

THERAPEUTIC GROUP WITH PARENTS AND GUARDIANS OF CHILDREN WITH GLOBAL DEVELOPMENTAL DISORDERS

GRUPO TERAPÊUTICO COM PAIS E RESPONSÁVEIS DE CRIANÇAS COM TRANSTORNOS GLOBAIS DO DESENVOLVIMENTO

GRUPO TERAPÉUTICO CON PADRES Y TUTORES DE NIÑOS CON TRASTORNOS GLOBALES DEL DESARROLLO

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ABSTRACT

To present experience in the use of therapeutic resources in the reception of parents and guardians facing the diagnosis and care of children with global disorders. The present study is an experience report of the therapeutic group developed at the CAPS in the municipality of Solonópole-CE. The group started in July 2022 and until July 2023 operated with parents and guardians. The results are perceptible through the descriptions and analysis of the testimonies of the participants and professionals involved who assist children and adolescents, through the evolution of cases and behavior of family members. Therefore, this report aimed to promote therapeutic activities, intervention and public policies more directed towards families of children with pervasive developmental disorders. In view of the results obtained, it is understood that there was a space for listening, reception, learning and belonging.

Descriptors: *Mental disorders; Pervasive Child Development Disorders; Mental Health Assistance; Caregiver.*

RESUMO

Apresentar experiência na utilização de recursos terapêuticos no acolhimento de pais e responsáveis frente o diagnóstico e cuidado de crianças com transtornos globais. O presente estudo trata-se de um relato de experiência do grupo terapêutico desenvolvido no CAPS do município de Solonópole-CE. O grupo iniciou no mês de julho de 2022 e até julho de 2023 operou com pais e responsáveis. Os resultados são perceptivos através das descrições e análise dos depoimentos dos participantes e profissionais envolvidos que atendem as crianças e adolescentes, por meio, da evolução dos casos e comportamento dos familiares. Portanto, esse relato visou promover atividades terapêuticas, intervenção e políticas públicas mais direcionadas para famílias de crianças com transtornos globais do desenvolvimento. Diante dos resultados obtidos, entende-se que houve um espaço de escuta, acolhimento, aprendizagem e pertencimento.

Descritores: *Transtornos mentais; Transtornos Globais do Desenvolvimento Infantil; Assistência à Saúde Mental; Cuidador.*


RESUMEN

Presentar experiencia en el uso de recursos terapéuticos en la acogida de padres y tutores frente al diagnóstico y cuidado de niños con trastornos globales. El presente estudio es un relato de experiencia del grupo terapéutico desarrollado en el CAPS de la ciudad de Solonópole-CE. El grupo inició en julio de 2022 y hasta julio de 2023 operó con padres y tutores. Los resultados son perceptibles a través de las descripciones y análisis de los testimonios de los participantes y profesionales involucrados que asisten a niños y adolescentes, a través de la evolución de los casos y el comportamiento de los familiares. Por lo tanto, este informe tuvo como objetivo promover actividades terapéuticas, intervención y políticas públicas más dirigidas a las familias de niños con trastornos generalizados del desarrollo. A la vista de los resultados obtenidos, se entiende que hubo un espacio de escucha, recepción, aprendizaje y pertenencia.


Descriptor: *Desordenes mentales; Trastornos Generalizados del Desarrollo Infantil; Asistencia de Salud Mental; cuidador.*

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INTRODUCTION

Neurodevelopmental disorders are those that present early in the child's life, presenting substantial impairments in the various pillars of child development, modifying the entire natural course of development, based on a pre-established metric, thus making it possible to verify difficulties in cognitive, personal, social, academic and professional functioning.¹ Thus, as soon as a child is outside the natural patterns of neurodevelopment and is diagnosed with some disorder, during this process of discovery, adaptation, many parents go through several difficult situations, uncertainties, hopelessness and taking care of those who care for them is of paramount importance and urgent.²

The main instigation for the development of the practice was the great increase in the search for parents and guardians, as well as educational referrals based on the observation and hypothesis of atypical diagnoses.

