

ART, SCIENCE AND ART THERAPY AS AN INNOVATIVE
TECHNOLOGY OF PEDAGOGICAL ACTIVITY

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Annotation: This article discusses the teaching of painting techniques using non-traditional methods of art therapy in art therapy sessions, as well as the importance of using art for therapeutic purposes, psychotherapy and psychological correction based on the use of art and creativity for therapy. important aspects of art therapy directions are highlighted in cases.

Key words: art, art therapy, unconventional methods, creativity, psychological correction, fear, phobia.

INTRODUCTION

The term "art therapy" ("treatment with art") was introduced by the artist Adrian Hill in 1938 when describing his work with tuberculosis patients in sanatoriums. It is known from history that these methods were used in the USA during the Second World War to work with children taken out of Nazi camps. Art therapy reflected the psychoanalytic views of Z. Freud and C. G. Jung, according to which the final product of the client's artistic activity (drawing, sculpture, installation...) represents his unconscious mental processes. In 1960, the "American Art Therapy Association" was established in America.

British doctor and artist Adrian Hill, who was a hero of his time, was treated for tuberculosis at the Midhurst resort. In addition to basic procedures, Adrian Hill painted the scenery around him and found that creativity was a product of distraction from illness, as well as mood enhancement. The following year he was invited to teach painting to other patients at Midhurst, many of whom were soldiers returning from the war. Studies have shown that it significantly helped to reduce their psychological stress.

Adrian Hill officially coined the term "art therapy" in 1942 and later described his work with patients in his book *Art Against Disease*. There is still controversy surrounding this method. For example, his American follower Edith Kramer, a big fan of Freud's idea of sublimation (a defense mechanism that transforms destructive desires and impulses into something positive and socially useful), believed that the creative process itself could heal. He confirmed his assumptions at the "UILTWICK School for Difficult Adolescents", where he received the title of "Art-Therapist". Proponents of

this approach argue that creativity helps to improve and express personal conflicts. Therefore, the therapist must encourage clients to trust their intuition, to explore their creativity and, accordingly, themselves.

Another American specialist, Margaret Naumburg, on the contrary, recognizes that the creative process in therapy is only a tool, a "panacea" (a panacea is a legendary universal remedy for all diseases, which can also prolong life indefinitely) and not an end in itself. he emphasized. These Alchemists were engaged in the search for a panacea. Basically, the technique of art therapy is based on the mechanism of projection. For example, a client is given an object that is fuzzy in terms of content, so that he can give it his own meaning. It can be a "Tarot card", the general meaning of which can be interpreted differently by everyone, or, as in art therapy, a wonderful creature drawn by the client himself. He says: - At the first meeting, I often ask him to draw a few simple pictures. Feelings that are difficult to pronounce can find their reflection on paper without censorship from the mind.

Thus, you can get important material for interpretation and diagnosis, says practicing psychologist Maria Razygrina, author of the project "School of Psychological Competence". For example, when working with children, he often asks to draw a picture of the family in order to better understand the environment in which the child lives and how to help him cope with his feelings.

"Art therapy also helps to change behavior," says Razygrina. For example, if you ask the client to draw his feelings, you can move from thinking to action by identifying the problem: fear in the legs means you can leave, anger in the throat means you have to say it. Painting is a powerful creative core in art therapy, which is still the most popular due to its ease of implementation and versatility. During the lesson, the patient draws. "What to draw," says the art therapist. But how to draw it - a person decides for himself. For example, the choice of colors is conceptually important. Bright and juicy colors speak of a positive mood, while pastel colors speak of a delicate worldview and high sensitivity. Working with any plastic material stimulates fantasy, the direction of which is mainly determined by unconscious motives. Between these motives and impulses often lies the source of the problem.



It is important that a person is not limited in the palette. The expert provides him with dozens of colors and shows how to mix them to get new tones. Usually the result of the lesson is one picture. At the end of the course, a collage is created from them, which gives a visual image of the patient's personal development and allows a step-by-step analysis of the path he has taken.

Method tools: watercolor, gouache and other types of paints. Maximum variety of colors.

In use: aggression, nervousness, suppression of negative emotions, inability to sublimate them independently in a positive way, complexes, family problems, difficulties in self-awareness, low self-esteem, chronic stress, phobias. Art therapy can be an outlet for those who do not want to visit a traditional psychotherapist - for example, it is important for teenagers who are facing an adolescent crisis. Or to people who have had experiences that are difficult to put into words, such as suicide attempts, etc. An example of this is David Webb, a suicide attempter and suicide expert, who believes that measured, rational statements are not appropriate for conversation on the topic: "The stigma around suicide is to eliminate, we must pay attention to very personal, subjective, sometimes illogical and paradoxical things.

Art therapy is also beneficial for people with chronic pain or serious illness. A 2018 study found that half of 200 hospitalized subjects benefited from art therapy to significantly reduce pain and anxiety levels, as well as improve mood.

"When people feel pain all the time, they often think they've lost control. It's as if the pain tells them what to do and what not to do. Practicing art therapy can help you regain a sense of power over your body through self-expression and creating something unique, says Kelsey Skerpen, an art therapist at Massachusetts General Hospital. Another conclusion in this matter is that art therapy also helps to study the state of physical and mental health. By drawing pain, you can analyze how it affects your mood and daily life. Gary Molloy from England has lived with bipolar disorder for over 20 years and admits that painting helps him feel stable: - "I'm constantly having extreme mood swings. Drawing helps to get rid of that thought."

The original classical form of art therapy was drawing. This is probably due to the fact that the first researchers in this field were artists by profession. We emphasized the idea that art therapy was created by an artist who was treated for tuberculosis in a sanatorium. The artist only drew in all his free time. After some time, he realized that this process had a positive effect on his health, as a result of which he quickly recovered. The following year, group art therapy sessions were organized in the sanatorium. During this process, the patients felt that they were getting better, emotional and psychological problems faded into the background. Perhaps this is exactly the case, because they began to consciously work with art therapy from the age of 20. The term "art therapy" itself, to refer to a collection of art forms used in

psychocorrection, was the reason for the successful research of the artist Adrian Hill in the 1930s.

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