

Books and Manuals on Selective Mutism and Related Subjects

Key SM Treatment Manuals

Johnson, Maggie and Wintgens, Alison (2016) *'The Selective Mutism Resource Manual (Second Edition).'* London: Speechmark. ISBN: 978-1-90930-133-7

*Johnson, Maggie and Wintgens, Alison (2012) *'Can I tell you about Selective Mutism? A guide for friends, family and professionals.'* London. Jessica Kingsley Publishers. (ISBN: 978-1-84905-289-4)

* A quick read, but packed with useful advice and insight into SM.

Sage, Rosemary and Sluckin, Alice (eds) (2004) *'Silent Children: Approaches to Selective Mutism.'* Leicester: SMIRA and University of Leicester. (ISBN: 0-902254-89-8. Book and DVD available from SMIRA website and info@selectivemutism.co.uk)

Smith, Benita Rae and Sluckin, Alice (eds.) (2015) *'Tackling Selective Mutism. A Guide for Professionals and Parents.'* London: Jessica Kingsley Publishers.

Other SM Treatment Manuals

Bergman, R. L. (2012) *'Treatment for children with selective mutism: An integrative behavioural approach'*. Oxford University Press.

Bergman, R. Lindsey (2013) *'Programs that work. Treatment for Children with Selective Mutism. An Integrative Behavioural Approach. Therapists Guide'*. New York. OUP. (ISBN: 978-0-19-539152-7. Paperback)

Busman, Rachel (2023) *'Being Brave with Selective Mutism: A Step-by-Step Guide for Children and their Caregivers.'* Jessica Kingsley Publishers.

Hill, Libby (2025) *'Doing What it Takes: A Selective Mutism Case Book.'* Independently published. ISBN-13: 979-8309443734

Hill, Libby (2026) *'Personal Stories of Selective Mutism: What young people wish their teachers had known.'* Independently published. ISBN-13: 979-8176114836

Hill, Libby (2026) *'Supporting Teenagers with Selective Mutism: A Practical Guide for Schools, Families and Professionals.'* Jo Wildsmith Publishing. ISBN-10: 1918123152. ISBN-13: 978-1918123159.

Johnson, Maggie and Jones, Michael (2012) *'Supporting Quiet Children: Exciting Ideas and Activities to help 'Reluctant Talkers' become 'Confident Talkers'.* Birmingham. Lawrence Educational Publications. (ISBN-10: 190367090X. ISBN-13: 978-1903670903)

Johnson, Maggie and Reitman, Junhua (2023) *'The Selective Mutism Handbook for Parents and Professionals: Small Steps, Big Changes.'* Routledge. ISBN-10: 103215411X. ISBN-13: 978-1032154114

Katz-Bernstein, Nitza (2013) *'Selective Mutism in Children. Manifestations, Diagnosis, Therapy. 3rd Edition'*. Verlag, Munich. Ernst Reinhart.

Kearney, Christopher A. (2010) *'Helping Children with Selective Mutism and their Parents: A Guide for School-based Professionals.'* Oxford: OUP (ISBN: 978-0-19-539454-2)

Kotrba, Aimee (2015) *'Selective Mutism. An assessment and Intervention Guide for Therapists, Educators and Parents.'* Eau Claire, Wisconsin: PESI Publishing and Media.

Kotrba, Aimee and Saffer, Shari J. (2018) *'Overcoming Selective Mutism. The Parent's Field Guide.'* Charleston, U.S.A., Summit and Krest Publishing.

Levett, Jo (2015) *'Can't talk? Want to talk!'* London. Speechmark Publishing Ltd.

McHolm, Angela E., Cunningham, Charles E. and Vanier, Melanie K. (2005) *'Helping your Child with Selective Mutism.'* Oakland, CA: New Harbinger Publications, Inc. (ISBN: 1-57224-416-X)

Nathanson, Lucy (2017) *'Understanding Selective Mutism: A Beginner's Guide.'* Independently Published. ISBN-10 1788087844

Perednick, Ruth (2011) *'The Selective Mutism Treatment Guide: For Parents, Teachers and Therapists. Still Waters Run Deep.'* Jerusalem. Oaklands. (ISBN: 9659178301. ISBN-13; 978-9659178308)

Reitman, Junhua, Reitman, Amelia and Xu, Nianhua (2023) *'Supporting your Child with Selective Mutism: A Practical Guide for School, Home and in the Community.'* Speechmark. ISBN: 978-1032409085

Shipon-Blum, Eliza (2007) *'The ideal classroom setting for the Selectively Mute child, 2nd Edition.'* Philadelphia.: Selective Mutism Anxiety Research and Treatment Center/

Books on SM

Cline, Tony and Baldwin, Sylvia (2004) *'Selective Mutism in Children. Second Edition.'* London and Philadelphia: Whurr. (ISBN: 1-86156-362-0)

Dillon, Jane and Maloney, Alison (2013) *'Jessi-cat: the cat that unlocked a boy's heart'* London. Michael O'Mara Books.

