

## International Journal of Emergency Mental Health and Human Resilience: Multitherapy treating autism (Autistic Spectrum Disorder) and down syndrome: Anna Lou Olivier

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**Purpose:** The purpose of this study was to prove efficient of Multitherapy in treatment of Autism and Down Syndrome. In two period concluded, was attending 83 children, 60 with autism and 23 with Down Syndrome. All children Down Syndrome made good progress, especially in learning. Of the 60 children attended, 50 improved the communication with the external environment, being this the main objective of this treatment. In percentage, 100% Down Syndrome and 83% Autism made good progress. **Methods:** The Multi-therapy has techniques that supplement this deficiency in the reception of the stimuli. In many cases, it is able to penetrate into the world of the autistic, arousing sensitivity, creativity and greater perception of the external world. Multitherapy seeks to treat not only Autism, but Hyperlexia which, in some cases, is characteristic of Autism and also treat cases in which mental retardation impedes learning. Lighter cases tend to have very fast responses. Very serious cases may not have a rapid response, but although in the long-term, they show improvement. MultiTherapy uses music therapy in a continuous and original way with specific sounds and rhythms that fit each brain and stimulate learning and awakening. So the first strong point is that each patient has a treatment developed only for their case. Considering that each organism has its own characteristics and reacts in a certain way to the stimuli and treatments, the method must be shaped in each case. In general, the various techniques adapted together in each case, make the treatment faster, more efficient and practical. For each case the best techniques and areas to be merged are stipulated. It is holistic, in the original sense of treating the individual completely and not only in one aspect (psychological, neurological, physical, etc.) **Results:** Very serious cases are mitigated more quickly and efficiently than the treatments used today; Lighter cases are solved, usually with very positive results, especially in the stimulation of speech, hearing and in the development of artistic creativity.

**Conclusion:** In numbers, it was concluded that, of the 60 children with Autism attended, 50 improved the communication with the external environment, being this the main objective of this treatment. The children developed interaction with the external environment and could be socialized, according to their personal characteristics. The other 10 children had severe autism and did not have as satisfactory results as the others, but they had a slight improvement, especially in the control of the collapses, in a situation of stress. Therefore, it is considered that, even in the most severe cases of autism, there has been an improvement. As a complement to this research, the 23 children with Down Syndrome made good progress, especially in learning. This enhance the effectiveness of the method

**Foot Note:** This work is partly presented at Joint event of 14th World Congress on Psychiatric & Mental Health Nursing & 5th World Congress on Mental Health and Wellbeing, July 25-26, 2018 at Vancouver, Canada