



The Selective Mutism Resource Manual: 2nd Edition

By Maggie Johnson, Alison Wintgens

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For anyone who needs to understand, assess or manage selective mutism, this is a comprehensive and practical manual that is grounded in behavioural psychology and anxiety management and draws on relevant research findings as well as the authors' extensive clinical experience.

Now in its second edition and including new material for adolescents and adults, *The Selective Mutism Resource Manual 2e* provides:

- an up-to-date summary of literature and theory to deepen your understanding of selective mutism
- a wealth of ideas on assessment and management in home, school and community settings so that its relevance extends far beyond clinical practice
- a huge range of printable online handouts and other resources
- case studies and personal stories to illustrate symptoms and demonstrate the importance of tailored interventions.

This book is essential reading for people who have selective mutism as well as for the clinicians, therapists, educators, caseworkers and families who support them.

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Editorial Review

Review

"The second edition of The Selective Mutism Resource Manual is without doubt the most comprehensive, knowledgeable and most importantly useful manual on the nature and treatment of Selective Mutism (SM) available at the time of writing this review (Jan 2017). With decades of effective clinical experience of SM between them, the authors have such a level of understanding that important advice is found within the text on every page [...] Selective mutism is a very distressing and disabling anxiety disorder. This manual should give all those who encounter it, be it as a family member, friend, school teacher, practitioner, sufferer or in any other walk of life, the tools they need to help reduce the enormous impact it can have on people's lives."

- Shirley Landrock-White, SMIRA

"With almost 600 pages, the new manual is filled with informative handouts for parents, professionals and schools, as well as easy to-use checklists, recording systems and small-step programmes, making it by far the most comprehensive resource available in the area of Selective Mutism.

There is a new model of confident talking, which is both holistic and wide-ranging and capitalises on day-to-day activities as opportunities for increased participation and communication, with family and key people playing a pivotal role in the intervention process.

Johnson and Wintgens brilliantly deconstruct selective mutism and the many issues that can arise in its management and they provide valuable guidance for tackling the challenges through helpful examples and case scenarios.

Multiple routes are offered for helping children and young people talk to new people and there is extensive information on generalisation to new people, environments and tasks. A comprehensive range of resources is provided and these are very well referenced and coded to allow practitioners to easily select the right kinds of resources and activities for the child's current targets.

For anyone involved with tackling Selective Mutism, the 2nd edition is indispensable. I would highly recommend it to parents, professionals and indeed individuals with Selective Mutism. It makes a phenomenal contribution both to our understanding of the condition and to our awareness of how to tackle it effectively."

- Anita McKiernan, RCSLT Adviser in SM, Advanced Specialist SLT, Clinical Tutor & Visiting Lecturer, City, University of London

About the Author

Maggie Johnson FRCSLT is a speech and language therapist specialising in childhood communication disorders and selective mutism. Her experience in education and community settings spans over thirty years in mainstream and special schools, language units, clinics and multi-agency centres. Maggie works for Kent Community Health NHS Foundation Trust. Alison Wintgens is a speech and language therapist. Having worked for many years as a consultant SLT in the Department of Child and Adolescent Mental Health at St. George's Hospital, London, she has extensive experience of children and adolescents with a range of communication disorders and additional behavioural or mental health problems.

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