Kratochwill, Thomas (1981) '*Selective Mutism: Implications for Research and Treatment.*' Hillsdale, New Jersey: Lawrence Erlbaum Associates.

Spasaro, Sheila A. and Schaefer, Charles E. (eds) (1999) '*Refusal to Speak: Treatment of Selective Mutism in Children.*' Northvale, New Jersey: Jason Aronson Inc.

Sutton, Carl and Forrester, Cheryl (2016) '*Selective Mutism In Our Own Words.*' London and Philadelphia. Jessica Kingsley Publishers.

Wallace, Marjorie (1986) '*The Silent Twins.*' London: Chatto and Windus.

Chapters on SM in other books

Alladin, Assen (2016) '*Integrative CBT for Anxiety Disorders: An Evidence-Based Approach to Enhancing Cognitive Behavioural Therapy with Mindfulness and Hypnotherapy.*' John Wiley & Sons, Ltd. (Published online: 9th October 2015) DOI: 10.1002/9781118509869.ch9 – Selective Mutism.

Bunnell, Brian E., Beidel, Deborah C., Procci, Katelyn and Bowers, Clint A., (2015) 'Gamification of Therapy: Treating Selective Mutism.' Ch. 18 in Novák, Daniel (2015) '*Handbook of Research on Holistic Perspectives in Gamification for Clinical Practice.*' IGI Global.

Johnson, M., & Wintgens, A. (2015). 'Viewing selective mutism as a phobia of talking: The importance of accurate conceptualisation for effective clinical and parental management.' In C. A. Essau and J. L. Allen (Eds.), '*Making parenting work for children's mental health.*' ACAMH Occasional Paper 33 (pp. 61-71). London: Association of Child and Adolescent Mental Health.

Lebrun, Yvan (1990) '*Mutism.*' (Chapter on SM) Whurr Publishers Ltd
ISBN 1-870332-55-5

Nowakowski, M. E., Schmidt, L.A., Cunningham, C. E., and McHolm, A. E., (2009) 'Language Development in Special Populations: the Case of Selective Mutism.' In Reed, Michael A. (ed.) '*Children and Language: Development, Impairment and Training.*' Nova Science Publishers Inc. UK edition.
ISBN-10: 1606923951. ISBN-13: 978-1606923955.

Schäfer, Hanna and Muskett, Tom (2015) 'Interlocutor Influence on the Communication Behaviours Associated with Selective Mutism.' Ch. 10 in O'Reilly, Michelle and Lester, Jessica Nina (eds.) (2015) '*The Palgrave Handbook of Child Mental Health: Discourse and Conversation Studies.*' Springer. (Print) ISBN: 978-1-349-57695-1 (Online) 978-1-137-42831-8

Shreeve, Daniel F. (1991) 'Elective Mutism: Origins in Stranger Anxiety and Selective Attention.' in S. A. Spasaro, and C. E. Schaefer (eds) (1999) *Refusal to Speak: Treatment of Selective Mutism in Children*. Northvale, New Jersey: Jason Aronson Inc.

Sluckin, Alice (2000) 'Selective Mutism.' in J. Law, A. Parkinson and R. Tamhne (eds) *Communication Difficulties in Childhood*. Oxford: Radcliffe.

Sluckin, Alice (2006) 'Helping Selectively Mute Children at School.' In Hunter-Carsch, M., Tiknar, Y., Cooper, P. and Sage, R. (eds.) *The Handbook of Social, Emotional and Behavioural Difficulties*. London and New York, NY. Continuum.

Books on related subjects

Aron, Elaine N. (2002) *'The Highly Sensitive Child.'* London: Thorsons

Beidel, Deborah C. and Turner, Samuel M. (2007) *'Shy Children, Phobic Adults: Nature and Treatment of Social Phobia. 2nd Edition.'* Washington DC. American Psychological Association. ISBN: 9781591474524

Butler, Gillian (2009) *'Overcoming Social Anxiety and Shyness: A Self-Help Guide using Cognitive Behavioural Techniques.'* BCA.

