Psycho-education

SEE?!
Reasons for project

• Problems in social interaction and in developing a positive self-image
• Questions from teachers and parents on how to aid the social and emotional development.
• Need for an educational tool.
Research

• Study Master special educational need:
  – Children have limited knowledge of their own visual impairment
  – There is need for a modern/challenging method
  – ‘G-denken’, a form of cognitive therapy, is a good method to help children understand situations and their role in it.
Theory

Event

Thought

Feeling

Behavior

Result
‘Helpful thoughts’

• ‘Helpful’ and ‘non-helpful’ thoughts.
• These thoughts help in the search for a solution to a problem or hinder them.
Goal

To help develop a positive and realistic self-image which has a positive impact on their social and emotional development, social interaction and well-being.
Goal

• Insight in visual impairment
• Understand the impact of the visual impairment on thoughts and actions
• To teach behavioural alternatives
Webapp because …

• Attractive and challenging
• Independent
• Possibilities to make visual adaptations
Content

• Visually impaired children 6 and 7 years old.
• 10 lessons
• 5 main characters
• Based on everyday situations in schools
Everyday situations

• Situation in a classroom; making an assignment, working with visual aids.
• Social situation outside the classroom: playground, PE
• Social interaction in a classroom; working together, playing together.
The main characters
Starting screen
Content of lesson
Saba in PE
Game matching emotions
Impact study

- Starting januari 2017
- 80 participant in main stream schools
- RCT (Randomized Controlled Trial) with a pre-test, post-test and follow-up design.
Results

• Proven effectiveness of the web app.
• Article about self perception and well being of young mainstream visually impaired children.
• Support for an application for developing an webapp for children 8-9 years old and 10-11 years old.
• Present them at the ICEVI in Brugge in 2017
Psycho education CVI

• Requests from teachers and parents to develop a program for psycho education specifically for children with CVI.
• Questionnaire to parents, teachers and collegues.
• Interviewed children with CVI at the school of Bartiméus.