

Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου 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»

**ΕΝΑΛΛΑΚΤΙΚΕΣ ΚΑΙ ΣΥΜΠΛΗΡΩΜΑΤΙΚΕΣ ΜΕΘΟΔΟΙ ΘΕΡΑΠΕΥΤΙΚΗΣ
ΠΑΡΕΜΒΑΣΗΣ ΣΕ ΜΑΘΗΤΕΣ ΜΕ ΔΙΑΤΑΡΑΧΗ ΕΛΛΕΙΜΜΑΤΙΚΗΣ
ΠΡΟΣΟΧΗΣ – ΥΠΕΡΚΙΝΗΤΙΚΟΤΗΤΑ
ALTERNATIVE AND COMPLEMENTARY METHODS OF THERAPEUTIC
INTERVENTION
IN STUDENTS WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER**

της

Σταυράκη Δήμητρας

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 ένταξης»

Εγκεκριμένο από την τριμελή επιτροπή:

1ος Επιβλέπων: Δρ. Δρίγκας Αθανάσιος, Ερευνητής Α' βαθμίδας Ι.Π.Τ. Ε.Κ.Ε.Φ.Ε. «ΔΗΜΟΚΡΙΤΟΣ»

2η Επιβλέπουσα: Δρ. Κατσαντώνη Σπυριδούλα, Συνεργαζόμενη Ερευνήτρια Ι.Π.Τ. Ε.Κ.Ε.Φ.Ε. «ΔΗΜΟΚΡΙΤΟΣ»

3ος Επιβλέπων: Δρ. Μαντάς Παναγιώτης, Συνεργαζόμενος Ερευνητής Ι.Π.Τ. Ε.Κ.Ε.Φ.Ε. «ΔΗΜΟΚΡΙΤΟΣ»

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Περίληψη

Τα τελευταία χρόνια παρατηρείται αύξηση του αριθμού παιδιών με διάγνωση διαταραχής ελλειμματικής προσοχής-υπερκινητικότητας, τα αίτια της οποίας θεωρούνται πολυπαραγοντικά ενώ εμφανίζει και υψηλό ποσοστό συννοσηρότητας. Σκοπός της συγκεκριμένης εργασίας είναι η ανάδειξη διάφορων εναλλακτικών και συμπληρωματικών παρεμβάσεων, προκειμένου να αμβλυνθούν οι ανησυχίες των γονέων για τις παρενέργειες της φαρμακευτικής αγωγής, αλλά και η προώθηση μιας ολιστικής αντιμετώπισης με συνεργασία επαγγελματιών από διάφορους επιστημονικούς τομείς. Αρχικά αναπτύσσεται το θεωρητικό πλαίσιο, που περιλαμβάνει τον προσδιορισμό της ΔΕΠ-Υ με αναφορές στα συμπτώματα, στην αιτιολογία και στις φαρμακευτικές λύσεις. Επίσης, προβάλλονται συνδυαστικές μορφές θεραπείας, η επίδραση των περιβαλλοντικών παραγόντων και ο ρόλος της νευροπλαστικότητας στην προώθηση του εναλλακτικού στυλ επέμβασης. Στη συνέχεια ακολουθεί το ερευνητικό πλαίσιο. Έπεται το κύριο και εκτενέστερο μέρος, που παρουσιάζει κάποιους από τους σημαντικότερους εναλλακτικούς και συμπληρωματικούς τρόπους διαχείρισης της διαταραχής, που βασίζονται σε ευρήματα επιστημονικών μελετών. Τέλος, προκύπτουν τα συμπεράσματα εκ των οποίων απορρέει η δυνατότητα διαμόρφωσης ενός πολυδύναμου σχολικού προγράμματος για αποτελεσματικότερη άρση των δυσκολιών και ενίσχυση των δυνατοτήτων μαθητών με ΔΕΠ-Υ και όχι μόνο.

Λέξεις – κλειδιά:

Διαταραχή Ελλειμματικής Προσοχής-Υπερκινητικότητα, εναλλακτική και συμπληρωματική ιατρική, νευροεπιστήμη, ομοιοπαθητική, βοτανοθεραπεία, διατροφικά συμπληρώματα, σωματική άσκηση, μουσικοθεραπεία, τεχνολογίες της πληροφορίας και των επικοινωνιών, νευροανάδραση, θεραπεία με ζώα, θρησκευτικότητα, μασάζ, θεραπευτικά οφέλη της φύσης, υδροθεραπεία, διαλογισμός, χαλάρωση, γιόγκα, δραματοθεραπεία, σκάκι, πολεμικές τέχνες, θεραπεία τέχνης Mandala, βιταμίνη D, χορός, ψυχοκινητική παρέμβαση

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