

WHAT THE T.M.A IS

2 The Therapy Multisistemic in Water (T.M.A.) it has been from us defined a therapy developed in natural environment (public swimming pool) with a theoretical model of reference and a methodology structured through phases, that it uses besides methodic cognitive, behavioral, report them and sense motor. Such therapy turns him to the subjects with autism, trouble pervasive of the development and troubles of the communication. You develop in a public swimming pool (natural setting) and it has explicit purposes and implicit purposes.

The explicit purposes, that besides damage form to the activity, are to teach to swim and to know him to adjust to the rules of the swimming pool.

The implicit purposes of such therapy are to improve the abilities of the subjects to stir in the world so that to be able to increase the quality of their life.

The last goal of the therapy is not the teaching of the swimming, neither the use of this last for relaxation or recreation, even if the game and to be together are used as element to help the relationship and the management of the emotions. The swimming is used as I communicate to reach objective therapeutic and to effect the process of socialization and integration with the group of the peers. The child that learns to swim during the intervention can redefine the relationships with the therapist and with the other children.

In fact reached the autonomy, the subject that had shown only avoiding and leaving in the initial phase, can show now, in full independence, an intentionality report her with the therapist and with the possible group of integration. The subject when it is prepared to learn the swimming activities, it feels him free to explore the environment water and able to interact in this last.

Using such new abilities will acquire self respect and a sense of supported self efficacy and strengthened by the therapist and by the family.

In synthesis the clinical application of the TMA, favors the learning and the development of the autistic child to emotional level, cognitive, behavioral, sense motor, social and communicative.

The TMA is realized through a trial planned personal and aware facing to influence troubles of the behavior and purely report them with means psychological records and not records in sight of an elaborate objective, that can be the reduction of the symptoms or the modification of the communicative abilities.

This methodology is founded on the human relationship and on technical-experimental procedures. Insofar it proposes the modification of the schemes cognitive, behavioral, emotional and of interaction, as well as of a slope psycho educative so that to be able to give elements of management to the family in a sort of co-construction of the functional diagnosis that mirrors the real abilities of their child.

In the TMA the treatment has finality to middle and long term, centering himself on the changes of the person that set the conditions to define "therapeutic" the intervention.

The TMA doesn't have to be the only intervention neither to confine itself neither to enter contrast with others but, it must be inserted in a global intervention, sharing the objectives. The treatment will have to belong to an educational therapeutic intervention of an interdisciplinary team.

We start from the presupposition that the autism has a genesis multi-factorial and the interventions they are them same multi-disciplinary. Not having been individualized the unique cause of the autism yet, numerous they are the professionals that occupy with formation and different formality: physicians, psychologists, speech, psycho-driver, educators, technical of the rehabilitation.

It is evident whether to be successful is required of specific interventions that keep in mind of the individuality of every single subject and the context in which he is inserted, also a comparison is necessary and a dialogue among the different professionals that deal him with the subject with this syndrome. In this way all share the successes and the failures, the limitations and the possible changes so that to individualize a common run.