



600 W 22nd Street, Suite 250

Oak Brook, IL 60523

Tel 630-230-6505

Fax 630-230-3362

www.SelectiveMutismTreatment.net

www.AdvancedTherapeuticSolutions.org

Saddaf Raheel, Ed.S.



Saddaf Raheel, Ed.S., earned her Education Specialist degree in school psychology from the Chicago School of Professional Psychology. She now works as a school psychologist at Lincoln Early Learning Center and Hawthorn School of Dual Language, where she encounters at least one student with selective mutism (SM) every year. In her search for ways to support these students, Saddaf realized a lack of understanding and resources exists for children with SM in schools. In attempts to fill this gap, Saddaf began researching and learning about SM. It was through her self-guided research that she found Advanced Therapeutic Solutions

and the opportunity to participate in Adventure Camp. She is so excited to learn about how to help students with SM and bring that knowledge back to her school district. In her position as a school psychologist, Saddaf facilitates problem-solving meetings and consults with both parents and teachers. She assists in the development and implementation of behavioral, social-emotional, and academic interventions. Saddaf wants to build her knowledge regarding the optimum treatment, tools and strategies to support children with selective mutism to lead them on the path to success. Saddaf is eager to bring her experience working with children and families, as well as her knowledge of behavioral treatment and school settings, into her role as a Counselor at Adventure Camp!

Q+A with Saddaf

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

I am a practicing school psychologist with an Ed.S in school psychology and masters in clinical psychology. I have five years of experience working in schools with children and every year I get referrals for at least 1-2 children with selective mutism. I feel that the teachers do not have the adequate knowledge, experience and training to support students with selective mutism. Also, parents are lacking in

awareness on this subject matter and are looking for the right guidance and support when their children are presenting with the challenges of selective mutism.

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

As a practicing school psychologist, I have felt that selective mutism is a gray area for many teachers. My staff have frequently expressed the need for more training on the right tools and strategies to help children with selective mutism. Often, teachers are either afraid to intervene because they do not have the skills, or they do more harm than good in their well-meaning efforts to help children with selective mutism. I believe early identification, intervention and collaborative team efforts are necessary when working with children with selective mutism. I would like to enhance my knowledge regarding the optimum treatment, tools and strategies.

Would you recommend SM training for other school psychologists, and why?

I would definitely recommend Adventure Camp Training to all professionals who work with children because I consider this as one of the best training opportunities I have had so far. It is hands on with practice of learned skills along with supervision and feedback from experts in the field. Dr. Lynas is no doubt a wonderful professional with years of experience working with children with selective mutism. She is also a great teacher, supportive mentor and amazing to work with.

What do you hope to take away from this experience?

This will build my expertise and enable me to educate teachers/parents on how to work together to support children with selective mutism and lead them on the path to recovery in an efficient and effective manner.

Enrollment for Adventure Camp fills every January, which is almost 8 months before the camp start date. Why do you think Adventure Camp is so sought-after by parents?

I think Adventure Camp is a very unique and one-of-a-kind treatment program that uses evidence-based practices that are proven to be most effective with children who are experiencing selective mutism. Children with selective mutism are known to make progress with such intensive treatment programs that are designed to achieve the best results in a very short amount of time. There are not many programs like this available, and that is why I feel the camp fills up so quickly and is so sought-after by parents.