

Abstrakt:

This thesis focuses on supporting children with autism spectrum disorder. It covers stress associated with raising a child with autism and methods to deal with it. It also covers internal and external factors which can assist parents deal and cope with having a child with autism. This thesis contends that giving birth to an autistic child can be a trauma, raising the possibility of post-traumatic growth. The second part of the thesis is a research project in the form of action research. The research will focus on creating practices designed to support parent groups, in which elements of art therapy and psychotherapeutic body work will be used.

Keywords:

Autism Spectrum Disorders, parents of children with ASD, stress, support group