

ART – THERAPY: FORM OF MANIFESTATION AND CHARACTERISTIC FEATURES

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The aim of this research is the specific features of art therapy facilitateing of it is widespread and effective impact on patients. Art-therapy – is a form of treatment, which uses art and different forms of art in order to normalize damaged the processes of life, as well as eliminating symptoms and signs of a disease, pathological condition. Nowadays for therapeutic reasonsusing different forms of art: all kinds of drawing, mosaic, collage, working with plaster, body art, sculpture and photography. Synthesis of art and medicine appeared in such specific directions as music therapy, dance therapy, etnoterapiya, dramaterapiya, vokaloterapiya etc. Methods of art therapy use teachers, social workers, and business.

The specific features of art therapy are:

- absence serious limitations in using this type of treatment. Even if a person has any pathology, then it can not be a hindrance occupation art therapy - for example, a person who can not hear, can draw, but the one who does not see, can calmly deal with stucco or sculpting;

- focus on the process, not the outcome. Absence of a certain talent is not an obstacle to art therapy classes. This therapy is not intended to create valuable works of art. What is important is what happens to the psychological state of a person in the course of treatment, rather than the aesthetic quality of the product was created;

- the desire to treat not only the illness but also to improve psychological state of the patient (in many cases determines the nature and course of the disease). In the process of artistic creation patient is a decrease of psychological stress, which allows the body to mobilize resources to fight the disease.

The possibilities of art therapy is so wide that doctors use it to treat infections and even cancer. Art Therapy is a success in the major countries of the world, such as the U.S., China and Japan. In India (Madras) opened a special center for training doctors musicoterapevtov. They have already found pieces of music for the treatment of hypertension and some mental illnesses, to whom traditional medicine is often powerless.

On condition that the pace of life, the rapid development of technology, and as a result, increasing pressure on the psyche of a modern man, art therapy will become more widespread. Moreover it is more actual if to take into account the fact that many physical (somatic) diseases are a consequence of the adverse of psychological and mental state of the individual.