

The Concept of Art Therapy and its Reflection in our Life

Yulchieva Dilshoda Akramovna

University of Business and Science Non-governmental HEI

Master student of the branch Pedagogy and psychology

Abstract: The word "Art" means art, creativity, painting. An example of this is painting, the art of painting with lines without paint - graphics, sculpture. The Greek word "therapy" means "healing". The essence of art therapy is the idea that when a person is engaged in some kind of art - drawing or making - it shows his experiences and inner world. Art therapy helps people solve their psychological problems through art. Treatment sessions must be conducted with the participation of an art therapist, psychologist or psychotherapist. The art therapy method has a number of psychological tasks. For this reason, it requires the participation and advice of a specialist.

Keywords: *art therapy, psychologist, human, depression, endurance, music therapy, treatment.*

Introduction. It is often the case that activities such as music, dancing, and painting help to overcome the distraction from everyday worries, depression, and the terror of loneliness. We remember well when we lost track of time due to various interesting activities in our childhood and drowned in the world of imagination. Art therapy was born out of similar activities and its purpose is to help a person in times of mental instability.

The main part. The specialist helps the patients to trust their own perception and learn the products of creativity independently as well as together with the group. Therapeutic goals are in the first place, creative goals are of secondary importance and are considered as an adjunct to the main methods of psychotherapy. One of the methods of art therapy is called transference - the patient gradually becomes aware of his inner world through visualization. Some of the exercises involve working together in a group and help the expert to do it.

There are many types of art therapy:



As a result of its synthesis with other directions, new species are also emerging.

Its help is manifested in the creative expression of negative emotions (aggression, anger, anger, jealousy). Through this, a person feels an internal confusion written in him, a strong exhaustion. After such creative activity, he calms down and pulls away quietly.

With the help of creative work, a person reveals his potential. Art sessions help children and adults achieve harmonious development in all aspects.

Art therapy is a method of psych correction. This is a method that has already shown good results several times. In the therapeutic process, almost all types of art improve the mental and emotional state of a person, have a positive effect on the internal problems of the patient, teach him to understand his fears, desires and goals, and to express himself through the available creative ways. Art therapy and painting often complement each other. The patient "opens up" in his works. This is the beginning of the healing process. A teacher is often a trained artist, psychologist or psychotherapist. Art therapy - allows adults and children to express any emotions on paper: anger, joy and love. It does not matter if a person has artistic talent or not. How do types of art therapy work? Any type of art can be used for healing. Drawing, making things out of clay, origami or appliqué. Also dance music and movies. What is better to choose - a psychologist will tell you. A person can be active in the exercises when he creates works that reflect his inner self, or passively, together with an art therapist, the patient analyzes other people's paintings, musical compositions, and dances. There are also individual and group types of training. Groups are divided into closed and open types. Usually, in closed groups, participants have a common problem, for example, overcoming taboos, etc. People of different ages gather in open groups, participants can join or leave the group at any time. Through art, you can engage in emotional self-diagnosis, develop creativity and self-esteem, and learn to control your thoughts, moods, and behavior. Patients will also be aware of their true wishes. They learn to develop an optimistic outlook on life and establish relationships with others.

Who needs art therapy?

There are no contraindications or restrictions for this type of treatment. It is also available to those who are able to express themselves in any other way. For example, children with autism, mute or deaf patients can also perform art therapy exercises. "Art therapy" can be recommended to whom? For example, it would be helpful if you had:

1. Low self-esteem, respect;
2. A state of depression or stress;
3. Hidden fears;
4. Feeling alone;
5. Irritability, rapid mood swings;
6. Certain periods in life - adolescence, pregnancy, old age;
7. Delay in development;
8. Insecurity in building relationships with others.

When choosing a method of art therapy, the patient can choose isotherapy, music, sand and story therapy, and any other type of creative method. Classes usually last 1-2 hours and are held several times a week. A psychologist meets with a patient or a group, chooses suitable materials and offers to start work. In a calm, friendly environment, the expert helps participants to focus on their emotions or tactile sensations.

At the end of the creative process, patients discuss the results with a psychologist. Below are examples of art therapy exercises:

1. Drawing the plot. A psychologist offers to draw a picture on a certain topic, and it should reflect the feelings of the participant. During the case discussion, the specialist will help you understand your emotional state.
2. Make a collage. Group members make a collage on the same topic. It can represent dreams and life goals. Thus, with the help of a psychologist si/. you can plan a way to make yourself happy. A collage will be a source of inspiration.
3. Drawing with music. You are required to sing a musical composition and put your feelings on paper. Anxiety will disappear, mood will rise, you will feel strength.

"Art therapy" (art - art, therapy - treatment) literally means treatment with art. It is a method based on the therapeutic effect of communication combined with creativity. Art therapy is a relatively new method of psychotherapy. Art therapy was originally used to work with stressed children in Nazi concentration camps. The term "art therapy" was first used in 1938 by Adrian Hill in his work with tuberculosis patients and soon became widespread.

Currently, it is conducted in hospitals and mental health centers. Art therapy is a specialized form of psychotherapy based on the strong influence of art on the emotional and personal-semantic spheres of a person, on the system of his relations, primarily on visual art, as well as on creative activities related to visual art. The strategic goal of art therapy is to combine the client's self-expression and self-awareness with personal development through art, as well as to develop the ability to take constructive actions, taking into account the reality of the surrounding world.

Summary. In short, the most important principle of art therapy is the approval and acceptance of all products of creative visual activity, regardless of content, form and quality. Art therapy is a set of psych corrective methods with differences and characteristics determined both by the genre of a certain art form and by the direction and technology of psych corrective therapeutic application.

Since art therapy is provided by means of art, its systematicity is primarily based on the uniqueness of art forms (music - music therapy; visual arts - isotherapy; theater, image - image therapy; literature, books - bibliotherapy, dance, movement - kinesitherapy). In turn, each type of art therapy is divided into subspecies.

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