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The primary objective of this paper is to explore the therapeutic method utilized by the Center of Cognitive Behavioral Drama (CBD) to enhance the functioning of children with high-functioning autism/Asperger's syndrome. The literature review examined the trajectory of research concerning therapeutic interventions aimed at facilitating the adaptation of individuals with Autism Spectrum Disorder (ASD) to family and social settings, with special emphasis being placed on the approaches of the Cognitive and Behavioral School, along with drama therapy methodologies. The limits and limitations of the method were discussed. The research was conducted based on qualitative data through semi-structured interviews with parents of children receiving treatment at the Center. Additionally, input was gathered from a representative sample of trainers involved in the program. In addition, the findings of the qualitative research were cross-checked with those of the quantitative study, which involved statistical analyses derived from structured questionnaire administered to the parents of children receiving treatment at the Center. The research is concluded with a discussion centered on the primary issue, namely the extent of improvement in the functionality of children and adolescents who underwent the therapeutic treatment of Cognitive Behavioral Drama over an adequate duration across various specialized areas of dysfunction.

Biography

Anthoullis Demosthenous has completed his PhD at the age of 28 years from University of the Aegean and post-doctoral studies from the same University on Medieval History (School of Humanities). He studied also Theatre and Drama (University of Athens) and he has a Master of Science on Child Psychology (European University Cyprus). His MA-thesis is on Asperger syndrome. His field of expertise is autism, drama therapy and other therapeutical interventions/methods. He is post-doctoral researcher in the Ionian University and he works as a teacher in secondary education. He participated in conferences in U.K., Greece and Cyprus.

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