

**Η ΥΠΑΡΞΙΑΚΗ - ΠΝΕΥΜΑΤΙΚΗ ΝΟΗΜΟΣΥΝΗ ΣΤΗΝ ΕΙΔΙΚΗ ΑΓΩΓΗ: ΜΟΝΤΕΛΑ ΚΑΙ
ΠΡΑΚΤΙΚΕΣ ΓΙΑ ΤΗΝ ΕΝΙΣΧΥΣΗ ΤΗΣ ΕΝΣΥΝΕΙΔΗΤΟΤΗΤΑΣ, ΤΗΣ ΕΣΩΤΕΡΙΚΗΣ ΣΙΩΠΗΣ
ΚΑΙ ΤΗΣ ΔΙΑΥΓΕΙΑΣ**

**EXISTENTIAL - SPIRITUAL INTELLIGENCE IN SPECIAL EDUCATION; MODELS
AND PRACTICES FOR THE ENHANCEMENT OF MINDFULNESS, INNER SILENCE
AND CLARITY**

της
Λάνταβου Ευτυχίας

Μεταπτυχιακή διατριβή που υποβάλλεται

στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του
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τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή -Ψυχοπαιδαγωγική της ένταξης»

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ΠΕΡΙΛΗΨΗ

Η συμμετοχή παιδιών και εφήβων με ειδικές εκπαιδευτικές ανάγκες (ΕΕΑ) ή / και αναπηρία σε προγράμματα παρέμβασης που ενισχύουν την υπαρξιακή - πνευματική νοημοσύνη, την εσωτερική σιωπή, τη διαύγεια και την ενσυνειδητότητα εφαρμόζεται ολοένα και περισσότερο στο πλαίσιο ερευνών που μελετούν τα επιμέρους ζητήματα της ειδικής αγωγής, αλλά και εντός του σχολικού προγράμματος σε έναν μεγάλο αριθμό σχολείων ανά τον κόσμο. Οι παρεμβάσεις αυτές επιφέρουν θετικά αποτελέσματα στα επίπεδα ευεξίας, αυτοεπίγνωσης, αυτορρύθμισης, βίωσης θετικών συναισθημάτων, βελτιωμένης κοινωνικής αλληλεπίδρασης, ακαδημαϊκής επίτευξης και δημιουργίας αρμονικών διαπροσωπικών και ενδο-ομαδικών σχέσεων των παιδιών και εφήβων με ΕΕΑ ή / και αναπηρία. Παράλληλα, συμβάλλουν στην ενίσχυση της εργαζόμενης μνήμης, των μεταγνωστικών ικανοτήτων, των δεξιοτήτων επίλυσης προβλημάτων και επίτευξης στόχων, της ενσυναίσθησης, της προσαρμοστικότητας, της γνωστικής ευελιξίας και της συναισθηματικής νοημοσύνης τους. Παρόλα αυτά, το πεδίο των σχετικών ερευνών έχει αναπτυχθεί ελάχιστα στον τομέα της ειδικής αγωγής, ο οποίος θα μπορούσε να ωφεληθεί σε μεγάλο βαθμό από τις θετικές επιδράσεις τέτοιων προγραμμάτων. Η παρούσα ανασκόπηση επιδιώκει να παρουσιάσει και να συζητήσει τα αποτελέσματα σύγχρονων σχετικών μελετών, στοχεύοντας, επιπλέον, να αναδείξει την αναγκαιότητα διενέργειας μελλοντικών παρόμοιων ερευνών που εστιάζουν στην αντιμετώπιση επιμέρους ελλειμμάτων των παιδιών και εφήβων με ΕΕΑ ή / και αναπηρία μέσω της καλλιέργειας της υπαρξιακής - πνευματικής τους νοημοσύνης, εστιάζοντας ιδιαίτερα στην ανάγκη ενίσχυσης του προσωπικού τους νοήματος ζωής και του εσωτερικού τους κινήτρου / σκοπού ζωής, καθώς και της επιθυμίας τους για προσωπική ανάπτυξη, αυτεξουσιότητα και προσφορά στο κοινωνικό σύνολο.

Λέξεις - Κλειδιά: πνευματική νοημοσύνη, υπαρξιακή νοημοσύνη, εσωτερική σιωπή, νοερή σιωπή, θεωρία της νοημοσύνης, συνειδητότητα, ενσυνειδητότητα, παρεμβάσεις ενσυνειδητότητας, διαλογισμός, διαλογιστική παιδαγωγική, επιτελεστικές λειτουργίες, εργαζόμενη μνήμη, προσοχή, θεωρία του νου, ειδική αγωγή, Διαταραχή Αυτιστικού Φάσματος, ΔΕΠ-Υ, μαθησιακές δυσκολίες, προβλήματα ψυχικής υγείας, τεχνητή νοημοσύνη, ρομπότ

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