

---

## ABSTRACT

Behavioral treatment for a child with selective mutism

ARAI, Sawako

*Kawasaki University of Medical Welfare*

FURUYA, Saki

*Kousei Hospital*

NAKAMURA, Yuri

*Kawasaki University of Medical Welfare*

Behavioral therapy is an effective form of psychotherapy for treating selective mutism; however, known intervention methods are insufficient in cases where the patient has difficulty speaking to a therapist or the therapist cannot provide support through visits. The case study presents the intervention process for a 6-year-old girl with selective mutism. First, the child was engaged in nondirective play therapy. Then, intervention was administered using multiple behavioral therapy techniques, such as exposure, stimulus fading, and structured communication-enhancing tasks. Results revealed that the child, who had been selectively mute during nine months of counseling, was able to speak following intervention. Moreover, the child was able to speak in school and other social situations. Therefore, the case study results prompted the need to examine the components of intervention and discuss the factors that influenced the change.

**Key Words:** selective mutism, behavioral treatment package, fading techniques, exposure therapy

---