

Propuesta de Intervención Basada en Psicología Positiva en un Caso de
Trastorno del Espectro Autista

Grado en Psicología – Facultad de Ciencias de la Salud



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RESUMEN

Esta investigación tiene como objetivo indagar sobre los trastornos del espectro autista (TEA) sus características, diagnóstico y distintas vías de tratamiento con el fin confeccionar una propuesta de intervención para ser aplicada al caso específico de un paciente de 6 años de edad, con la finalidad de contribuir en la mejora de sus dificultades académicas, cognitivas, relacionales y emocionales. En este texto, se expondrán los aspectos teóricos y metodológicos de la propuesta resultante del estudio, denominada *Resiliencia* que se basa en algunos fundamentos de la psicología positiva y la psicoeducación. A través de los que es fundamental potenciar la importancia al refuerzo positivo y las fortalezas del paciente y su entorno, como son: la esperanza, la creatividad, la curiosidad, la bondad, la persistencia y el optimismo, las cuales pueden impactar significativamente en su interrelación con el plano social y en el emocional.

Palabras clave: TEA Trastornos del espectro autista, psicología positiva, intervención niños y padres.

ABSTRACT

This research aims to inquire about autism spectrum disorders (ASD), their characteristics, diagnosis and different treatment routes in order to prepare an intervention proposal to be applied to the specific case of a 6-year-old patient, with the purpose to contribute to the improvement of their academic, cognitive, relational and emotional difficulties. In this text, the theoretical and methodological aspects of the proposal resulting from the study, called Resilience, which is based on some foundations of positive psychology and psychoeducation, will be exposed. Through which it is essential to enhance the importance of positive reinforcement and the strengths of the patient and their environment, such as: hope, creativity, curiosity, kindness, persistence and optimism, which can significantly impact their interrelation with the social and emotional plane.

Keywords: ASD Auti spectrum disorders, positive psychology, children and parents intervention.

RESILIENCIA

Proposal for an Intervention Based on Positive Psychology in a Case of Autism Spectrum Disorder

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Methodology

Main case information	Diagnosis	Evaluation instruments:
<p>Age: 6 years. Sex: male. Family constellation: nucleus formed by the father, the mother and the minor. They all live in the same family home. Schooling: has not been to nursery school. The three years of kindergarten were completed without apparent difficulties. He is in his first primary education. Obstetric and family history: Pregnancy: uncomplicated. Delivery: natural, but a week early. Birth weight: 2,950 g.</p>	<p>He does not present mental and personality disorders and / or medical illness. -In the Psychosocial and Contextual factors, it presents difficulties: to relate to classmates, to understand the rules both by parents and teachers, to adapt to changes, in addition to presenting auditory hypersensitivity. -Global functioning: moderate symptoms and serious difficulties in the school and behavioral environment.</p>	<p>a) Semi-structured interviews with the parents and the minor. b) Evaluation instruments Direct observation. c) WISC-IV d) Interview with the child e) diagnosed with ASD: ADOS (Autism Observational Diagnostic) f) Diagnostic interview with the family: Autism Diagnostic Interview (ADI-R)</p>

Description of the RESILIENCE intervention proposal

It is made up of 11 sessions of a maximum one hour duration, 6 of these sessions will be aimed at children and five at parents.

Therapeutic Objectives

1. Foment the improvement of the coexistence of the autistic child with his parents.
2. Provide tools through positive psychology techniques to both the child and their parents to face difficult situations.
3. Improve the following of norms both at school and at home.
4. Stimulate the ability to express feelings and improve self-esteem.
5. Contribute to the improvement of the communication skills of the child.
6. Facilitate the identification, recognition and emotional regulation of both the child and his parents.

Introduction: This work aims to create an intervention proposal for a specific case of autism in a 6-year-old child, based on the application of positive psychology as a treatment route. Taking into consideration that ASDs essentially affect the communication and socialization skills of the patient and that this situation has a significant impact on the quality of life of children and their families, this aspect of psychology was chosen because it is based on achieving the Mental well-being of the human being concentrates its interest in the reinforcement of a positive state and not in the difficulties and obstacles that occur around the disease..

Research objectives :

- 1) Identify the intervention techniques that adapt to the cognitive, affective, educational and family needs of this patient.
- 2) Analyze the relevance and effectiveness of the use of positive psychology techniques to support the joint treatment of the child and his parents.
- 3) Delve into the concept of character strengths and its application in positive psychology in order to subsequently identify those that should be reinforced through the intervention proposal, according to the specific case proposed.

Conclusions: In response to the investigation of the application of positive psychology in autism, it was identified that: although the field of study of ASD is increasingly developed and broader, there is still much to be investigated, especially in all that it has to do with improving the emotional and social capacities of autistic children. Divergences were also found between the different approach factors, being at present the psychoeducational and combined programs the ones that have the most validity, essentially those that give a more individualized treatment to each patient and that are nurtured by the union of different professionals. On the other hand, it should be noted that no sources were found that specifically addressed the application of positive psychology techniques in autistic children,

Children activities			Adult activities		
session	Name of the activity	Reinforced strengths in the child	sessió	Name of the activity	Strengths reinforced in parents
1	Expressive drainage	Creativity, Curiosity	1	Rediscover your strategies Imagine you are a tree Make flexible.	Open-mindedness Perspective
2	Schedule	Authenticity, Persistence.	2	Enjoy the road.	Value
3	How can I help you? I identify the emotions	Goodness, Social Intelligence.	3	My shield	Teamwork
4	My shield	Teamwork	4	Excite you, The second chance I'm hyper alert	Self-regulation
5	How I feel? Emotions thermometer	Ability to forgive, Modesty ,, Prudence, Self-regulation	5	One of a kind Thank yourself A surprise in every corner	Beauty appreciation Gratitude
6	One of a kind (activity joint with parents) I can (art therapy)	Appreciation of beauty, hope.			

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