



ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ
ΣΧΟΛΗ ΚΛΑΣΙΚΩΝ ΚΑΙ ΑΝΘΡΩΠΙΣΤΙΚΩΝ ΣΠΟΥΔΩΝ
ΤΜΗΜΑ ΕΛΛΗΝΙΚΗΣ ΦΙΛΟΛΟΓΙΑΣ

σε συνεργασία με το

ΕΘΝΙΚΟ ΚΕΝΤΡΟ ΕΡΕΥΝΑΣ ΦΥΣΙΚΩΝ ΕΠΙΣΤΗΜΩΝ
«ΔΗΜΟΚΡΙΤΟΣ»

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«Προαγωγή της ψυχικής υγείας γονέων ατόμων με ΔΑΦ μέσω της συμβουλευτικής παρέμβασης»

ΜΕΤΑΠΤΥΧΙΑΚΗ ΔΙΑΤΡΙΒΗ

Σοφία Παντιώρα, Α.Μ. 723

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 Τηλεπικοινωνιών με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της Ένταξης»

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ΠΕΡΙΛΗΨΗ

Η παρούσα σύνθεση βασίζεται σε σύγχρονες επιστημονικές μελέτες των τελευταίων ετών και εξετάζει τη συμβολή των παρεμβάσεων που στοχεύουν στην υποστήριξη γονέων παιδιών με Διαταραχή Αυτιστικού Φάσματος (ΔΑΦ). Τα αποτελέσματα καταδεικνύουν ότι οι γονείς παιδιών με ΔΑΦ βιώνουν αυξημένα επίπεδα άγχους, στρες και ψυχικής εξουθένωσης, τα οποία μπορούν να μειωθούν σημαντικά μέσω στοχευμένων ψυχοεκπαιδευτικών και συμβουλευτικών παρεμβάσεων. Προγράμματα όπως το Stepping Stones Triple P, το Early Start Denver Model και η ενσυνειδητότητα (mindfulness) έχουν δείξει θετικά αποτελέσματα στη μείωση του γονεϊκού στρες, στη βελτίωση της σχέσης γονέα-παιδιού και στην ενίσχυση της ψυχικής ανθεκτικότητας. Επιπλέον, οι παρεμβάσεις που περιλαμβάνουν εκπαίδευση, πρακτική εφαρμογή και κοινωνική υποστήριξη αποδεικνύονται πιο αποτελεσματικές. Η πρώιμη παρέμβαση, η εξ αποστάσεως εκπαίδευση και η ενσωμάτωση των γονέων στη θεραπευτική διαδικασία αναδεικνύονται ως στρατηγικές με υψηλή προστιθέμενη αξία. Η παρούσα ανασκόπηση επιβεβαιώνει την ανάγκη ενίσχυσης της οικογενειοκεντρικής προσέγγισης στην αντιμετώπιση της ΔΑΦ, με έμφαση στην ψυχική υγεία των φροντιστών ως προϋπόθεση για τη συνολική βελτίωση της ποιότητας ζωής ολόκληρης της οικογένειας.

Λέξεις κλειδιά: Διαταραχή Αυτιστικού Φάσματος (ΔΑΦ), Ψυχική υγεία γονέων, Συμβουλευτική παρέμβαση, Γονεϊκό στρες, Θετική γονεϊκή καθοδήγηση, Πρώιμη παρέμβαση, Ενσυνειδητότητα, Mindfulness, Εξ αποστάσεως εκπαίδευση, Ενδυνάμωση φροντιστών, Γονεοκεντρικές παρεμβάσεις.

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