SMiRA
Challenging Selective Mutism

Subject: Where to start to get help (England & Wales)

Very basic guide to SM intervention:

Generally there are three parts to tackling SM.

1. Education for parents and school
2. Removing maintaining factors (eg. pressure to speak, avoidance of situations)
3. Intervention, which can be lead/done by a SM educated/savvy parent/school or with support from SM trained SLT or psych worker, BUT they need to have specific training.

You can call your Local Authority to ask if they have a SM pathway for you/school to access.

You can phone your local SLT NHS service and ask them if they have therapists with specific SM training.

If they don't you can look for a private SLT on helpwithtalking.com, go to advanced search, tick the SM button and extend the distance it reports on as support can be done remotely for you.

Additional Reading

SMIRA group in Facebook. (Search SMIRA, then request to join the group)

The main reference book to get is the Selective Mutism Resource Manual (Johnson & Wintgens). A new edition can be preordered from Amazon. First edition is still fine to use though. Most changes in new version are for older people with SM and generalising outside school.

Other useful books are

"Tackling Selective Mutism" (Sluckin & Smith, ISBN-13: 978-1849053938, ISBN-10: 1849053936)

"Can I tell you about Selective Mutism?" (Johnson & Wintgens, ISBN-13: 978-1849052894, ISBN-10: 1849052891)

"Can't Talk? Want to Talk!" (Jo Levett, ISBN-10: 1909301310,ISBN-13: 978-1909301313)

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