

**Selective Mutism Treatment Program – Cornerstone Child and Family Psychology Clinic**

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Treatment services for selective mutism at Cornerstone Child and Family Psychology Clinic include a comprehensive program including parent education and support, individual and group care for children, and school outreach. We also offer an annual summer intensive program (‘Camp Brave’).

If you feel your child may have selective mutism and is between the ages of 4 and 11, and you are local to the Vancouver area, we recommend signing up for the comprehensive program option, which provides all elements of evidence-based service for SM.

*Treatment Pathway A: We live locally and our child is between 4 - 11*

1. Sign up to get on the waitlist for our comprehensive group SM program (via email at [info@cornerstonepsychology.ca](mailto:info@cornerstonepsychology.ca))
2. Attend parent workshop virtually in fall or spring.
3. After the workshop, as space permits, you will participate in a 1.5 hour parent-only virtual assessment session in order to determine diagnostic picture and treatment pathway
4. Your child will participate in approximately 2 individual sessions at Cornerstone in order to confirm diagnostic picture and begin therapeutic process
5. If you’re child’s treatment needs are well suited to a group setting, we will enroll you in the next available group (offered for 8 weeks starting mid-October or mid-April), or the summer camp option (a week in August).
6. If your child’s needs are not well suited to a group setting, individual services will be offered when space permits or alternative resources will be provided if the diagnostic picture is outside the scope of treatment offered at Cornerstone.

7. Your child will attend a lead-in (preparation) session for group therapy. These typically take place on a weekend date shortly before group begins, and are designed to get your child speaking to the group leaders and the peers who will be in group with them
8. Group therapy takes place for 8 weeks on either a Tuesday or Thursday afternoon from 3:30-4:30pm. There are a maximum of 6 children per group, with 2 staff leading group. Group activities include practice socializing and playing games with peers, practice presenting in front of peers and staff, ordering food from nearby coffee shops, practice speaking with unfamiliar adults, and a whole ton of fun! Children who are ill are not permitted to attend until they are better; there is no charge for missed sessions due to illness.
9. During group, there are parent zoom sessions every other week during which we will cover a variety of topics about how to support your children on their brave talking journey as well as review progress and troubleshoot barriers. The parent sessions take place from 12-1. Parents must commit to at least 3 out of 4 groups. Both parents are welcome to attend (no extra charge)
10. We also offer school education and outreach as part of treatment in order to generalize the gains to that key area.
11. At the end of the program you have the option of participating in the annual camp brave to consolidate gains.

**Costs:**

Parent workshop: \$650 (can be billed to parents' insurance)

Assessment/individual therapy sessions: \$240/hr

Eight week Child group: \$1600 (200\$/hr)

Four week parent sessions: \$800 (can be billed to parents' insurance)

School outreach costs are \$240/hr and may include travel time

*Treatment Pathway B: We live locally and our child is under 4 or over 11 OR we don't live locally.*

1. Sign up for the parent psychoeducation workshop
2. Sign up for the individual therapy waitlist as usual at Cornerstone. Services can be provided by zoom if required