Cain, Susan (2012) *'Quiet: The Power of Introverts in a World That Can't Stop Talking.'* Viking Books

Chazan, Maurice, Laing, Alice F., Davies, Diane & Philips, Rob (1998) *'Helping Socially Withdrawn and Isolated Children and Adolescents.'* London. Cassell. ISBN: 0304339709

Collins, Janet (1996) *'The Quiet Child.'* London: Cassell. (ISBN: 0-304-33473-1)

Cox, Adam J. (2006) *'Boys of Few Words: Raising our Sons to Communicate and Connect.'* Guildford Press.

Cresswell, Cathy and Willetts, Lucy (2007) *'Overcoming Your Child's Fears and Worries. A guide for parents using Cognitive Behavioural Techniques.'* London: Robinson

Cross< Melanie (2004) *'Children with Emotional and Behavioural difficulties and Communication Problems.'* London. Jessica Kingsley Publishers.

Crozier, W. Ray (2000) *'Understanding Shyness: Psychological Perspectives.'* Basingstoke. Palgrave. ISBN 0-333-77371-3

- Elsen, A. R. and Schaefer, C.E. (2005) *'Separation Anxiety in Children and Adolescents.'* Guildford Press
- Evans, Russell (2000) *'Helping children to overcome fear: the healing power of play.'* Hawthorne Press.
- Higashida, Naoki (translated by David Mitchell and K.A. Yoshida) (2017) *'Fall down 7 times get up 8.'* London: Sceptre
- Iwaniec, Dorota (2004) *'Children who Fail to Thrive.'* John Wiley & Son.
- Kagan, Jerome and Snidman, Nancy (2004) *'The Long Shadow of Temperament.'* USA. Harvard University.
- Klein, Rachel & Last, Cynthia C. (1989) *'Anxiety Disorders in Children.'* Sage Publications. ISBN 0-8039-3221-9
- Iwusu-Bempa, Kwame (2007) *'Children and Separation.'* Routledge.
- Lewis, David (1988) *'Helping your anxious child.'* London. Methuen.
- Mortimer, Hannah (2007) *'Worry Box. Managing anxiety in young children.'* Stafford: QEd Publications.
- Pearce, John (1991) *'Families and Friends. How to help your child enjoy happy relationships.'* London: Thorsons.
- Preston, Kathrine (2013) *'Out with It.' (Stuttering)* New York. Atria Books.
- Rapee, Ronald M., Wignall, Ann M., Hudson, Jennifer L. and Schniering, Carolyn A. (2000) *'Treating Anxious Children and Adolescents. An Evidence-Based Approach.'* Oakland CA: New Harbinger Publications Inc.
- Rapee, Ronald M., Wignall, Ann M., Spence, Susan H., Cobham, Vanessa and Lyneham, Heidi (2008) *'Helping Your Anxious Child (Second Edition). A Step-by-Step Guide for Parents.'* Oakland CA: New Harbinger Publications Inc.
- Resnick, J. Steven (ed.) (1989) *'Perspectives on Behavioural Inhibition.'* Papers from Conference on Behavioural Inhibition. Chicago. University of Chicago Press. ISBN 0-226-71040-8
- Rubin, Kenneth H. and Coplan, Robert J. (eds.) (2010) *'The Development of Shyness and Social Withdrawal.'* Guildford Press.
- Silverman, Wendy and Kurtines, William (1996) *'Anxiety or Phobic Disorders – A Pragmatic Approach.'* New York. Plenum Press. ISBN 0-3-6-45227-8

Stahl, Stephen M. and Moore, Bret A. (eds.) (2013) '*Anxiety Disorders. A Guide for Integrating Psychopharmacology and Psychotherapy.*' New York & London: Routledge

Sunderland, Margot (2003) '*Helping Children with Fear: A Guidebook.*' Milton Keynes: Speechmark

Watson, Casey (2014) '*The Girl Without a Voice.*' London: Harper Element.

Wolff, Sula (1995) '*Loners. The Life Path of Unusual Children.*' Routledge.
ISBN 0-415-06665-4

Zimbardo, Philip G. (1977) '*Shyness.*' A Jore Book – Addison Wesley, USA
ISBN 0-515-08919-2

Zimbardo, Philip G. and Radl, Shirley (1999) '*The Shy Child. Overcoming and Preventing Shyness from Infancy to Adulthood. Second Edition.*'
Malor Books.