In view of this, the Municipal Health Department, through the Psychosocial Care Center (CAPS) of Solonópole, idealized a therapeutic group with parents and guardians of autistic children and those with pervasive developmental disorders. It is emphasized that group work can be seen as transforming reality and group members begin to relate to each other based on common goals. Thus, it is highlighted that group processes are characterized as a space for listening, in which the coordinator questions, punctuates, problematizes the speeches to give the opportunity for its members to think, talk about themselves and be able to better elaborate their own questions.³

In order to also welcome the caregivers of these children, the therapeutic group "caring for those who care" was designed, in this way, ties were established with the families through a welcoming space, considering that the diagnosis of autism spectrum disorder and other disorders can be a delicate moment. It should be noted that the discovery of a diagnosis is also usually a very difficult period from an emotional point of view for those responsible for them, with a complex process of changes, frustrated expectations, doubts about the diagnosis and treatment. All these factors have a negative impact on the lives of families, generating overload, changes in routine, and it is of great relevance to look at and care for parents and guardians of this public.⁴

In addition, the treatment of Autism Spectrum Disorder (ASD) and other neurodevelopmental disorders is multidisciplinary, taking into account that behavioral approaches bring numerous benefits, such as space for listening, support, information, belonging, self-care, stimulate the process of interaction and communication, generating effects that are generalized in the most diverse contexts that the child is inserted, from the guarantee of rights to the process of acceptance by parents and guardians.⁵ Thus, we aim to present experience in the use of therapeutic resources in the reception of parents and guardians in the face of the diagnosis and care of children with global disorders.

METHODS

The present study is an experience report of the therapeutic group developed at the Psychosocial Care Center (CAPS) of the municipality of Solonópole-CE. The group started in July 2022 and until July 2023 working with parents and guardians of children using the service. The meetings took place monthly, always with a theme of great relevance to work with the public, with the participation of CAPS professionals and also guests (nutritionists, physical education professional, pharmacist, dance teacher, among others) who presented contents, generating knowledge for the lives of parents and guardians, with alternative activities related to biodance, relaxation, lecture, workshops, among others.

Highlight the experience report as something fundamental, as it can be understood as an answer to a problem, a guiding question or what the experience is about; In other words, it is the main subject to be contextualized. In scientific research, the presence of a generative question is important, also understood as an object of study or object of research, which, when formulated, requires critical thinking from the researcher.⁶

Initially, the participants were designed with the number of parents and guardians from the database of children and adolescents treated at the CAPS. In view of the demands presented by those responsible, the solution implemented was the creation of a group that could provide support through qualified listening, with self-knowledge activities, moments of self-care, biodance, arts, physical activities, relaxing activities, nutritional and group psychotherapy with specialized professionals.

The CAPS of the municipality of Solonópole provides care with psychologists trained in Applied Behavioral Analysis (ABA) therapy, occupational therapist, psychopedagogue and psychiatrist, for atypical children and adolescents. It is important to mention that ABA comes from a theoretically grounded process, allowing processes of intervention and teaching of behaviors. In Skinner's Radical Behaviorism, behavior is everything that the subject does, in addition to this, this subject is acting in relation to the environment, producing effects in this environment.⁷

RESULTS

The qualitative procedures in this study are perceptible through the descriptions and the participants and professionals involved who care for the children and adolescents, through the evolution of the cases, the learning process generated in the meetings and the behavior of the family members. We consider that the opening of a therapeutic project of listening and dialogue for the parents of users with complex demands, such as the diagnosis of neurodevelopmental disorders, enables a space of support and care for the family, not only through monitoring with professionals, discussion of themes and sharing of information, but also through the relationship built with other parents with similar demands. generating a sense of belonging.

Regarding the quantitative, we initially noticed a small number of participants, 07 mothers, fathers and guardians per meeting, but during the course of the group and the dissemination of information the number was multiplied and today there is an adhesion of approximately 50 participants directly involved in the project developed, and we have about 60 children with global disorders attended by the CAPS.

In the meetings, we can see that the intervention strategies provided those responsible for a space in which they could be listened to, exchanged experiences, shared pain and suffering, in addition to alleviating anguish and uncertainties. In this circumstance, the reports demonstrate that the experiences of the therapeutic group are functioning as a support network for mothers, fathers and guardians and contributing to mental health within family and social relationships. Thus, the idealization of a therapeutic group became a program offered by the service on a continuous basis, taking into account the results obtained in the therapeutic relationship.

Initially, we observed a resistance of the families to join the group, considering that they struggled for treatment and were not successful due to the lack of qualified professionals, thus they had a belief that the group would be a waste of time, where the health department and the CAPS would only gain time to hire qualified professionals to work in the treatment of the children. However, with the dissemination of information and welcoming that the group promoted, this group movement enabled results beyond the institutional walls of the CAPS, in addition to the hiring of professionals, which occurred in parallel with the beginning of the group meetings.

