



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education & Training Center



Diagnosis and Treatment of Social Anxiety and Selective Mutism in Children and Adolescents

Presented by Rachelle Sosu, Psy.D.

Wednesday, May 13, 2026

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/PT6F9RQ>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on May 12, 2026

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

Description:

About 10% of American youth will experience social anxiety before the age of 18. Many will continue to meet diagnostic criteria in adulthood. Social anxiety and the related disorder, selective mutism, negatively impacts social relationships, academic functioning, and self-esteem. This presentation will provide an overview of the etiology of social anxiety and selective mutism and describe evidence-based approaches to treat these disorders.

Learning Objectives:

After completion of this presentation, participants will be able to name the following:

1. Describe the etiology and presentation of social anxiety and selective mutism in youth
2. Identify evidence-based measurements for assessing anxiety disorders in youth
3. Explain cognitive behavioral interventions for social anxiety and selective mutism

Presenter:



Rachelle Sosu, Psy.D. is a Florida licensed clinical psychologist (PY10888) who specializes in conducting psychological evaluations and providing treatment to youth and families experiencing anxiety, mood, and behavioral problems. Dr. Sosu completed her doctorate in clinical psychology at Nova Southeastern University and her internship and postdoctoral fellowship at the Youth Services Department (YSD). She currently serves as a clinical supervisor to doctoral and postdoctoral trainees at the Youth Services Education & Training Center while also providing family therapy, parent education, and Parent-Child Interaction Therapy (PCIT) to families with a variety of presenting concerns, including coping with parental incarceration.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2027).

In order to receive Continuing Education credits, you must complete an electronic form at the conclusion of the training verifying your name and professional license number. Certificates will be emailed once your information has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460