

Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης του Τμήματος Ελληνικής Φιλολογίας
του Δημοκρίτειου Πανεπιστημίου Θράκης σε συνεργασία με το ΕΚΕΦΕ Δημόκριτος –
Ινστιτούτο Πληροφορικής και Επικοινωνιών με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική
Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

**ΤΕΧΝΙΚΕΣ ΕΝΣΥΝΕΙΔΗΤΟΤΗΤΑΣ ΚΑΙ ΕΦΑΡΜΟΓΕΣ ΗΧΟΥ ΣΤΗΝ
ΑΝΤΙΜΕΤΩΠΙΣΗ ΤΩΝ ΣΥΜΠΤΩΜΑΤΩΝ ΤΗΣ ΔΕΠ-Υ**

**MINDFULNESS TECHNIQUES AND SOUND APPLICATIONS FOR THE
TREATMENT OF ADHD SYMPTOMS**

της

Καψή Σεβαστής

Μεταπτυχιακή διατριβή που υποβάλλεται

στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του Προγράμματος
Μεταπτυχιακών Σπουδών Εξειδίκευσης του Τ.Ε.Φ.-Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε.
Δημόκριτος – Ινστιτούτο Πληροφορικής και Επικοινωνιών με τίτλο: «Εξειδίκευση στις Τ.Π.Ε.
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Περίληψη

Η διαταραχή ελλειμματικής προσοχής με/χωρίς υπερκινητικότητα είναι χρόνια διαταραχή και επηρεάζει τη λειτουργικότητα των ατόμων σε όλη τη ζωή τους. Η αντιμετώπιση των συμπτωμάτων της ΔΕΠ-Υ γίνεται κυρίως με φαρμακευτική αγωγή και συμπεριφορική και γνωσιακή ψυχοθεραπεία. Ωστόσο, υπάρχουν θεραπείες που στηρίζονται στην ενίσχυση των μεταγνωστικών δεξιοτήτων και της ηλεκτροεγκεφαλικής λειτουργίας. Η τεχνική της ενσυνειδητότητας και οι εφαρμογές ήχου στοχεύουν απευθείας στην ενδυνάμωση της προσοχής, χωρίς τις παρενέργειες των φαρμάκων. Πρόκειται για παρεμβάσεις που μπορούν να υποστηρίξουν τα άτομα μακροπρόθεσμα και να προκαλέσουν δομικές αλλαγές. Παρουσιάζονται ως πολλά υποσχόμενες παρεμβάσεις, όμως οι έρευνες είναι ακόμα σε αρχικό στάδιο. Η σύνδεση του μυαλού με το σώμα και με την ενέργεια της ανθρώπινης φύσης σε μια αρμονική σχέση, ίσως είναι μια πιο ολιστική και αποτελεσματική παρέμβαση για την υποστήριξη της διαταραχής.

Λέξεις κλειδιά: ΔΕΠ-Υ, θεραπεία, ενσυνειδητότητα, ήχοι διπλού διαύλου, μουσική, θόρυβος

Abstract

Attention Deficit Hyperactivity Disorder is a chronic disorder which affects people's functionality for life. ADHD symptoms are mostly treated with medication and behavioral, cognitive therapy. However, there are therapies which enhance meta-cognitive skills and brain electric power. Mindfulness programs and sound applications reinforce attention directly, without the side effects of drugs. These interventions may support those who are diagnosed with ADHD long term and may cause brain plasticity. They appear as promising although they are at an initial stage of research. Mind, body and energy may get connected in harmony as a holistic protocol of intervention which may be more effective for ADHD symptoms.

Key words: ADHD, intervention, mindfulness, binaural beats, music, noise

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