



BÖLÜM 10

OTİZM SPEKTRUM BOZUKLUKLARI ve SİNEMA TERAPİ

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'Düşünün! yetersizlikler neyin eksik olduğuna göre tanımlanır

...ama otizm...

eksik olan kadar fazla olanla da ilgilidir,

bu türümüzü benzersiz kılan özelliklerin aşırı ifadesidir.'

Paul Collins

GİRİŞ

Otizm spektrum bozuklukları (OSB), sosyal iletişim ve duyuşal işlemeyle ilgili zorluklar ve değişikliklere esneklik göstermeme gibi özellikler ile karakterize nörogelişimsel bozukluklar için kullanılan genel bir terimdir (1). OSB, sosyal ve iletişim becerilerinde yetersizliğe ek olarak tekrarlayan ve kısıtlayıcı davranışlarla karakterize edilen, klinik olarak heterojen bir grup yaygın nörogelişimsel bozukluktur ve ağır mental retardasyonu olan bireylerin yanı sıra ortalamanın üzerinde IQ'ya ve yüksek düzeyde akademik ve mesleki işlevselliğe sahip bireyleri de barındırabilir (2). İlk olarak, çocuk psikiyatristi Leo Kanner tarafından 1943'te insanlara karşı iletişimlerinde kayıtsızlık gözlemlenen, takıntılı ilgi alanları olan, tekrarlayan davranış kalıplarına sahip nesnelere son derece odaklanmış 11 çocuğun ayrıntılı raporunda tanımlanmıştır (3). 23 yıl sonrasında, otizm ile ilgili ilk epidemiyolojik çalışmada, prevalansın 10.000 kişide 4.5 olduğu tahmin edilmiştir (4). Amerika Birleşik Devletlerinde 11 bölgeden alınan ve Centers for Disease Control and Prevention (Hastalık Kontrol ve Önleme Merkezi) tarafından yayınlanan rapora göre, OSB prevalansının 54 kişide 1 olduğu ve erkeklerin kadınlara oranla en az üç kat daha fazla tanı aldığı gösterilmiştir (5). Prevalanstaki bu önemli artış, kısmen, 1952'de çocukluk şizofrenisi formundan, günümüzde bir dizi bozukluğu kapsayan temel bir tanıya kadar, Ruhsal Bozuklukların Tanısal ve İstatistiksel El Kitabı (DSM) kriterlerinin farkındalığındaki artışa bağlanabi-

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letişim ve sosyal etkileşimde gelişimi için daha etkili bir şekilde kullanılabilir olması gelecekte hedeflenebilir.

SONUÇ

OSB, heterojen bir genetik mimari ile örülmüş ve bireylerde önemli sosyal, iletişimsel ve davranışsal zorluklara neden olabilen kompleks nörogelişimsel farklılıklar ile karakterize bir durumdur. OSB'li bireyler birçok farklı şekilde iletişim kurabilir, sosyal etkileşime girebilir, davranışlar sergileyebilir ve öğrenebilirler. OSB'li bireylerin öğrenme, düşünme ve problem çözme yetenekleri, öğrenmede üstün yeteneğe sahip bireyler ve ciddi zorlukla öğrenen bireyleri de içerecek kadar geniş bir spektrum barındırabilir. Her bir birey merkezi sinir sisteminin işlevindeki bireysel farklılıklar nedeniyle görsel bilgiler de dahil olmak üzere karşılaştıkları bilgileri benzersiz bir şekilde işleme yöntemine sahip olabilir. Bazı durumlarda, OSB'li bireyler, görsel bir bilgidaki ayrıntılara dikkatini verme veya görsel bilgileri hatırlama ve işlemede üstün yetenekler gösterebilir. Bunun yanında, çok fazla bilgi mevcut olduğunda, birey aşırı-uyarıcı bu bilgileri işleyemeyecek şekilde diğer uyaranlara boğulabilir veya aşırı doymuş hale gelebilir. OSB'li bazı kişilerin günlük yaşamlarında insanlarla iletişimlerinde, kendilerini ifade etme ve diğer insanların davranışlarını anlamlandırmada daha çok yardıma ihtiyacı olabilir. Sanat terapi, OSB'li çocukların duygularını tanımasına ve kontrol etmesine yardımcı olabilir. Bireyler sanat terapileri yoluyla, sahip oldukları güçlü yanlarının teşvik edilmesiyle olumlu bir değişim sergileyebilir ve kendileri için faydalı olabilecek yeni kaynaklar keşfedebilirler. OSB'li bireylerin film terapi sırasında, bir karakterle veya belirli bir durum içinde yansıtma ve özdeşleşme mekanizmalarının aktifleşmesi ile etkinleştirilen öğrenme süreci, sinema terapide bu sürecin aynı zamanda bir sinema salonunda deneyim-

lenmesiyle daha güçlü hale gelebilir. Buna ek olarak, OSB'li bireylerin film çekme aktivitesini gerçekleştirerek oyuncuların bakış açısını göz önünde bulundurması, dönüşümlü olarak senaristlik, oyunculuk ve yönetmenlik rollerini taşımaları sonucu insanlarla etkileşimlerinde tolerans kazanmaları ve daha fazla sorumluluk alarak özerklik geliştirmeleri sağlanabilir. Sonuç olarak, sinema terapi ve film terapi uygulamaları OSB'li bireylerin sosyal etkileşimde yaşadıkları zorlukları hafifletmek ve güçlü yanlarını öne çıkarmak amacıyla kullanılabilir. Bu sayede, sosyal iletişimleri ve etkileşimleri güçlendirilerek hayat standartları yükseltilebilir.

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