

# Selection Mutation:

A resource made for speech  
therapy students,  
Psychologists, Teachers, and  
Parents



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# *Introduction*

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## ***Chapter 1: What is selective mutism? What should I be looking for in my students? What are the implications?***

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In order to effectively raise awareness and increase understanding of selective mutism, one needs to understand that exactly the disorder is and what to look for in each child. The following resources are excellent educational resources that help explain the disorder and its implications.

<https://selectivemutismcenter.org/whatisselectivemutism/>

A comprehensive overview from the “selective mutism, anxiety and related disorders treatment center”. Most important sections for *this* chapter:

- What is selective mutism?

- Why does a child develop selective mutism?

- Behaviour characteristics in social settings

- 14 most common characteristics of selective mutism

- Why so few teachers, therapist, physicians understand Selective mutism

- Why it is so important to have these children diagnosed young (implications of a late diagnosis)

<https://www.anxietybc.com/parenting/selective-mutism>

<https://leannessselectivemutismawarenessmonthblogs.wordpress>

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***Chapter 2: How do I assess a child with selective mutism? What else should I be looking for?***

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## *Chapter 3: I've identified the child and they've been assessed...NOW what can I do?*

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There can be many different professionals working with a child who has selective mutism. Depending on your role, here are some resources to help you once the child has been assessed. Feel free to look at ALL the resources available here, as you never know when someone in a role separate from your own might need some guidance!

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<http://www.asha.org/PRPSpecificTopic.aspx?folderid=8589942812&section=Treatment>

ASHA provides various treatment approaches for an SLP working with this population. This document includes

- ! Data collection chart based on the framework provided in the diagram/hierarchy in the blog.

<https://www.teacherspayteachers.com/Product/Exploring-Feelings-about-Speaking-for-Selective-Mutism-other-Speech-Disorders-1496156>

A resource sold through “teachers pay teachers” to help you communicate with non-verbal children with selective mutism. Very reasonable in price and can be adapted to fit the needs of your caseload!

<https://www.youtube.com/watch?v=IDoPYgi0wlw>

A video from a child therapist based in the United Kingdom, highlighting how to use “shaping” intervention with a child with selective mutism. Includes an explanation of the technique, how to use it and develop a hierarchy, and some examples of how this therapist has utilized the technique in her practice.

<https://www.youtube.com/watch?v=Q-EbBUmiOm0>

- ! A continuation of the above video – how to move from the “shaping”





A case study from a psychologist's point of view with treatment based on a behaviour hierarchy. The case study shares some experiences, tips and a sample hierarchy you could use as a basis for starting treatment.

<https://www.selectivemutism.org/learn/faq/how-is-selective-mutism-treated/>

A resource from the selective mutism association. Of particular importance to psychologists, the section on cognitive and behaviour strategies. The strategies are described and instructions on how they will be carried out are included.

<https://childmind.org/article/brave-talking->

<https://www.youtube.com/watch?v=i0nohyMBixQ>  
A video



