



600 W 22<sup>nd</sup> Street, Suite 250  
Oak Brook, IL 60523  
Tel 630-230-6505  
Fax 630-230-3362  
[www.SelectiveMutismTreatment.net](http://www.SelectiveMutismTreatment.net)  
[www.AdvancedTherapeuticSolutions.org](http://www.AdvancedTherapeuticSolutions.org)

## Erin McKay, B.S.



Erin McKay, B.S. is a graduate student working towards her Ph.D. in clinical psychology at Northern Illinois University with a specialization in developmental psychopathology. She earned her Bachelor of Science from Texas Christian University (TCU) in child development. While at TCU, Erin gained significant experience working with children with Down syndrome as well as autism spectrum disorder. Clinically, Erin works with both children and adults on a variety of difficulties (e.g., oppositional defiant disorder, attention-deficit/hyperactivity disorder, autism spectrum disorder, and social anxiety disorder). She is also interested in working with parents to assist them in

helping their children. Erin is looking forward to joining the Adventure Camp team this summer!

### Q+A with Erin

#### **What's your educational background, how does that relate to your work with children with SM?**

Currently, I am a third year graduate student working towards my Ph.D. in clinical psychology with an emphasis in developmental psychopathology. As a training child-focused clinician, I work with children across varied clinical settings including schools, private practice, and community mental health centers. Considering the relatively high rate of occurrence, it is likely that I will work with a child with SM at some point in my training or career. Thus, it is important that I gain skills to better communicate and interact with a child with selective mutism.

#### **How does this training experience fit into your academic or professional goals?**

Training with Dr. Lynas and her Advanced Therapeutic Solutions team will greatly enhance my clinical skills. Not only will this opportunity provide me with the

knowledge and training to effectively communicate with children with SM, but it will also generalize to other childhood anxiety disorders, which will stretch me to become a better clinician. Professionally, my goal is to mix clinical practice and research to better understand how to integrate parents into the clinical treatment of childhood disorders. I know Adventure Camp, which places an emphasis on working with both the parents and children, will be an experience I draw from throughout my career.

**Would you recommend SM training for other clinical psychologists?**

I would highly recommend SM training for other child clinical psychologists. Due to the poor understanding and resultant inadequate treatment of SM, I believe it is vital that child clinical psychologists and other professionals obtain specific training so that we can better serve our clients and restore their quality of life.

**How do you use your brave?**

I use my brave to conquer my fears and explore the world! I have always been fascinated by the honey bees and their social structure, but was too scared to go near them. After months of research and contemplation, I decided I would go for it and conquer that fear. Together, my dad and I began keeping bees. I use my brave every time I must suit up to explore the hives. Best of all - it was totally worth it! Experiencing the inner workings of a hive was and always will be fascinating. I even learned that getting stung is not as bad as you think!

**Adventure Camp is around the corner! If you could talk to your camper right now, what would you tell him or her?**

I would tell my camper to get excited because we are in this together! We are going to have so much fun, and I cannot wait to meet you. Don't forget to bring your brave!