

WCM Department of Psychiatry

Cognitive Behavioral Therapy Seminar

Psychology CE And Physician CME Announcement

“Treating Selective Mutism in Children”

Adina Chesir, PsyD

Postdoctoral Psychology Fellow

NewYork-Presbyterian-Westchester Behavioral Health Center.

Thursday, June 29th, 2023

12:00pm – 1:00pm

<https://weillcornell.zoom.us/j/99138034297?from=addon>

Meeting ID: 991 3803 4297

1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture

SPEAKER:

Dr. Chesir has no relevant financial relationship(s) with ineligible companies to disclose.

Dr. Adina Chesir is a postdoctoral psychology fellow in the Child and Adolescent Outpatient Department at NewYork-Presbyterian Westchester Behavioral Health Center. Dr. Chesir earned her PsyD from Yeshiva University with a combined specialization in clinical child psychology and school psychology. She completed an APA-accredited internship at the Child Guidance Center in Stamford, CT, with other training experiences including inpatient and outpatient hospital settings, community mental health centers, and schools. Dr. Chesir has been trained in a variety of therapeutic modalities including cognitive-behavioral therapy, dialectical-behavioral therapy, psychodynamic therapy, and attachment-based interventions. Her primary clinical and research interests include anxiety disorders and OCD in children and adolescents

Abstract:

This presentation will focus on the etiology and treatment of Selective Mutism in young children. The current conceptualization of SM and differential diagnosis from other anxiety disorders will be explored. Discussion of treatment for SM will focus on PCIT-SM, a behavioral approach adapted from a treatment for disruptive behaviors. In-depth explanation will be provided for the various phases and applications of this treatment.

Learning Objectives:

- 1) Describe the current conceptualization of the etiology of Selective Mutism in children.
- 2) Identify each phase of the PCIT-SM treatment.
- 3) Apply "PRIDE" skills for treatment of child anxiety.

References:

1. Cotter, A., Todd, M., & Brestan-Knight, E. (2018). Parent-child interaction therapy for children with selective mutism (PCIT-SM). Handbook of parent-child interaction therapy: Innovations and applications for research and practice, 113-128.
2. Catchpole, R., Young, A., Baer, S., & Salih, T. (2019). Examining a novel, parent child interaction therapy-informed, behavioral treatment of selective mutism. Journal of Anxiety Disorders, 66, 102112.
3. Aldrich, J. T., Blossom, J. B., Moss, A., Ray, B., Couckuyt, M., Ward, T., ... & Read, K. L. (2023). Effectiveness of an Eight-Week Multidisciplinary Selective Mutism Treatment Group. Evidence-Based Practice in Child and Adolescent Mental Health, 8(1), 105-119.
4. Carpenter, A. L., Puliafico, A. C., Kurtz, S. M., Pincus, D. B., & Comer, J. S. (2014). Extending parent-child interaction therapy for early childhood internalizing problems: New advances for an overlooked population. Clinical child and family psychology review, 17, 340-356.
5. Furr, J. M., Sanchez, A. L., Hong, N., & Comer, J. S. (2020). Exposure therapy for childhood selective mutism: Principles, practices, and procedures. In Exposure therapy for children with anxiety and OCD (pp. 113-142). Academic Press.