

Recorded Bundle for Individuals with SM (Ages 17 and Older)

Anxiety, Avoidance, and Finding your Voice

Katelyn Reed, M.S., Erin Glow, B.A.

The Pressure to Say it Perfectly

Jennifer Garcia, Psy.D.

Shh, Don't Say That! A Discussion of Stigma Experienced by Individuals with Mental Health Challenges, and Strategies to Lower Stigma's Negative Impacts on Individuals with Selective Mutism

Vanessa Ng, Ph.D., Marisa Serchuk, Ph.D.

Anxiety Doesn't Get to Drive: CBT and ACT Skills for Doing Hard Things

Veronica Raggi, Ph.D. Courtney Keeton, Ph.D.

Understanding Treatment Options for Selective Mutism: Questions and Answers with a Psychiatrist

Kristin Rosseau, MD