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Nota di contenuto	Cover -- Contents -- Foreword -- Acknowledgements -- Chapter 1 Introduction -- Chapter 2 Understanding Selective Mutism -- Chapter 3 Selective Mutism in Singapore -- Chapter 4 Management of Selective Mutism -- CHAPTER 5 Cognitive Components of the CHAT Plan -- CHAPTER 6 Behavioural Components of the CHAT Plan -- CHAPTER 7 The Complete Action Plan -- CHAPTER 8 The Key to Lasting Friendships -- CHAPTER 9 The Parental Journey -- Chapter 10 Further Reading -- References.
Sommario/riassunto	Selective mutism is a childhood anxiety disorder characterised by a child's inability to speak and communicate effectively in select social settings, such as school. These children are able to speak and communicate in settings where they are comfortable, secure, and relaxed. Most children with selective mutism also have social phobia or social anxiety: they fear social interactions where there is an expectation to speak and communicate. Finding Your Voice highlights the different challenges a child with selective mutism might face, and provides effective, research-based behavioural intervention plans. Tips for engaging and motivating children are provided, focusing on a gradual, step-wise approach to increased speech, as well as fun and engaging activities that can be used at each step of treatment. Authurs: Dr Daniel Fung, Dr Claire Kwan, Wong Zi Jun, Dr Kirthana Vasudevan.

