

Εγκεκριμένο από την τριμελή επιτροπή:

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Τμήμα Εκπαιδευτικής και Κοινωνικής Πολιτικής –
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ΠΕΡΙΛΗΨΗ

Η παρούσα διπλωματική εργασία πραγματεύεται τον ρόλο της Συμβουλευτικής Ψυχολογίας στην υποστήριξη των γονέων και αδελφών παιδιών με Διαταραχή του Φάσματος του Αυτισμού (ΔΦΑ), επιδιώκοντας την κατανόηση των αναγκών τους και τη διερεύνηση τρόπων ενίσχυσής τους μέσω κατάλληλων παρεμβάσεων. Η εργασία αναδεικνύει τις ψυχοκοινωνικές δυσκολίες που προκύπτουν στην οικογενειακή ζωή, αλλά και τις δυνατότητες που προσφέρει η συμβουλευτική υποστήριξη για τη βελτίωση της ποιότητας ζωής και της οικογενειακής συνοχής.

Στο **πρώτο κεφάλαιο**, παρουσιάζονται τα θεωρητικά θεμέλια της Συμβουλευτικής Ψυχολογίας, με έμφαση στον σκοπό της συμβουλευτικής παρέμβασης, τις βασικές θεωρίες και τη σημασία της εξατομικευμένης προσέγγισης στην ειδική αγωγή. Στο **δεύτερο κεφάλαιο**, εξετάζεται η οικογένεια ως σύστημα, η δυναμική των ενδοοικογενειακών σχέσεων και οι ψυχολογικές και πρακτικές συνέπειες της ΔΦΑ στους γονείς και τα αδέρφια. Ειδική μνεία γίνεται στα μοντέλα συνεργασίας οικογένειας-σχολείου, στα οφέλη της συνεργασίας αυτής, αλλά και στους παράγοντες που την επηρεάζουν αρνητικά.

Το **τρίτο κεφάλαιο** περιλαμβάνει την παρουσίαση της μεθοδολογίας της έρευνας. Περιγράφεται το ερευνητικό εργαλείο (προσαρμοσμένο ερωτηματολόγιο βασισμένο σε διεθνή πρότυπα), ο πληθυσμός του δείγματος, η διαδικασία συλλογής των δεδομένων και οι στόχοι της ερευνητικής προσέγγισης. Στο **τέταρτο κεφάλαιο**, παρατίθενται τα ευρήματα της έρευνας, τα οποία αναλύονται ποιοτικά και ποσοτικά. Δίνονται απαντήσεις σε ερωτήματα που αφορούν τα συναισθήματα των γονέων και αδελφών, τις πηγές άγχους, το επίπεδο κοινωνικής υποστήριξης και την ικανοποίηση από το σχολικό πλαίσιο.

Τέλος, στο **πέμπτο κεφάλαιο**, παρουσιάζονται τα συμπεράσματα της μελέτης, καθώς και προτάσεις για τη βελτίωση των παρεχόμενων υποστηρικτικών δομών, την ανάγκη επιμόρφωσης των εκπαιδευτικών και επαγγελματιών ψυχικής υγείας και την ενίσχυση της συνεργασίας οικογένειας-σχολείου. Η εργασία συμβάλλει στην κατανόηση της σημασίας της Συμβουλευτικής Ψυχολογίας ως εργαλείου ενδυνάμωσης οικογενειών με παιδιά στο φάσμα του αυτισμού και επισημαίνει την ανάγκη για οργανωμένες και βιώσιμες παρεμβάσεις σε επίπεδο πρόληψης και υποστήριξης.

Λέξεις-κλειδιά: Συμβουλευτική Ψυχολογία, Αυτισμός, Γονείς, Αδέρφια, Υποστήριξη οικογένειας, Ειδική Αγωγή, Συνεργασία οικογένειας-σχολείου, Ερωτηματολόγιο

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