

ENHANCING MOTIVATION IN THE TREATMENT OF ADOLESCENTS WITH SELECTIVE MUTISM

Part II - Your Questions Answered

Speaker

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Outline

- Quick review
- Virtual era
 - *Therapy*
 - *School*
 - *Peers*
- Rewards/contingencies
- Medication resistance
- Parenting

REVIEW

- In the question box, write some main takeaways from Part I
- Therapeutic alliance is critical
- Give the teen agency
 - *Impairments **they** feel*
 - *Choices!*
 - *Collaboration*
- Use prep sessions to reduce uncertainty, get them verbal, and model the process of taking steps
- Help parents minimize enabling



The Virtual Era – Therapy Exposures

- Addressing mouthing
- Perfectionism/I don't know – guessing, estimating
- Presentations
- Social skills
 - *Full sentences*
 - *Follow up questions (same question back and following conversation)*
 - *Elaborations*
 - *Sharing information/story*

***A lot of planning and problem-solving

The Virtual Era – Peers

- In-session virtual exposures
 - *Dyads*
 - *Joint activity or conversation practice*
 - *Turn own video off*
 - *Prompt over chat (social skills)*
 - *Calls/texts/facetimes*
- Activities: bike-riding, outdoor dining, ice cream
- Social goals during Covid-19
 - *Maintain contact*
 - *Continued practice*
 - *Accept you may not be able to move forward with some peers*

The Virtual Era - School

■ Fade-Ins

- *Easier than ever to facilitate with teacher!*
- *Example: Roblox with teacher*

■ Exposures

****Caveat – only have them do what other kids are doing*

- *Video screens*
- *Participation*
- *Asking for help*
- *Partner work*
- *Presentations*



Q & A: Virtual Era

Contingencies

*** Use only when you're confident they're able to do it (resistance is a function of effort and not overwhelming anxiety)

– *Assessing effort vs anxiety:*

- They've done it before and all variables are the same
- There's no smaller step since the last one
- Reasonable choices have been given and they've rejected all
- There's a known reason other than anxiety for them not doing it

– *Be transparent about why contingencies are being used*

○ In-session contingencies

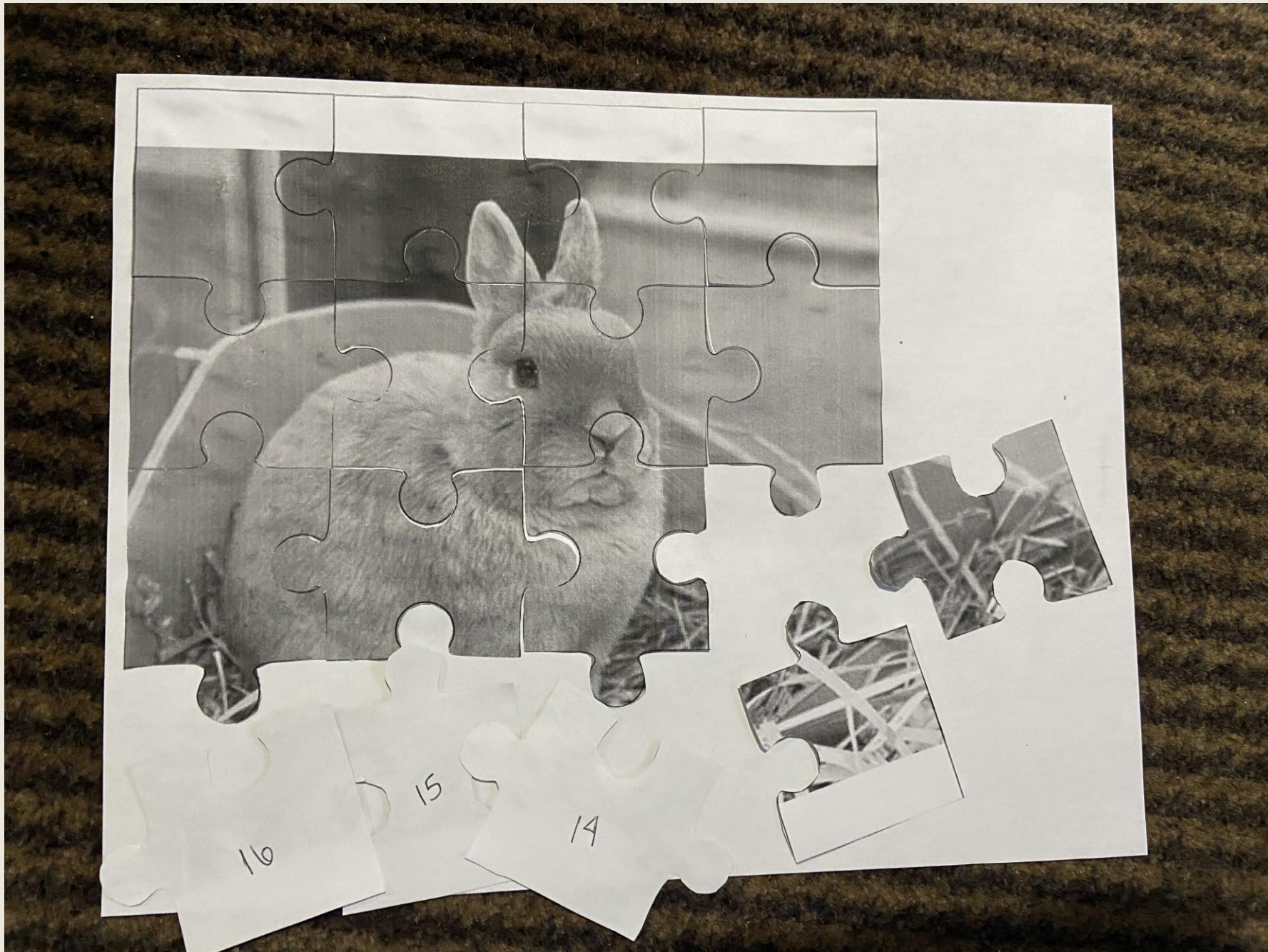
- End of session or fun activity
- Access to phone
- Starting HW

○ Out-of-session contingencies

- Grades
- Existing privilege (treat or tech)
- Social activities

Rewards

- Types of reward systems
 - *Puzzle for larger prize*
 - *Reward menu*
 - *For every X points, you get Y*
- Identifying rewards
 - *Have them do with parents outside of session*
 - *Have parents reflect on what they have asked for/monitor what they do ask for*
 - *Give exhaustive list of ideas*
- Earning rewards
 - *Set expectation early on that the bar will keep getting raised*
 - *Can have multiple/parallel goals at once (need to do both for points/rewards)*
 - *Make sure they're not getting points/rewards for something they've mastered*



Q & A: Rewards/Contingencies

Medication Resistance

- Address anxious thoughts
- Foot in the door (consultation)
- Options (talk through each one)
 - *Stay like this*
 - *Take medication*
 - *Work twice as hard*
- Allow them to experience a low point

Q & A: Medication Resistance

Parenting

- Transparency around reducing accommodations
- Use the desire for independence as a motivator

***CONSISTENCY AND FOLLOW THROUGH

Parenting/General Q & A

THANK YOU!

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