

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»

**Η ΣΥΜΒΟΛΗ ΤΩΝ ΕΙΔΙΚΑ ΕΚΠΑΙΔΕΥΜΕΝΩΝ ΖΩΩΝ ΣΤΗΝ ΔΙΑΜΟΡΦΩΣΗ ΤΗΣ
ΠΟΙΟΤΗΤΑΣ ΖΩΗΣ ΤΩΝ ΑΤΟΜΩΝ ΜΕ ΕΙΔΙΚΕΣ ΑΝΑΓΚΕΣ**

**THE CONTRIBUTION OF SPECIALLY TRAINED ANIMALS IN SHAPING THE QUALITY OF
LIFE OF PEOPLE WITH SPECIAL NEEDS**

της

Τσέλιου Παναγιώτας

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. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της
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Περίληψη

Τις τελευταίες δεκαετίες η θεραπευτική αξία των ζώων έχει αρχίσει να αναγνωρίζεται από την παγκόσμια κοινότητα, αποτελώντας ένα δυναμικά αναπτυσσόμενο και πολλά υποσχόμενο πεδίο. Η συμβολή των ειδικά εκπαιδευμένων ζώων στην ποιότητα ζωής των ατόμων με ή χωρίς ειδικές ανάγκες, φαίνεται να προσφέρει ένα μεγάλο πλήθος ωφελειών και θετικών μεταβολών στην καθημερινότητά τους. Άλλωστε, έχει ήδη αναδυθεί και αναγνωριστεί η ανά τους αιώνες, ισχυρή δημιουργία σχέσεων, καθώς και η ανάπτυξη άδολων δεσμών αγάπης μεταξύ των ζώων και του ανθρώπου.

Ο κύριος σκοπός της παρούσας ερευνητικής μελέτης είναι η εξέταση και η ανάδειξη της θεραπευτικής επίδρασης των ειδικά εκπαιδευμένων ζώων, στην ποιότητα ζωής των ατόμων με αναπηρίες. Παράλληλα, καταβάλλεται μια προσπάθεια της περιγραφής, του προσδιορισμού και της αξιολόγησης των μεθόδων θεραπείας, με απώτερο στόχο την καταγραφή των απόψεων και των εμπειριών, όσων συμμετείχαν στην έρευνα. Για την επίτευξη των στόχων της μελέτης πραγματοποιήθηκαν έντεκα ατομικές συνεντεύξεις, με ημιδομημένη μορφή για όλους τους συμμετέχοντες, εκ των οποίων οι έξι έχουν ληφθεί από θεραπευτές – εκπαιδευτές ζώων θεραπείας και οι υπόλοιπες πέντε από τους θεραπευόμενους ή τους γονείς αυτών.

Από την ποιοτική ανάλυση των αποτελεσμάτων διαπιστώθηκε πως και οι δύο ομάδες, επιβεβαίωσαν πλήρως τα ποικίλα και ευεργετικά οφέλη, που επιφέρει η αλληλεπίδραση με τα ειδικά εκπαιδευμένα ζώα στη βελτίωση της σωματικής, γνωστικής, ψυχολογικής, και κοινωνικοσυναισθηματικής υγείας των ατόμων με ιδιαιτερότητες. Ωστόσο, παρουσιάστηκαν κάποιοι περιορισμοί ως προς την συμμετοχή των ενδιαφερομένων στην θεραπευτική αυτή διαδικασία, ενώ οι συμμετέχοντες κατέστησαν σαφές πως η παντελής έλλειψη της επικριτικής στάσης από την πλευρά των ζώων, αποτελεί τον πρωταρχικό παράγοντα της επιτυχίας του θεραπευτικού – εναλλακτικού προγράμματος.

Λέξεις Κλειδιά: Θεραπεία υποβοηθούμενη από ζώα, Θεραπευτική Ιππασία, Σκύλοι Θεραπείας, Άτομα με ειδικές ανάγκες, Ζώα θεραπευτικής επαφής.

8ο Κεφάλαιο – Βιβλιογραφία

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