



The Use Of Art Therapy In Overcoming Problems With The Psyche

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ABSTRACT

The research paper highlights the effective methods and means of treating mental and physical health problems of a person using different directions of art therapy, using Art therapy treatment method.

KEYWORDS

Art-therapy, art, fairy tale, isotherapy, music, treatment.

INTRODUCTION

The impact of art, creativity as a whole, on the mental state and success of a person is enormous. Because true creativity inspires a person regardless of what kind of flour he belongs to, reflects his inner state, positively affects those who around him. Art therapy, which has been inextricably linked with art in recent years, has become one of the most

effective methods of treating problems associated with various mental states. Art therapy is designed for all ages and has become an interesting, most importantly, method of treatment without any restrictions and pain.

Art therapy comes from the English language in the sense of “art therapy”. This concept was

firstly introduced into science by the American artist Adrian Hill in 1938. This method was used by children brought from Germany during the World War II in America. In 1969, the American Association of Art therapy was founded in America.

METHODS OF RESEARCH

Art therapy has become one of the most important techniques affecting the human psyche. Through art therapy, an art therapist helps patients with severe illness, depression, disability, and loss of identity to communicate, reduce stress, overcome fear, and find solutions to other problems. For this reason, Art therapy is inextricably linked with art, medicine, psychology, education, and directly social life. Art therapy is mainly aimed at treating individuals belonging to the following groups:

- People with mental and physical problems;
- People who experienced violence, natural or technological disasters;
- War veterans, those who took part in armed conflicts;
- Children, teenagers or the elderly;
- People who are predisposed to intoxicating substances or beverages;
- Children with disabilities and children from orphanages;
- People with the bad family environment and who do not have a full-fledged family [3].

The main goal of art therapy is to help mentally stressed, discriminated, people, people do not receive enough affection from family, who are unable to share their inner feelings with others, and who faced various other problems.

Influencing the mental and physical state of the patient through the creative process. Treatment is carried out by the following methods:

- ✓ Isotherapy (drawing)
- ✓ Fairy tale therapy
- ✓ Music therapy
- ✓ Working with soft products (plasticine, clay)
- ✓ Systemized family therapy
- ✓ Sand therapy
- ✓ Animation therapy
- ✓ Dance therapy
- ✓ Puppet therapy
- ✓ Phototherapy

Working with patients, of course, the art therapist must have a thorough knowledge of the above therapy methods and, above all, deep knowledge in the field of art. Because taking into consideration the mental state, age and existing problems of each patient, he determines which method of art therapy can be used to treat him and begins treatment. He makes the patient draw a picture, take a photo, play a role, embody the heroes of fairy tales, which requires a real art therapist to be creative. Such a creative process helps patients to overcome various psychological processes, to treat mental trauma, to overcome self-doubt [4]. So how does this process work? As an example, the most basic method of art therapy- the method of isotherapy (painting). In this method, the patient portrays the feelings, inner experiences, problems, affection that he could not express to people around him on paper. Drawing the image on paper, fabric, wall, or other objects will depend on the patient's desire.



Figure 1. Isotherapy. A creative example of students of Yeosu Technical Institute in Tashkent

Another common method of art therapy is mandala therapy. A mandala is a picture inside a circle. The circle reflects a person's lifestyle, interaction with the environment. This method helps the patient to understand himself, get rid

of bad energy, overcome fear and depression. There are various sets of mandalas for colouring on sale today. Mandala therapy is also an effective way to calm down and overcome brain fatigue [1].

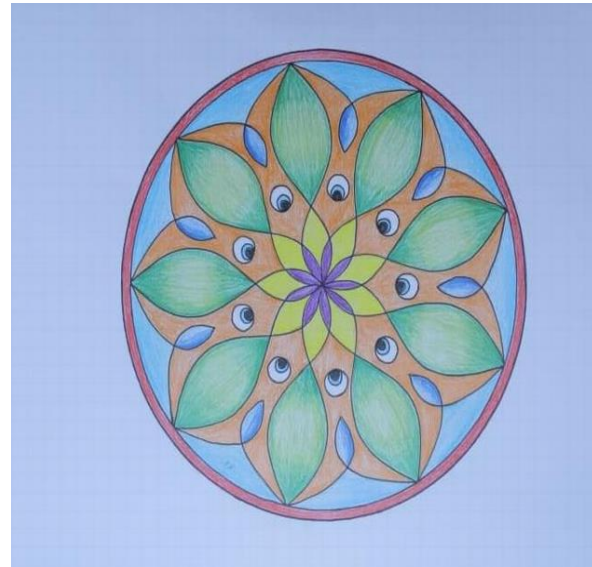
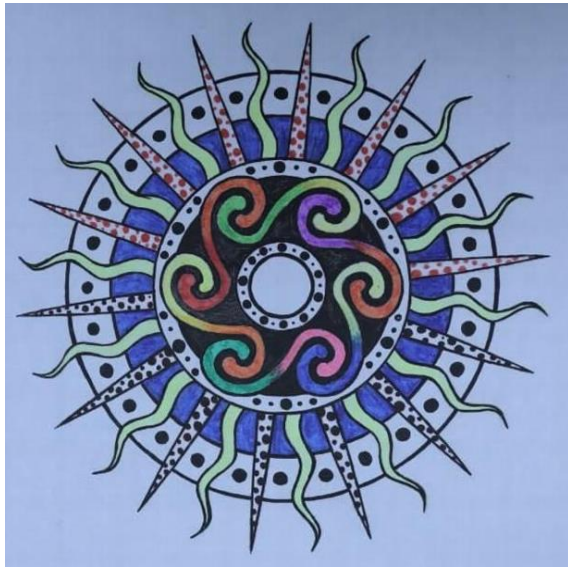


Figure 2. Mandala therapy

Fairy tale therapy is often used for children in self-awareness, for adults in order to make them more confident, awaken their creativity, treat mental disorders and stress. Through fairy tales and their characters, the child

overcomes various fears and finds answers to many questions that they cannot explain to adults. It can also be said that children imitate their favorite fairy tale characters, they also love to draw and color their pictures. This forms positive qualities in them [2].



Figure 3. Fairy tale therapy

RESULTS

Consequently, each method of art therapy is chosen based on the patient's condition, problems and age. Once the treatment method is chosen, the treatment program, stages are developed and on the basis of this program treatment of the patient begins. For this reason, in developed countries, art therapy has become the most basic method of treating problems in the human psyche, and in the education system is also seen as part of education in bringing up children in a creative spirit from an early age. Various projects in this area have been developed in Russia and Europe, such as "My life as a wonderful project", "Art therapy for large families", "Colors of life" for children with disabilities and orphans, "Art therapy". [5]. In recent years, this method of treatment has been widely used in various processes in our country, working with children, teenagers and their parents.

CONCLUSION

To sum up, art therapy nurtures and instills in people an interest in life, confidence in overcoming problems. It instills in them self-confidence and confidence in others, teaches them to accept themselves as they are. This process can also be called the process of re-acquaintance with oneself, the process of self-realization. People treated through the art therapy method begin to look at life not only in black and white, but in a variety of colors, realizing that life is the most beautiful gift and happiness given to us.

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