

Comparison between parent training experiences during the rehabilitation process in people with intellectual disabilities: a preliminary study.

M. Zingale, G. Belfiore, V. Mongelli, G. Trubia, S. Buono¹

The aim of our study is to describe three Parent Training experiences implemented at the Operational Unit of Psychology of Troina-based Oasi Maria SS. Research Institute.

Parent Training was addressed to a group of 30 families either with children presenting with AD and intellectual disabilities or adults with severe and profound mental retardation.

The Parent Training protocol was planned by a multidisciplinary team, which included different specifically-trained health care professionals, namely, a social worker, a physician, a psychologist, a pedagogue, educators and rehabilitation therapists. The main goals of training protocols were: to facilitate patients' families collaboration, to improve parents' educational strategies, to create a local support network.

Following to the implementation of the Parent Training protocol, we administered a "Questionnaire on indicators for family structure", specifically designed at Oasi Maria SS. Research Institute, with the purpose of searching for changes in parents' and children's perception.

Analysis of responses showed significant changes in the acquisition of new educational strategies and the self-perception of parents. This finding was found in all the three experiences of Parent Training.

¹*Unità Operativa di Psicologia – IRCCS Oasi Maria SS., Troina (EN)*

E-mail: mzingale@oasi.en.it