

## Selective Mutism Masterclasses: Online Session Detail

### Session 1 : Module 1, part 1

This introductory module begins with the nature, causes and diagnosis of selective mutism (SM), and ensures that participants can differentiate between SM and shyness, reluctance to speak and 'the silent period' experienced by some children when learning an additional language. Before considering intervention strategies, we discuss the importance of talking openly to the child or young person about their difficulties, building rapport and recognising the role families and staff play in maintaining their behaviour.

### Session 2: Module 1, part 2

This session covers the use of informal management strategies. The emphasis is on an inclusive 24/7 approach to promote well-being and participation. When applied consistently within family and educational settings, these techniques will enable some children to fully overcome their difficulty talking, while laying a firm foundation for more formal small-steps intervention programmes if indicated.

### Session 3: Module 2

Building on Module 1, this session focuses on small-steps intervention programmes to enable individuals who have SM aged 5 and over to talk first on a one to one basis and then generalise to others across a range of settings. General principles to maximise progress are discussed, together with a guide to troubleshooting and dealing with regression.

### Session 4: Module 3

Building on Modules 1 and 2, this session covers additional considerations for older children and young people, including secondary school transfer and supporting individuals who may be disengaged and hard to reach.

### Session 5: Module 4, part 1

Building on Module 1, the final module looks at assessment and management of conditions which frequently occur alongside SM and asks participants to consider their roles and remit when supporting children and young people who are experiencing more than SM. We begin by discussing adaptations to standard assessment procedures to ensure representative results for children who have SM. Other topics covered in the morning include behavioural issues commonly associated with SM, separation anxiety, social anxiety disorder and other fears and phobias.

### Session 6: Module 4, part 2

We complete this module by considering the co-existence of ASD and SM and looking at assessment and management of Autism Spectrum Disorder alongside SM. Other topics include additional speech and language difficulties. Finally, all participants are invited to discuss the children and young people they are supporting, and develop an action plan.