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Understanding emotions and developing empathy skills in autism spectrum disorder

Abstract:

This article presents a unique discussion on methods used to develop emotional understanding and empathy in individuals with Autism Spectrum Disorder. In neurotypical development, there are various pathways and tools available. However, the learning process for children and adolescents with Autism Spectrum Disorder is different, necessitating distinct methods. The most researched literature, including the theory of mind has been reviewed to gather information from various sources. This tools and methods have been designed considering all characteristics of Autism Spectrum Disorder. The article classifies primary emotions, derivative emotions, the role of empathy in emotional intelligence, types of empathy, and includes questions to consider during the learning and application process, along with guidelines for working with individuals with Autism Spectrum Disorder. These approaches emphasize the strengths of individuals with Autism Spectrum Disorder. It outlines the prerequisites necessary for teaching emotions and empathy skills, their developmental timelines, and teaching strategies. Currently, these methods are regularly updated to address behavioral issues and promote integration into society.

Biography

Kamala Aliyeva, is a PHD student at the Khazar University. She is working at the Khazar University as a instructor. She is also working at the rehabilitation center as a psychologist. She has published more than 10 papers in reputed journals and has been speaker in some international conference