

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»

Η ΑΠΟΤΕΛΕΣΜΑΤΙΚΟΤΗΤΑ ΤΗΣ ΜΟΥΣΙΚΟΘΕΡΑΠΕΙΑΣ ΣΕ ΠΕΡΙΠΤΩΣΕΙΣ ΠΑΙΔΙΩΝ ΜΕ ΑΥΤΙΣΜΟ

THE EFFECTIVENESS OF MUSIC THERAPY IN CASES OF CHILDREN WITH AUTISM

της

Ανδρεάδου Αικατερίνης

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
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ΠΕΡΙΛΗΨΗ

Η παρούσα εργασία έχει σκοπό τη διερεύνηση της αποτελεσματικότητας της μουσικοθεραπείας σε περιπτώσεις παιδιών που βρίσκονται στο φάσμα του αυτισμού, όπως αναφέρεται, κυρίως, στη διεθνή βιβλιογραφία. Πιο συγκεκριμένα, γίνεται αναφορά στη διαδικασία της μουσικοθεραπείας, τα οφέλη που προσδίδει ως μέθοδος παρέμβασης αλλά και πως επιδρά θετικά σε τομείς που παρουσιάζουν ελλείμματα στον αυτισμό. Η εργασία αποτελεί βιβλιογραφική ανασκόπηση σύγχρονων βιβλιογραφικών πηγών σχετικών με τον σκοπό. Αρχικά, καταγράφονται οι απαραίτητες πληροφορίες για τον αυτισμό σύμφωνα με τις τελευταίες εκδόσεις των δύο εγχειριδίων, του ICD-11 και του DSM-V, καθώς και άλλων εγκεκριμένων πηγών. Στη συνέχεια, παρουσιάζεται η μουσικοθεραπεία ως συμπληρωματικός τρόπος παρέμβασης με την ικανότητα της θετικής και ολόπλευρης βελτίωσης στην ποιότητα ζωής των θεραπευόμενων και ακολουθεί η δυναμική της μεθόδου ως προς την εξέλιξη που παρέχει σε περιπτώσεις παιδιών. Αναπτύσσεται, δηλαδή, μέσα από έρευνες πως η μουσικοθεραπεία ενισχύει τομείς του φάσματος του αυτισμού που παρουσιάζουν ελλείμματα και χρήζουν βελτίωσης. Τέλος, συνοψίζονται τα συμπεράσματα που προκύπτουν από τη βιβλιογραφική ανασκόπηση. Μέσα από τη βιβλιογραφική έρευνα διαπιστώθηκε ο σημαντικός βαθμός συμβολής της μουσικοθεραπείας στα ελλείμματα του αυτισμού που επιδέχονται βελτίωση αν και θεωρήθηκε σπουδαίας σημασίας η περαιτέρω έρευνα για την απόδειξη της αποτελεσματικότητας αυτής της μεθόδου.

Λέξεις-κλειδιά: Μουσικοθεραπεία, αυτισμός, μουσική, μέθοδος παρέμβασης.

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