

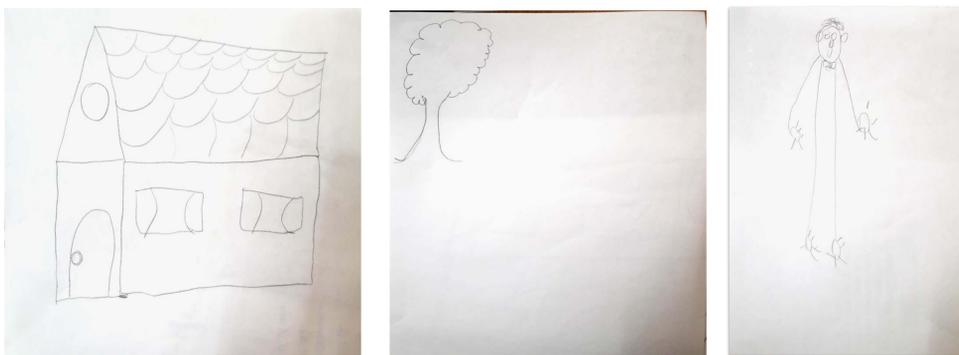
GONZÁLEZ RUIZ Y, D' ACUNTI A, GALIANA A & STEGMANN, J.

Fundación SPINE Socio.Psico.Inmuno.Neuro.Endocrinología | yohannagonzalezruiz@gmail.com

Introduction

The purpose of this work was to analyse the importance of graphic techniques such as House- Tree- Person (HTP) and Family, as a therapeutic tool to explore and get to know behavior tendencies, promoting the expression of emotions and conducts, which are difficult to identify, explain and verbalize in patients with Prader Willi Syndrome (PWS). These techniques evaluate the personality structure, the current mood of the individual and forms of interaction with the environment and others (Haslop, 2016).

Patients with PWS present a behavioral phenotype that can be define by a characteristic pattern of behavior disorder. They usually show rigidity, irritability, emotional lability, impulsiveness, impatience, confrontation tendencies, fabrications, manipulations, tantrums, repetitive behaviors, obsessions/ perseverances, lies, anxiety and self-injury behaviors. Furthermore, most of these patients find it difficult to express their own thoughts, emotions and conducts as a consequence of their intellectual delay and expression and communication complications (Ybarra, 1999; Eiholzer,2006). Graphic techniques could be a useful tool because they offer significant clinical information for the therapeutic approach, since they are mainly base in a graphic resource.



Methods

This was a non-experimental, descriptive, cross-sectional study. The sample consisted of 25 patients with PWS between 10 and 41 years of age, 15 men and 10 women. All participants received transdisciplinary treatment at the SPINE Foundation. The projective techniques HTP (house-tree-person) and family were used for the assessment of behavioral trends.

Results

According to the criteria, for the graphic evaluation, established by Emanuel Hammer, Max Pulver y Josep Lluís Font, the graphic indicators corresponding to the behavioral phenotype identified were the following: mental rigidity, anxiety, difficulty in adequate externalization and identification of emotions, impulsiveness, aggressive features, poor social skills, need for support and interaction, dependence and lack of empowerment, misfit self-concept, obsessive features, compulsive behaviors.



Conclusions

Graphic tests are intended to evaluate the personality structure and behavior characteristics of the individual, and discover emotions or internal conflicts. Any response to a projective material is significant and is considered as an indication of the patient's personality.

In our study, we found that graphical techniques (HTP and Family) are instruments that can be applied in a population with a mild to moderate intellectual disability, since all the patients correctly understood the task and were able to carry out an adequate production for the evaluation.

It is noteworthy that these graphic techniques provide information in the therapeutic context that, often, works as an invitation to encourage the patient to speak and think about their thoughts, emotions and behaviors. Taking into account that this population has communication difficulties, it provides significant information and reveals conflicts that enable a therapeutic approach and that, otherwise, might not arise. It is important to emphasize that they although also provide convenient information to work with the patient, diagnosis cannot be established upon their basis. Graphic tests can be used as a tool or complement for facilitate the patient means to elaborate their problems and concerns, but it is not advisable to use it them as a single tool for diagnosis.

References

- Ybarra, H. J. (1999). El síndrome de Prader Willi: Aspectos generales en El Síndrome de Prader Willi: Guía para familias y profesionales. Instituto de Migraciones y Servicios Sociales. Madrid, España.
- Haslop, A. C. HTP (Acromático-No integrado). Recuperado de: <https://tuvntana.files.wordpress.com/2016/05/el-test-de-htp-acromc3a1tica-nointegrado.pdf>.
- Eiholzer, U. (2006). El Síndrome de Prader- Willi. Editorial Karger. Suiza.