

Treatment of an adolescent with severe mental retardation and autism through the "day habilitation" intervention program.

Vita Mongelli¹, Giovanna Mascali, Anna Maria Mazzelli, Grazia Trubia

In the following study, we describe the mode of applying an habilitation treatment derived from the "Day Habilitation" Program. The case of a 22-year-old girl with severe mental retardation associated to autism is reported.

The intervention methodology of the program deals with a continuous active treatment of systematic stimulation, through subsequent habilitation sessions; intervention in small homogeneous groups; small settings properly structured; focus on bonding and positive guidance; promotion of appropriate behaviors; global approach and team work.

According to the initial hypothesis, the multicomponent approach, the integration between Applied Behavior Analysis (ABA) and functional communication techniques, a Humanistic-oriented approach, Gentle Teaching and Applied Humanism turned out to be an effective treatment of adults with severe mental retardation.

¹Servizio di Psicologia, IRCCS Oasi Maria SS. Via Conte Ruggero, 73 Troina (EN). Tel. 0935-936111.

E-mail: psico@oasi.en.it