As the group developed, we heard some reports from mothers and fathers about its relevance, in addition, the relationship of belonging between the subjects strengthened the search for the rights of children and families, through the insertion of an institute that has multidisciplinary care, in addition to the struggle for the association of people with disabilities in the municipality. All these achievements are the result of a strength built during the moments of sharing the pain, suffering and anxieties of parents and guardians.

However, some challenges were encountered, such as the availability of the families in relation to the meeting times of the group, which made it necessary to align different times for the execution of the group, given the reality of the families in the urban and rural areas. Thus, the project was able to bring greater

understanding to all those involved with lessons brought by the experiences and contact with each reality and subjectivity of each family reached.

With the intervention and development of the group, it was noticed that the information systematized the improvement and performance in the management of activities and difficulties manifested by atypical children in family life, enabling parents and guardians to better conduct the processes presented by their children and consequently an advance in the therapeutic processes.

DISCUSSION

The fact of the beginning of the therapeutic project generated welcoming through the facilitating resources with parents and guardians, enabling a movement of equity due to the lack of support that the families were experiencing due to the lack of professionals to care for the children and consequently the families. Through the group, users had access to public policies that favored equity and comprehensiveness within the service and ensures that people have what they need, through service, support, information, among others.

It is possible to verify that the equity movement mentioned in the development of the therapeutic group gains the proportion of filling care gaps.⁸ It can be understood that it brought care never seen before in the municipality, emphasizing the care of those who care, the look at vulnerable subjects in the face of children's diagnoses, a fact unknown to these subjects, and the deficit in specialized care, seeking to generate substantial support for the demands that came to the service.

In addition to the results regarding the guarantee of care, listening to and welcoming these parents and caregivers is highlighted as a process of psychological support, promoting self-care, generating clarification about the needs and demands of a child with a diagnosis, establishing support to reduce stress levels existing in living with a child with a diagnosis.⁹

From the results presented, it is evident that the group process generated great transformations and achievements for children, families, services and municipalities, verifying that group processes stand out through a set of relationships, based on intentional systems, responsible for generating movement and resulting in metamorphosis processes.¹⁰

The group was developed by a multidisciplinary team, through a partnership with professionals from other services and sectors, it is noteworthy that the creators of the group are psychologists from the service, in this way the central mediation is carried out by these professionals. This teamwork allows the invention of forms of care, welcoming acts, new perspectives, removing the professional from a stereotyped and rooted view of the care process of atypical families. It is of great value that the professionals place themselves as partners, in a welcoming way, considering all the life experience that these subjects bring to the group moment, emphasizing the knowledge experienced by each one.¹¹

Another substantial point, recognized in the results, is the care space for the parents of children with a diagnosis, since those who place themselves as caregivers receive burdens of various dimensions, which are emotional, physical, accountability processes, facts that generate a decrease in quality of life, in looking at oneself and perceiving oneself as deserving of care.¹² In view of the above, taking into account the concept of health, its determinants, everything that encompasses this process of developing health, it is necessary to implement movements that produce public health, interfering in the quality of life of the subjects, in this case, especially in that of atypical families.¹³

CONCLUSION

The potentialities developed by the group are linked to social inclusion through social technologies, enabling solutions aimed at the demands of income, work, education, knowledge, culture, food, human relations, health, race equality, among others, as well as addressing scientific information on Global Developmental Disorders, through research and interventions. Thus, with the meetings, it was possible to

analyze that the intervention strategies are enabling those responsible for a space in which they can exchange experiences, share their pain and suffering, and alleviate their anguish and uncertainties.

In the development of the practice, some challenges and limitations were found related to the availability of the families in relation to the meeting times of the group, which it was necessary to align taking into account the reality of the families in the urban and rural areas. Thus, the project was able to bring greater understanding to all those involved with lessons brought by the experiences and contact with each reality and subjectivity of the families reached.

The experiences of the therapeutic group acted as a support network for parents and caregivers and promoted mental health, quality time with the family and social relationships. Thus, the idealization of a therapeutic group has become a program offered by the service on a continuous basis, taking into account that the cases of atypical children in our municipality are gradually increasing.

Thus, this report aimed to present therapeutic activities and interventions aimed at families of children with pervasive developmental disorders. In view of the results obtained, it is understood that there was a space for listening, welcoming, learning, belonging for parents and caregivers, in addition to the care/monitoring of children and adolescents, in this way the integration of the family system and the health network can contribute to a better quality of life and therapeutic process.

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