

## Selective Mutism: Selected References & Resources

The following references represent a selection of resources from the field, rather than a comprehensive survey of all materials available. We have organized references here to include materials of interest to both professionals and parents. Given our view of selective mutism as anxiety-based, we have also included general resources related to anxiety and shyness.

### **Clinical Resource Materials Specific to Selective Mutism:**

McHolm, A.E., Cunningham, C.E., & Vanier, M.K. (2005). *Helping your child with selective mutism: Practical steps to overcome a fear of speaking*. Oakland, California: New Harbinger Publications, Inc.

This book is intended to be a resource for parents, as well as professionals, who are interested in a step-by-step guide to supporting a child with selective mutism. The book is available for purchase on-line (e.g., [www.amazon.ca](http://www.amazon.ca), [www.amazon.com](http://www.amazon.com) or [www.chapters.indigo.ca](http://www.chapters.indigo.ca)) or through bookstores.

McHolm, A.E., & Vanier, M.K. (2004).

<http://www.psychdirect.com/children/selectivemutism.htm>

Interested parties can access general information regarding selective mutism and downloadable information sheets and resources at this website sponsored by the Department of Psychiatry & Behavioural Neurosciences, McMaster University, Hamilton, Ontario.

Cunningham, C. E. (2001). *COPEing with selective mutism: A collaborative school-Based approach*. A manualized program written for professionals working with a child with selective mutism within the school setting. More recently, the content of this manual has been updated and subsumed by McHolm et al.'s (2005) *Helping your child with selective mutism*; as a result, this resource is no longer available for purchase.

Cline, T. & Baldwin, S. (2004). *Selective mutism in children (Second Edition)*. Philadelphia: Whurr Publishers.

Goetze Kervatt, G. (1999). *The silence within: A teacher / parent guide to helping selectively mute and shy children*.

Goetze Kervatt, G. (2004). *Supplement to: "The Silenece Within": A Teacher/Parent Guide to Helping Selectively Mute and Shy Children*.

Johnson, M., & Wintgens, A. (2001). *The selective mutism resource manual*. Oxon, UK: Speechmark Publishers.

This book offers numerous creative and enjoyable activities to encourage children's comfortable speech. It is noteworthy that the authors take a more micro-level, speech and language approach to the treatment of SM (e.g., letter sounds). Also, the manual is difficult to access and relatively expensive.

McHolm, A., Vanier, M., Edison, S. & Cunningham, C. (2006). *COPEing with Selective Mutism: A workshop series for parents and professionals supporting a child with selective mutism. Group facilitator's manual*.

Details our large-group treatment approach to SM. Clinicians are taken step-by-step through a 6-session workshop series for parents and professionals. Soon to become available for purchase from the Selective Mutism Service, c/o McMaster Children's Hospital, P.O. Box 2000, Hamilton, ON, Canada, L8N 3Z5.

Shipon-Blum, E. (2003). *Easing school jitters for the selectively mute child*. Philadelphia, Pennsylvania: Smart-Center Inc.

Shipon-Blum, E. (2003). *The ideal classroom setting for the selectively mute child: A guide for parents, teachers, and treating professionals*. Philadelphia, Pennsylvania: Smart-Center Inc.

Shipon-Blum, E. (2004). *Supplement treatment guide to understanding Katie*. Philadelphia, Pennsylvania: Smart-Center Inc.

**Books for Children & Young Adolescents on Selective Mutism  
& Extreme Shyness:**

Bechtold, L. (2001). *Buster: The very shy dog*. Houghton Mifflin.

Carle, E. (1990). *The Very Quiet Cricket*. Philomel Books.

Evans-Cooney, N. (1993). *Chatterbox Jamie*. New York, NY: Putnam.

Jones-Yang, D. (2000). *The secret voice of Gina Zhang*. Middleton, WI: American Girl.  
A fictional tale of a pre-adolescent girl's move to North America from China.  
Offers a vivid account of one girl's struggle to overcome her selective mutism  
while adjusting to a new culture.

Raschka, C. (1996). *The blushful hippopotamus*. New York: Orchard Books.

Schaefer, C. E. (1992). *Cat's got your tongue? A story for children afraid to speak*.  
Washington, DC: Magination Press.  
Written for 3- to 7-year-old children, this story entails a Kindergarten girl's journey  
from selective mutism to comfortable speech at school. The treatment approach  
presented is consistent with our COPEing with Selective Mutism program in  
many ways (e.g., taking the pressure off), although it is less school/exposure-  
based.

Shipon-Blum, E. (2003). *Understanding Katie*. Philadelphia, Pennsylvania: Smart-  
Center Inc.

Wells, R. (1988). *Shy Charles*. Puffin Books.

Wineman Marcus, I., & Marcus, P. (1992). *Into the great forest: A story for children  
away from parents for the first time*. Washington: Magination Press.

### **Clinical Resource Materials Related to Shyness & General Anxiety:**

Brozovich, R., & Chase, L. (2005). *Say goodbye to being shy: A workbook to help kids overcome their shyness*. Norwalk, CT: Instant Help Publications.

Dacey, J.S., & Fiore, L.B. (2000). *Your anxious child: How parents and teachers can relieve anxiety in children*. San Francisco, California: Jossey-Bass.  
This book offers techniques for teaching a child essential coping skills for dealing with anxiety in engaging, creative ways. A focus is placed on developing strategies for calming oneself, developing a plan to relieve anxiety, teaching persistence in the face of obstacles and evaluation of a management plan.

Lewis, D. (1988). *Helping your anxious child*. London: Reed Consumer Books.  
This book addresses mainly school-related childhood anxieties and uses a behavioural approach to intervention.

Manassis, K. (1996). *Keys to parenting your anxious child*. New York: Baron's Educational Series, Inc.

