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PSYCHIATRIC FAMILY TREATMENT AUTISME (PFA) : A NEW CONCEPT FROM PRACTICE EVIDENCE TO EVIDENCE BASED PRACTICE

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Introduction: Autism Spectrum Disorder (ASD) determines to a large extent the lifestyle of the person and his environment; there are many problems for most of the family members. We developed the Psychiatric Family treatment for Autism (PFA) from practice evidence to evidence based practice.

Objectives: The PFA is a competence directed home-treatment for families with one or more persons with ASD. The focus is on the whole family and every family member. A family trainer works weekly at home at targets the family made.

Aims: To involve every family member to improve the individual and family problems.

Methods: Parent's practises, parent's personal well-being and their experiences of all their children's were measured before and after the PFA treatment. Also each child of the family about his competences. The instruments (VGFO, SCL-90, SDQ and CBS-A/K) are standardized and validated questionnaires. We measured the treatment integrity of the PFA by questionnaires and home observations.

Results: Also in our families with ASD there are a complexity of problems. The research shows is an overall improvement of the parental functioning and the parent's perception of their children's problems and the self esteem of the children. The mothers reported a progress in personal well-being The trainers have a high treatment integrity

Conclusion: Our concept that an integrated family treatment (PFA) has a spin-ff for the wellbeing of all the family members has been proved. We can discuss if PFA can be a prevention treatment for ASD family problems in the future.