

Interview assignment- relating to autism



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Autism: Interview on Therapy Approaches [ID Autism is a mental illness or disability that can be extremely debilitating. Autistics find it difficult to connect with others or process reality in a way that people understand, and often struggle to realize that others have feelings, often preferring an extremely rational view of the world. Autistics are assaulted by a never-ending, kaleidoscopic array of sensations: It has been likened to an itchy sweater that someone can't ever get off. Responding to and treating this illness requires a variety of therapy approaches. Occupational, physical and speech therapy all form part of a comprehensive approach to autism management. Why physical therapy for autism, an apparently mental condition? The physical therapist I interviewed noted that the Cartesian mind-body dualism is the root of the misconception that physical illnesses need physical approaches to heal and mental illnesses need the same. Autism is defined as a pervasive developmental disorder: Development is delayed and impaired in many areas, including motor skills both gross and fine. Physical therapy helps autistics develop those skills and reduce the gap between them and the outside world in this fashion. Further, the physical therapist I interviewed found that above the strictly clinical benefits, physical therapy is really useful for autistics because it gets them out of the house, gives them something to do that helps them manage all the sensations and focus their perception, and makes them feel more normal. Training autistics with physical therapy can help them participate in normative social experiences like sports: This is especially important for child autistics, who will find it easier to connect with their peer groups by skipping, playing jump rope or hopscotch, or playing in ball games. The occupational therapist I interviewed argued that occupational therapy was basically the mental

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flipside of the physical therapy. Autistics find it difficult to do basic tasks. Giving them things ranging from video games to puzzles to board games with others that give them a cooperative task to do with others to basic day-to-day tasks like hairbrushing. These tasks appeal to autistics' desire for and sense of order, and help them manage the array of sensations they feel. It also grounds them in normalcy and helps them learn how to interact with others in groups in ways that they can understand to bridge the gap to full social interaction. Further, autistics often struggle to do everyday tasks like cleaning themselves or eating cleanly and safely. Occupational therapy can provide them tools for this. Speech therapy helps open the iron door that separates them from the rest of the world. Some autistics are non-verbal, while others are highly verbal with highly specific regulations of language. But both need speech therapy. Even highly verbal autistics often use language in highly esoteric and individualistic ways, and don't understand others well or use slang and normal language techniques. Autistics, like most people struggling with serious disabilities, need help in a variety of areas, and therefore need a variety of types of help. References Hayhurst, C. (2011). Treating Kids with Autism. American Physical Therapy Association. Health Communities. Treatment for Autism. Retrieved from: <http://www.neurologychannel.com/autism/treatment.shtml> . Accessed 1/15/2011. Rudy, L. J. (June 10, 2009). " Speech Therapy for Autism: The Basics" . About. com. Retrieved from: <http://autism.about.com/od/whatisautism/a/SLP.htm> . Accessed 1/15/2011. WebMD. (2011). Benefits of Occupational Therapy for Autism. Retrieved from: <http://www.webmd.com/brain/autism/benefits-of-occupational-therapy-for-autism> . Accessed 1/15/2011. Zimbardo, P. (2006). The Lucifer Effect.