

**PAINTING TECHNIQUES OF 1ST ART THERAPY  
IMPORTANCE OF APPLICATION**

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**Annotation:** this article covers current issues of art therapy, which includes all types of art, as well as the importance of applying art therapy techniques in painting, and in addition to various forms of art.

**Key words:** mind, personality, art Therapy, aggression, hatred, colors, emotions, anger, joy, psychology, fantasy, art studies integration.

**INTRODUCTION**

As you know, art therapy is one of the most popular and effective methods of art. In this process, mainly fine art is used to treat various degrees of mental illness or simply for pedagogical purposes. In Art therapy, painting is often done, but it is also considered appropriate to make different shapes from clay, to decorate objects. This technique is also common not only when working with children, but also gave effective results for adults. Also, low self-esteem statistics Today show that more than seventy percent of people suffer from low self-esteem as well as lack of self-confidence. Basically, through practical art therapy exercises, anyone can significantly increase their self-esteem and be confident. It can also work with the following problems:

- Problems with behavior.
- Relationship problems, family problems.
- Chronic stress and psychosomatic disorders.

In addition, art therapy sessions help to reveal creative potential and open up new resources and opportunities in a person. Art therapy classes are held in both individual consultations and group sessions, seminars. Depending on the client's request (or subject of training), the psychologist gives special exercises and assignments in the field of art therapy. After all the tasks are completed, they proceed to the second important stage - to analyze, understand the material and information that the subconscious managed to pull out. At this stage, customers often comment on their personal understanding. In this regard, customers begin to understand their problems by having their own personal understanding. Of course this will give them the greatest helping hand.



With the help of a psychologist, the client begins to see and understand ways to solve his problems, and sometimes he can also easily solve his problems in the process of creating a drawing. After the art therapy mashbulot, customers will have to keep their drawings. Even a single Art therapy session or consultation can give a new positive experience and reveal something to someone you don't know. Training can be both individual and group. It is very popular and convenient for many to treat with the help of Fine Arts and solve various problems. Art itself has a healing effect, art therapy allows you to direct this power to a particular problem as well as apply it correctly. Art therapy is seen as a tool for personal development and creative potential. The main methods are sublimation and transformation. The specialist will help patients to believe in their perception and learn their creativity products independently, as well as together with the group. Therapeutic goals remain in the first place, creative goals are of secondary importance and are perceived as an addition to the main methods of psychotherapy. This also includes art therapy. One of his methods is called transfer – in which the patient gradually switches to knowing his inner world through visualization. Some of the exercises involve working together in a group, promoting its implementation. As for the purposes of Art therapy, they are very diverse. they included: know-it-yourself, let's say it's self-expression, internal integration of the person in the moment, integration with external reality, expanding the personal experience of the moment. Visual creativity is the best tool that provides a synthesis of fantasy and reality, which is difficult for adults or children to achieve without the help of art. The second important concept in this area of psychotherapy is sublimation. The unconscious consists of expressing instincts and confessions through art:

1. Art therapy provides the opportunity to express various emotions and feelings, mainly in a psychologically acceptable, aggressive way, in which painting or modeling are the safest and most suitable options for this purpose.
2. It is used as an additive to speed up the healing process. Internal conflicts are more easily expressed through visual images than through conversation during oral

psychotherapy. Nonverbal forms remove all restrictions and conscious censorship; 3. Provides the basis for diagnostic work in the treatment process. The content and style of work allow the therapist to learn a lot about the patient. In addition, the patient can talk about internal conflicts during the interpretation of his work.

4. Art therapy allows you to work with emotions and thoughts expressed by unfortunate events in life, such as loss, trauma, fear, etc.

Sometimes nonverbal means are the only effective means that reveal and clarify strong feelings and beliefs:

- strengthening and developing mindfulness towards emotions;
- promotes a sense of self-control and internal order;
- art therapy helps to reveal hidden talent and abilities.

In addition, psychotherapeutic influence factors are highlighted in art therapy.

The factor of artistic expression is the experience of the client to embody his feelings, needs and thoughts in his work, interact with various artistic materials and artistic image. Psychotherapy relationship factor-dynamics of client-therapist-group relationships, influence of personal experience. Interpretation and verbal feedback factor-changing, translating material (process and result of creativity) from the emotional level to the level of perception, the level of formation of meanings



The head of the Therapeutic Group provides him with all the necessary materials. Shows maximum commitment to artistic creative stimulation. The room must be large enough to host games. As for the leader of the group, of course, he must be an expert in the field of psychotherapy and, at the same time, understand art when there is none. In some art therapy centers, this is done by different people. In others, these positions are combined, that is, the leader of the group combines both a psychotherapist and an art critic in himself. The main role of the leader is to promote the creativity of the participants in art therapy.

Act 1. Take a sheet of thick paper. Draw a circle.

Act 2. Place the circle on top of the circle and mark the same distance beyond it.

Then place the circle in the center again and draw a large circle through the sign (if you make a circle, it will be twice as large) When choosing a method of Art therapy, the client can choose isotherapy, music, sand and fairy tale treatment, as well as any other type of creativity. Training usually lasts 1-2 hours and takes place several times a week. The Psychologist offers to meet with a patient or group and start working, choosing comfortable materials. In a calm, friendly environment, the specialist will help participants focus on their own emotions or tactile history. When the creative process is complete, patients discuss the results with a psychologist.

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