

THE ROLE OF ISOTHERAPY IN ART THERAPY

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ABSTRACT

In this state, art therapy, chto takoe isoterapia, komu neobhodima isoterapia, formy isoterapii, osnovnye etapy isoterapii are rassmatrivatsya. A perfect drawing, that is, artistic ability, can interfere with the process. Because the correct technical execution of the image can hide real feelings. This direction appeared in psychology in the middle of the 20th century, and soon 'passed into the arsenal of teachers. Isotherapy for children can be used to affect negative emotions. To deal with frustration, a teenager can draw anything he wants. In this way, it will be easier to calm down and understand your feelings.

KEYWORDS: *Art therapy, isotherapy, pedagogical isotherapy, art therapy.*

INTRODUCTION

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 method of art therapy has a number of psychological tasks. For this reason, it requires the participation and advice of a specialist.

Art therapy works well both individually and in groups. When working with children and adults, the fear drawing technique is used when the fear is transferred to paper. Then the person who drew this fear does what he wants with the picture. Art therapy relieves emotional stress.

Analysis of literature on the topic (Literature review). Isotherapy - treatment with the help of visual arts. Today, this technique is one of the most popular. Isotherapy includes all types of painting, mosaics, collages, make-up, bodybuilding, masks, all types of modeling, dolls, photographs and much more. Drawing gives a person the opportunity to overcome deep conflicts, anger, aggression and frustration. In addition, the patient feels satisfied at the end of the work. Pictures or other works of art created by a person help to gain social approval,

increase self-esteem, overcome isolation and complexes. The subject, style and materials for creating pictures are not so important. The patient can draw abstract objects during the lesson. Not everyone has a talent for painting. Many people are afraid of drawing, so they often hear the following words in psychologist classes: "I can't draw!" This is often due to the fact that we have become accustomed to constantly evaluating our work since school. But no matter how the picture is drawn, no one will judge this picture. Art therapy is needed to express a person's feelings, to tell about himself through painting. A perfect drawing, that is, artistic ability, can interfere with the process. Because the correct technical execution of the image can hide real feelings. Therefore, a person can paint his feelings not only during the therapist's training, but also at home, when he is depressed. Young children can create a picture by painting their fingerprints.

The advantages of isotherapy are the absence of contraindications, relatively easy use, wealth of materials, ability to be used together with any other areas of psychotherapy.

Forms of isotherapy

When conducting classes, the teacher determines the form of training based on isotherapy methods. There are two main forms of technique:

1. Passive form. The child is given a picture depending on the situation. You need to draw the same picture, but in its own way.
2. Active form. The teacher does not set any tasks. The drawing is completely arbitrary at the request of the child. On the basis of imaginary objects, the subsequent interaction of an adult and a child is determined.

The main stages of isotherapyThe art therapist builds communication in such a way that the child shares the feelings that arise while drawing. Isotherapy allows you to look at the conflict from the outside. The child expresses himself in drawing. Isotherapy technology consists of several stages:

1. The child determines which subject he will draw together with the teacher or independently. The task of an adult is to observe the entire process of creating a picture on a sheet of paper.
2. At the next stage, the child tells what is shown in the picture. The teacher draws attention to the parallels drawn by the child, the mood of the story. Attention to detail. If something in the picture has a negative effect, find out what it means for the baby.
3. The psychologist describes his views on the picture.
4. Adults and children discuss the picture together.

Research methodology (Research Methodology).

In isotherapy, that is, when drawing, a person does not think about anything, he expresses his thoughts and feelings with the help of paints. This direction appeared in psychology in the middle of the 20th century, and soon 'passed into the arsenal of teachers. Isotherapy for children can be used to affect negative emotions. This is especially relevant for schoolchildren. Due to their age, they cannot express their feelings, they do not talk about experiences. When drawing, the child's emotions that cannot find a way out are extinguished. There is a feeling of good light.

Who needs isotherapy?

Isotherapy allows the child to express himself. At the moment, no one is leading it. The pictures will change when the problem is solved. It is important for the teacher to keep track of all the child's work in order to see future progress.

The main goals of isotherapy:

- developing thoughts that the child suppresses;
- expresses thoughts that a person cannot express due to fear or anger;
- at the end of the drawing, the psychologist should determine the problem area of the child;
- during the course, a person begins to manage the situation, sheds problems and burdens;
- relations between people return to normal, tension disappears during the lesson, the child understands and accepts himself.

