

Symposium | Neurodevelopmental disorder : [Symposium 52] "Empowering Neurodiversity: Advancing Support for Adults with Developmental Disabilities"

📅 Fri. Sep 26, 2025 4:30 PM - 6:00 PM JST | Fri. Sep 26, 2025 7:30 AM - 9:00 AM UTC 🏛️ Session Room 6
(Conference Room B)

[Symposium 52] "Empowering Neurodiversity: Advancing Support for Adults with Developmental Disabilities"

Moderator: Atsushi Kashiwa (Heart Clinic Medical Cooperation)

[SY-52-01] Support for developmental disorders according to individual characteristics in adulthood

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Keywords : adult developmental disorders, Support, personality

There is no established guideline yet on how to think about adult developmental disorders. It has been reported that there are differences in functional levels and pathological conditions between those who have been diagnosed since childhood and those who were first diagnosed in adulthood. However, there is a view that this is because there are cases where the condition may become apparent later in life if the individual is placed in a protective environment, and that the characteristics of developmental disorders were not noticeable during childhood and adolescence. On the other hand, since developmental characteristics change due to the influence of the upbringing environment, which includes factors such as family dynamics, social interactions, and educational experiences, it cannot be denied that characteristics that did not previously lead to disorders may worsen due to an inappropriate environment. In any case, support programs must be individually assessed for the continuing and non-continuing groups, depending on the individual's functional levels and coexisting mental disorders. In addition, since personality is formed based on developmental characteristics, it cannot be denied that some personality disorders may be related to developmental characteristics. Therefore, in the clinical treatment of adult developmental disorders, it is important to evaluate not only the aspects of developmental characteristics but also personality characteristics and to approach psychotherapy accordingly. On the day, I would like to provide an overview of current evidence regarding adult developmental disorders, discuss the diversity of treatment options, and the application of dialectical behavior therapy, a type of cognitive behavioral therapy tailored to personality characteristics, to cases of adult developmental disorders.