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**ABSTRACT**

The psychotherapeutic process for a university student with selective mutism

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Selective mutism is one of many anxiety disorders, and most of the reports are about children. There have been few case studies on adolescents and older people. This case is about a patient who had problems caused by selective mutism in his student life and daily life even after entering university. Psychotherapy was conducted for nearly three years in a university counseling room, and improvements were observed to the extent that his life was no longer impaired. Behavioral techniques are mainly used in psychotherapy. In particular, stimulus fading was found to be effective for improving his verbal communication. The relationship between anxiety and selective mutism is discussed with his psychological test results. In his case, when he felt anxiety, it became difficult for him to find his own thoughts or images, and it would manifest as selective mutism. Although his anxiety overlapped with social anxiety disorder, the anxiety was primarily related to verbal communication. The university environment was also discussed as a factor for improving his selective mutism.

**Key Words:** selective mutism, anxiety, behavioral therapy, university

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