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Lauren McNeela, B.A.



Lauren graduated from Saint Mary's College with a bachelor's degree in psychology and is currently a rising third-year student in the clinical psychology program, child track at Northern Illinois University (NIU). Prior to beginning her graduate training at NIU, she worked with at-risk children and adolescents in Chicago, facilitating evidence-based techniques to work with externalizing (e.g., conduct issues, attention-deficit/hyperactivity) and internalizing (e.g., anxiety, depressive symptoms, adjustment) behaviors. Lauren also has studied the development of psychopathology among at-risk youth after graduating with her bachelor's degree and worked as clinical student therapist at NIU's Psychological Services Center. Currently, Lauren is conducting research that is focused on adolescent stress and mental health outcomes. In the future, she hopes to develop her child clinical training and expand her clinical experiences to prepare her for treating childhood anxiety disorders. This is Lauren's first year as a counselor at Adventure Camp and she is looking forward to joining the team and meeting the campers!

Q+A with Lauren

What is your educational background and how does that relate to your work with selective mutism?

I have a B.A. in psychology and am currently pursuing my Ph.D. in clinical psychology, child track at Northern Illinois University. I have worked with children and adolescents clinically, as well as focused my research interests on family risk and protective factors influencing the development of psychopathology among at-risk youth.

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

I hope to continue working with children and adolescents clinically, as well as academically. Developing the selective mutism training, as well as learning more about the disorder will allow me to further serve affected youth.

Why are you participating in Adventure Camp as a counselor?

I am participating in Adventure Camp to further develop my clinical skills as well as broaden my knowledge of selective mutism. Additionally, I look forward to working with the children and families coping the disorder.

What do you think you can learn from your camper?

How to be brave and push myself out of my comfort zone!