Markway, G., & Markway, B. (2005). *Nurturing the shy child: Practical help for raising confident and socially skilled kids and teens*. Thomas Dunne Books.

Rapee, R. M. (1998). *Overcoming shyness and social phobia*. North Bergen, NJ: Book-mart Press, Inc.

Rapee, R., Spence, S., Cobham, V., & Wignall, A. (2000). *Helping your anxious child: A step-by-step guide for parents*. Oakland, California: New Harbinger Publications, Inc.  
A well-respected resource book in the field which provides specific strategies for managing a child's anxiety. Although written as a parental guide, the techniques described would also be suitable for a school setting.

Rapee, R., Wignall, A., Hudson, J., & Schniering, C. (2000). *Treating anxious children and adolescents: An evidence-based approach*. Oakland, California: New Harbinger Publications, Inc.

Schneier, F., & Welkowitz, L. (1996). *The hidden face of shyness: Understanding and overcoming social anxiety*. New York, NY: Avon Books.

## **Research-Based Resources on Selective Mutism:**

- Bergman, L., Piacentini, J., & McCracken, J. (2002). Prevalence and description of selective mutism in a school-based sample. *Journal of the American Academy of Child and Adolescent Psychiatry*, 41(8), 938-946.
- Crundwell, R.M. (2006, Jan/Feb). Identifying and teaching children with selective mutism. *Teaching Exceptional Children*, 38(3), 48 – 54.
- Cunningham, C.E., McHolm, A.E., & Boyle, M.H. (2006). Social phobia, anxiety, oppositional behaviour, social skills, and self concept in children with specific versus pervasive selective mutism and community controls. *European Journal of Child and Adolescent Psychiatry*, 245-255.
- Cunningham, C.E., McHolm, A.E., Boyle, M.H., & Patel, S. (2004). Behavioral and emotional adjustment, family functioning, academic performance, and social relationships in children with selective mutism. *Journal of Child Psychology and Psychiatry*, 45(8), 1363-1372.
- Cunningham, C. E., Cataldo, M. F., Mallion, C., & Keyes, J. B. (1984). A review and controlled single case evaluation of behavioral approaches to the management of elective mutism. *Child and Family Behavior Therapy*, 5(4), 25-49.
- Dow, S. P., Sonies, B. C., Schieb, D., Moss, S. E., & Leonard, H. L. (1995). Practical guidelines for the assessment and treatment of selective mutism. *Journal of the American Academy of Child and Adolescent Psychiatry*, 34(7), 836-846.
- Elizur, Y., & Perednik, R. (2003). Prevalence and description of selective mutism in Immigrant and Native families: A controlled study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 42, 1451-1459.
- Ford, M. A., Sladeczek, I. E., Carlson, J., & Kratochwill, T. R. (1998). Selective Mutism: Phenomenological characteristics. *School Psychology Quarterly*, 13, 192-227.
- Kopp, S., & Gillberg, C. (1997). Selective mutism: A population based study: A research note. *Journal of Child Psychology and Psychiatry*, 38, 257-262.
- Kratochwill, T. R., Carlson, J. S., Eke, A., Sladeczek, I., & Stone, B. (in press). *Selective mutism: Research and treatment*. New York: Guilford Press.
- Kristensen, H. (2000). Selective mutism and comorbidity with developmental disorder/delay, anxiety disorder, and elimination disorder. *Journal of the American Academy of Child and Adolescent Psychiatry*, 39, 249-256.

- Kristensen, H. (2001). Multiple informants' report of emotional and behavioural problems in a nation-wide sample of selective mute children and controls. *European Journal of Child and Adolescent Psychiatry, 10*, 135-142.
- Kumpulainen, K., Rasanen, E., Raaska, H., & Somppi, V. (1998). Selective mutism among second-graders in elementary school. *European Journal of Child and Adolescent Psychiatry, 7*, 24-29.
- Manassis, K., Fung, D., Tannock, R., Sloman, L., Fiksenbaum, L. & McInnes, A. (2003). Characterizing selective mutism: Is it more than social anxiety?. *Depression and Anxiety, 18*, 153-161.
- Remschmidt, H., Poller, M., Herpertz-Dahlmann, B., Hennighausen, K., & Gutenbrunner, C. (2001). A follow-up study of 45 patients with elective mutism. *European Archives of Clinical Neuroscience, 251*, 284-296.
- Sluckin, A., Foreman, N., & Herbert, M. (1991). Behavioral treatment programs and selectivity of speaking at follow-up in a sample of 25 selective mutes. *Australian Psychologist, 46*, 132-137.
- Steinhausen, H., & Juzi, C. (1996). Elective mutism: An analysis of 100 cases. *Journal of the American Academy of Child and Adolescent Psychiatry, 35*, 606-614.
- Steinhausen, H., Wachter, M., Laimbock, K., Winkler Metzke, C. (2006). A long-term outcome study of selective mutism in childhood. *Journal of Child Psychology and Psychiatry, 47*, 751-756.
- Twernbold, M. A., Kratochwill, T. R., & Gardner, W. I. (1996). An assessment protocol for selective mutism: Analogue assessment using parents as facilitators. *Journal of School Psychology, 34*, 1-21.
- Vecchio, J., & Kearney, C. (2005). Selective mutism in children: Comparison to youths with and without anxiety disorders. *Journal of Psychopathology and Behavioral Assessment, 27(1)*, 31 – 37.
- Yeganeh, R., Beidel, D., Turner, S., Pina, A., & Silverman, W. (2003). Clinical distinctions between selective mutism and social phobia: An investigation of childhood psychopathology. *Journal of the American Academy of Child and Adolescent Psychiatry, 42 (9)*, 1069-1075.