This method is important for children and adults:

1. Disabled children cut off from the big world. The method allows you to see the positive aspects.
2. Children with attention deficit disorder. They find an outlet for aggressive emotions.
3. Children who find it difficult to communicate with their peers.
4. Children and adults in the transition period of life. Entering school, adolescence, loss of a loved one - these are the reasons for the need for isotherapy.

Children's problems to solve

Isotherapy, as a method of psychological correction, allows solving the inner conflict of the child. Raise thoughts and feelings, solve psychological problems:

- the child learns to express his thoughts, talks about what worries him;
- through drawing, children often discover dreams and desires that are not told to adults;
- knowing the inner world, identifying the problem;
- self-acceptance, looking for ways to solve difficulties;
- eliminate stress, psychological stress;
- correcting children's development with an individual curriculum.

Pedagogical isotherapy

Isotherapy is used as a method of psychological correction in teaching. The method is primarily aimed at the development, education and socialization of the individual. He cares about emotional well-being, psychological health.

As a result of work, self-knowledge emerges. Relationships with peers will improve. The child learns to analyze actions, to be more tolerant. While drawing, he experiences strong emotions, overcomes difficulties.

Children face stressful situations more often than adults. Their psyche is not ready for constant stress. The situation is aggravated by improper upbringing, authoritarian style of parents, misunderstanding of peers.

Isotherapy is used as a method of correction in working with children with various deviations. The beauty of the drawing is not important. Everyone can feel like an artist. The teacher helps the child to find a way out of the situation with the help of drawing or modeling.

Isotherapy program for preschool children

At preschool age, a child learns to communicate with peers, perceive the world around him, and create drawings on paper. The isotherapy program for preschool children is an important stage of a child's development and character formation.

Depending on the individual characteristics of the child, training is conducted to correct his behavior. For a hyperactive child, you can teach with multicolored leaves. The child is given paper and coloring sheets. Each sheet should be monochromatic.

Drawing with clay is great for stress relief. On a clean sheet with fingers dipped in clay, the child draws any picture.

Isotherapy for schoolchildren

At the age of 7, significant changes occur in a child's life. New teacher, classmates and responsibilities to deal with them. The task of isotherapy is to support the student and help him overcome the stressful situation. The following activities are suitable for this age group:

- drawing various drawings for a few minutes relieves and replaces stress;
- drawing pictures of friends on paper helps to establish connections in a new society, such a picture is suitable for children who feel uncomfortable with their classmates;
- if the child is afraid of new situations, offer him to make a sculpture of fear, with time the fear will begin to decrease.

Isotherapy for teenagers

As a method of psychological correction in adolescents, isotherapy is used less often than in young students. At this age, some children are able to express their feelings and talk about their fears. Adolescence is filled with physiological and psychological changes. In times of crisis, expert intervention is required. Isotherapy helps prevent and treat difficult situations.

To deal with frustration, a teenager can draw anything he wants. In this way, it will be easier to calm down and understand your feelings. With low self-esteem, you can offer the teenager a ready-made picture that needs to be filled with your elements. Thus, the child throws out his feelings, sorts out the accumulated thoughts. A person's psychological health is required for normal development. If a teenager is aggressive towards others, cannot cope with emotions, he suggests working with soft material. Plasticine or clay will help him look at himself from different angles, accept him as he is.

Artistic talent is not important in isotherapy. Creative message is important, credibility is secondary.

Isotherapy for adults

Adults need help in times of crisis. Isotherapy can be used to remove aggression without harming others. Creativity allows you to relax and unwind.

If you are under severe stress, you can use plasticine sculpting. Creativity pays off. Making souvenirs for friends relieves stress and brings a smile to your loved ones.

Creating collages or drawings will allow you to relax from accumulated problems. Zoom is perfect for those who prefer to perform tasks on the computer.

Drawing by hand allows you to determine the mood of a person at a certain moment. Big strokes speak about a person's confidence, stability. Dark tones and small lines indicate depression.

For the elderly, psychologists recommend the use of fairy tale therapy. It is up to the person to choose the character. The positive ending of fairy tales is important.

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