouraged to apply to be volunteer 'counselors' in the 5-day intensive behavioral-based therapy “camp” for children with Selective Mutism called **Confident Kids Camp**. This is the 8th year of the camp and the 1st year of the **DC Metro** location. Camp will be held in Rockville, MD during August 12-16, 2019.

For more information, contact Dr. Lindsay Scharfstein at 301-610-7850 drscharfstein@changeanxiety.com or at selectivemutism@changeanxiety.com