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:

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.

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.

A manualized program written for professionals working with a child with selective mutism within the school setting. The important role of parents is also outlined within this manual. Copies are available for purchase from the Selective Mutism Service, COPE Program, Chedoke Campus, c/o McMaster Children’s Hospital, P.O. Box 2000, Hamilton, ON, Canada, L8N 3Z5. [Please see the order form included in this manual.]


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...
Also, the manual is difficult to access and relatively expensive.


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


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.


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


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


