



Use of Mind Maps for Understanding the Autistic Condition

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Introduction

Autism is a condition known and studied about a hundred years ago, since the time of Eugene Bleuler and began to describe the disease, then were the contributions of doctors like: Leo Kanner, Hans Asperger that allowed us to classify it as understand [1]. Any disease or special condition affects not only the patient but his family and in this condition becomes more evident.

Mental and neurological disorders need a greater effort to get them to understand, it is not if not after years that family members understand the implications and areas of life that can be affected.

The medical, psychological, psychiatric and neurological terminology is very abstract, so much that it can confuse patients and their families. With technological advances people have access to information but human contact and the effects of this have not yet been replaced, being able to receive an explanation by a person trained for assistance provides stability and calm. It will allow taking more satisfactory actions.

Neurosciences a fertile field still, can provide us with several tools and especially communicative, one of these is the mind maps developed by Tony Buzan. Mind maps were a study technique that was later applied to other activities and more recent as a proposal in preventive health, in the following lines we will explain how this alternative can help the family to be clearer of what is the autistic condition.

What is a mind map?

Mind maps are defined as the technique of representing ideas by relating them to images not only with complex words, allowing the mind to make quick and direct associations with the subject in question [1].

Buzan says: The mental map mobilizes the entire range of cortical abilities, including words, image, number, logic, rhythm and spatial perception, in a unique and especially powerful technique.

When this concept was introduced, it was also stated that the memory capacity would be affected in a positive way, because the subject would have a dynamic review of the given material, which avoids the subject's rambling and allows creating connections with the memories possessed and the information to be incorporated.

These concepts brought about a change in the traditional schemes of study and acquisition of information, allowed a serious advance in different areas of knowledge, but like any instrument at the time, was discussed and its application tested. The key to the use of this tool is the combination of attributes of both hemispheres, that way the knowledge is more assailable for different individuals with different abilities at the moment of initiating some type of learning. For mind maps the concept of radiant thought becomes key since in a very

explicit way based on a central concept, secondary concepts emerge which give an understanding of a theme, whatever its origin, purpose or purpose, thus emulating some of the most of thought: the interconnection of ideas.

Remembering autism concepts

Autism is a neurodevelopmental disorder characterized by altered social interaction, communication (both verbal and non-verbal) and restricted and repetitive behavior. Parents usually notice signs in the first two years of their child's life [2]. These usually develop gradually, but some children with autism reach their developmental milestones at a normal rate and then suffer from regressive autism.

Its origin is subject of study until today; we will mention some of these elements [3]:

1. Genetic components
2. Structural defects of the brain
3. Environmental pollution
4. Obstetric complications
5. Bad nutrition

How is it diagnosed?

The DSM-IV indicates that for a diagnosis of autism it is necessary to have a series of characteristics encompassed in three groups [4]. The first of them refers to alterations in social relations; the second refers to alterations in communication, and the third refers to a series of restrictive, stereotyped patterns of behavior, interests, and activities. DSM-V changed the way to code the disorder, becoming integrated into the so-called Autism Spectrum Disorder along with other syndromes that were previously considered as independent diagnostic entities, such as Asperger syndrome [5].

How to help the patient's family?

It is important to note that the parents of the autistic patient, despite observing the behaviors described above, at the time of diagnosis are impacted by the news, being aware of the patient's needs as well as understanding their functions is a task that merits effort .

Unlike conditions such as: diabetes, anaemia or high blood pressure to mention a few, we are dealing with a neurological condition, an organ that is not seen, cannot touch, cannot smell, we can only feel its effects becomes imperative to use other tools that allow us to understand what we are facing.

The Proposal

The intention of this project is to suggest the use of mental maps to explain what the autistic condition is, to be able to use the cerebral

capacities of the parents will allow us to understand those affected in the patient and thus a path where creativity becomes the companion in the path of those who are close to this condition.

Below we show two mind maps of our authorship (these instruments can be modified, adapted to the therapist is the greatest achievement a personalized instrument) (Figures 1 and 2).

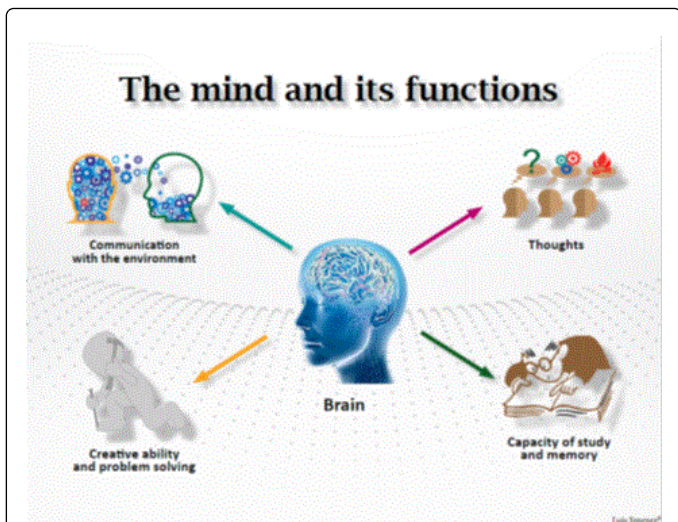


Figure 1: This image shows the most emblematic abilities of the human brain. In the mind maps we have a central idea represented by the graph that is in the middle of the picture and then in a clockwise direction we can see the mentioned skills.

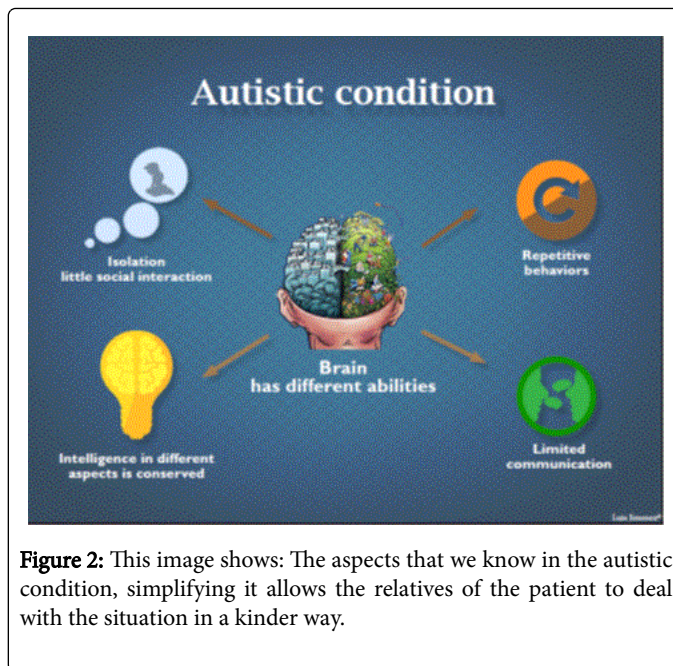


Figure 2: This image shows: The aspects that we know in the autistic condition, simplifying it allows the relatives of the patient to deal with the situation in a kinder way.

Acknowledgement

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References

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