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## Leanna Rosinski, B.A.



Meet today's Counselor of the Day, Leanna Rosinski, B.A.! Leanna received her bachelor's degree in psychology from Northern Illinois University (NIU). During her undergraduate training, she was a research assistant in the Emotion Regulation and Temperament Lab at NIU and worked with child and parent participants. Her undergraduate research focused on the development of anxiety, and how temperament and contextual factors pose risk or foster resilience. Currently, she is a rising third year student in the clinical psychology doctoral program at NIU and is continuing her research in the Emotion Regulation and Temperament lab. Leanna first learned about Adventure Camp as a research assistant in Dr. that lab, as many graduate students in the lab have participated and spoke highly of their experiences with Adventure Camp! As a graduate student, she learned more about Adventure Camp via brown bag presentations and was drawn to participate because of how the program applies evidence-based strategies to help children overcome selective mutism. She is a clinician for the Psychological Services Center at NIU and conducts assessment and therapy with adults, children, and families. Through that experience, she has gained particular experience in the treatment of anxiety and parent training. She loves working with children and families and is very excited to be a part of the Adventure Camp team. She looks forward to learning from the team and all the campers to be an advocate for individuals affected by selective mutism. Hear from her about why she's so excited in the short Q&A below!

### Q+A with Leanna

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

During my time as an undergrad at NIU working on my degree in psychology, I was a research assistant in the Emotion Regulation and Temperament Lab at NIU and

worked with child and parent participants. That research focused on the development of anxiety, which is a key component of understanding SM and being able to help the kiddos who have it!

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

I currently work as a clinician for the Psychological Services Center at NIU and conduct assessments and therapy with adults, children, and families. I have experience especially in the treatment of anxiety and parent training, which falls in line perfectly with the kind of work I'll be doing to assist the facilitators at Adventure Camp. I also love working with children and families, so I'm very excited to be a part of the Adventure Camp team and continue to do so!

**Why are you participating in Adventure Camp as a counselor?**

I am participating as a counselor for Adventure Camp because I believe the program produces meaningful and lasting changes for children with a diagnosis that is lesser-known, but no less impactful upon their lives. The experience I will gain from participating will teach me about selective mutism and anxiety more broadly, how to help children productively handle their anxiety, and to see the world from these children's perspectives.

**How does this camp, in your opinion, have lasting effects on children with SM?**

This camp has lasting effects not only in helping children overcome their fear of speaking in certain settings, but in helping children change their view of the world and themselves. This may be one of the first public places these children feel free to express themselves and be who they truly are. I hope they will learn to trust that adults and other children will listen to them and support them. I think that by facing one of their biggest fears, this experience will generalize to other areas of their life and they will learn that they can overcome anything.

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

If I could talk to my camper right now, I would tell them not to worry and get excited because camp is going to be a blast! We are in this together and we will both learn so much and have so much fun over camp week.