



**\*\*CONFERENCE\*\***  
*Nationally Known Speaker*

## Unlocking the Mystery of Selective Mutism:



### A Guide for Therapists and Educators

**March 7, 2024**

**9:00 am - 12:15 pm EST**

**Via ZOOM**

The link will be sent 2-3 days prior to the session

Presenter:

**Aimee Kotrba, Ph.D.**

#### **TARGET AUDIENCE**

- Psychologists – Licensed & School     LMHCs
- Social Workers     Teachers     Administrators
- Speech/Language Pathologists

**CEU/CPD hours available. See pg. 2 for disciplines**

#### **For Staff Working with Ages:**

- Preschool     Elem     MS     HS

**Level / Teaching Methods:** Intermediate; Lecture

Sponsored by:

**Family of Kidz - Kidz Conference Services**

1400 Old Country Road, Westbury, NY 11590

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[www.familyofkidz.com](http://www.familyofkidz.com)

## **COURSE DESCRIPTION**

Recent increases in the prevalence rates of Selective Mutism, a childhood anxiety disorder, has necessitated effective and efficient treatment. However, Selective Mutism can be challenging for even the most experienced therapist or educator. Many feel that Selective Mutism is untreatable, or incorrectly assume that just making the child comfortable or building rapport will result in a “cure” from the mutism. These well-intentioned assumptions can inadvertently result not only in a lack of progress for the child, but in an overall worsening of symptoms.

Behavioral intervention can allow a child to practice being brave, thereby increasing confidence and decreasing anxiety. This workshop breaks down behavioral intervention into small, manageable steps for use in-school and in-clinic intervention. Suggestions are provided for making therapy “fun” by incorporating enjoyable activities into treatment. Learn not only the nuts and bolts of behavioral therapy but also the art of making it effective with your patient or student with Selective Mutism. This session is applicable to personnel working in both classroom and related service settings.

**Learner Objectives:** *Upon completion of this course, participants will be able to:*

- explain the cycle of avoidance of speech.
- describe the necessary steps in stimulus fading procedures.
- list possible steps for behavioral shaping of speech, including activities at each step.
- identify the most effective question formats and prompts for speech.
- summarize the difference between Child Directed Interaction (CDI) and Verbally Directed Interaction (VDI).

#### **Agenda**

- What is Selective Mutism – conceptualizing the disorder (60 min)
- Assessing for SM (30 min)
- Break (15 min)
- Behavioral Intervention of SM – shaping and stimulus fading procedures (60 min)
- Application of behavioral treatment in the school setting (30 min)

## **ABOUT THE SPEAKER**

Dr. Kotrba graduated with her doctorate degree in clinical child psychology from Wayne State University and has owned Thriving Minds since 2012. She loves clinical work but has also taught graduate-level psychology at Michigan State University and has worked as a neurodevelopmental consultant/evaluator at St. Joseph Hospital for over 10 years. She is a nationally known expert and speaker on the identification and treatment of Selective Mutism, a childhood anxiety disorder, and loves working with families to promote “brave talking”.

Dr. Kotrba has authored **Selective Mutism: An Assessment and Intervention Guide for Therapists, Educators, and Parents** and **Overcoming Selective Mutism: A Field Guide for Parents**. She created and co-directs Confident Kids Camp, a camp for children and teens with Selective Mutism that runs annually in Brighton Michigan (with offshoot camps in the metro DC area and Toronto, Canada). She also provides education to parents, school personnel, and professionals about Selective Mutism, offering informative and engaging webinars including **Unlocking the Mystery of Selective Mutism**.

#### **DISCLOSURE INFORMATION:**

**Financial** - Dr. Kotrba is receiving a speaker’s fee for presenting these workshops. She owns Thriving Minds and co-directs Confident Kids Camp. Dr. Kotrba receives royalties for her books.

**Non-Financial** - No relevant interests

## CERTIFICATES OF ATTENDANCE / CEUs

Attendance for the entire session is required for Certificates of Completion and/or CEUs (where applicable).

## REGISTRATION INFORMATION

**Individuals:** Register online with credit card or e-check  
[www.FamilyofKidz.com](http://www.FamilyofKidz.com)

**District/Agency Payments:** Register online by credit card (preferred).  
Contact Tesa at 516-806-6969 x4181 for information and procedures on how to submit Registrations for Purchase Orders (form required).

### **Registration Fees:**

General Registration	\$95
*Family of Kidz Staff Registration	\$80
<b>Early Bird Registration (by 02/15/24)</b>	
<b>General Early Bird</b>	<b>\$80</b>
<b>*Family of Kidz Staff Early Bird</b>	<b>\$65</b>

*\*Kidz staff registration discount is applicable only to those with at least one active case through our agency*

**Refund & Cancellation Policy:** A handling fee of \$35 will be deducted for all cancellations. Refund requests must be received by mail/e-mail no later than 10 business days prior to the session. **No refunds will be issued if requested after 02/23/24.**

Kidz Conference Services reserves the right to cancel due to insufficient registrations or extenuating circumstances. Full refunds will be given if the conference is cancelled by KCS due to weather or other unforeseen circumstances.

**Cancellations Due to Weather or Other Circumstances:** see Announcements on our website [www.FamilyofKidz.com](http://www.FamilyofKidz.com); top of the main page.

**Special accommodations:** Should you require reasonable accommodations; a request must be received *no later than four weeks prior to the session* via email to: [Conferences@FamilyOfKidz.com](mailto:Conferences@FamilyOfKidz.com).

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## CEU / CPD INFORMATION

**Kidz Conference Services, LLC** SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0147.  
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**Kidz Conference Services, LLC** is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0118. **(3 contact hours)**



**Kidz Conference Services, LLC** is approved by the National Association of School Psychologists to offer continuing education for school psychologists. **(3 NASP CPDs)**



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Intermediate Level  
.3 ASHA CEUs

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