

The background of the cover is a microscopic image of plant cells, showing a network of cell walls in shades of yellow, green, and brown. A large, central cell is highlighted with a vibrant red and white color scheme, creating a focal point. The text is overlaid on the right side of the image in white letters within teal rectangular boxes.

SELECTIVE

MUTISM

IN

OUR

OWN

WORDS

Carl Sutton and
Cheryl Forrester

Experiences in Childhood and Adulthood

Selective Mutism In Our Own Words

Experiences in Childhood and Adulthood

by Carl Sutton, Cheryl Forrester, Donna Williams (Foreword)

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Selective Mutism (SM) is a situational anxiety disorder which generally begins in early childhood but which can sometimes continue unabated into adult life. A child or adult with SM cannot speak in certain situations due to fears of initiating speech / being overheard.

Children with SM may find themselves unable to speak for the entirety of their school lives. In some instances the school environment can cause so much stress for a child that they require home schooling. In adolescence and adulthood the repercussions of SM can be depression and other anxiety disorders (e.g. agoraphobia, social anxiety disorder, and generalised anxiety disorder); severe social isolation; difficulty finding or maintaining employment; difficulty attaining romantic relationships; and so on.

We did not feel that there were sufficient first-hand experiences of Selective Mutism in published literature and so we created this book, *Selective Mutism In Our Own Words*, to bring lived experience of this anxiety disorder - including Carl's own experience - into the public domain.

The book looks at the experience of SM in all age groups - from early childhood all the way to adulthood. It contains the lived experiences of around 40 people from the US and UK who write about Selective Mutism *in their own words*. Also included are candid first-hand accounts of living with a dual diagnosis of Selective Mutism and an Autism Spectrum Disorder and parents', therapists' and a teacher's perspectives of this condition.

Reviews

“Finally, a book to dispel the myth that Selective Mutism is an exclusively childhood condition. My greatest hope is that this valuable contribution to the field will not only improve understanding of the nature and far-reaching effects of SM, but help mobilise Health Services to provide appropriate support for both children and adults.”

Maggie Johnson, FRCSLT, co-author of *Can I Tell You About Selective Mutism?*

“This must-read book educates about the emotional challenges of Selective Mutism experienced by all involved. From being bullied to overcoming obstacles, Sutton and Forrester expertly weave heartbreaking and uplifting moments through personal stories

that read like journal entries. This is a resource that should be on all clinician's shelves.”

Joleen R. Fernald, PhD, CCC-SLP, BCS-CL, Selective Mutism Expert

“A fascinating and beautiful glance into the lives of individuals with Selective Mutism and those who love and support them.”

Aimee Kotrba, PhD, Author of *Selective Mutism: An Assessment and Intervention Guide for Therapists, Educators, and Parents*

“A wonderful book that is certain to shed new light on the inner lives of those with Selective Mutism.”

Marian Moldan, LCSW-R, Author of *Charli's Choices*

Where to buy

Selective Mutism In Our Own Words is available via most book stores including Amazon:

<http://www.amazon.co.uk/Selective-Mutism-Our-Own-Words/dp/1849056366>

<http://www.amazon.com/Selective-Mutism-Our-Own-Words/dp/1849056366>

About the authors

Carl Sutton and Cheryl Forrester run iSpeak.org.uk, a support group for people with Selective Mutism and their parents / caregivers. Carl has personal experience of Selective Mutism and has also carried out academic research into Selective Mutism at the University of Chester, UK. Cheryl is a qualified social worker, person-centred counsellor, and nurse. They live in North Wales, UK. The foreword to the book was written by Donna Williams, best-selling autism author.

SELECTIVE MUTISM IN OUR OWN WORDS

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www.ispeak.org.uk/inourownwords.aspx

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