

## **ART THERAPY AS A FORM OF PSYCHOLOGICAL HELP ADDICTED PEOPLE**

**Summary.** *The article is devoted to the analysis of the features of art therapy as one of the methods of psychotherapy, which arose within the framework of analytical psychology. Art therapy is an effective tool for the formation of an active life position of the individual. The relevance of art therapy in relation to the treatment and rehabilitation of drug addicts is substantiated. Methods of art therapy in relation to drug addicts have considerable potential and even certain advantages compared to other psychotherapeutic approaches.*

**Key words:** *art-therapy, art-therapist, visual activity, creative self-expression of personality, self-knowledge, drug addicts, non-verbal communication*

**Problem statement.** The relevance of the application of art therapy is justified by the fact that the essence of this work is not in teaching a certain kind of art (drawing, music, dance, drama), but in the fact that the person with the help of art therapeutic techniques, gets the opportunity to express themselves, express negative emotions, share their experiences and thus improve their psycho-emotional condition. Currently, art therapy has shown its effectiveness – for patients with neurotic disorders, psychiatric and psychosomatic clinics. Method of art-therapy is a modern and effective technique in the system

psychocorrection events because it has no contraindications. In the world of psychology, art therapy has a very significant history. As an independent psychotherapeutic practice, it was formed in 1940-1960 in the UK and the USA. Art therapy is currently the subject of scientific interests of foreign researchers. In Western Europe and the United States, professional organizations of art therapists are created. These organizations perform auxiliary and regulatory functions and generally determine the direction of art therapy as a science. The perception of art therapy and art therapist as a specialist is significantly different in Ukraine and in Western Europe and the United States. In particular, in Ukraine there is no art therapist profession, and its role is usually performed by a psychologist, while in Western countries clinical practice of art therapists is typical.

**Analysis of recent researches and publications.** Features of art therapy as a new direction in modern science were studied by both domestic and foreign scientists. Thus, the researchers focused on the general basics of art therapy (I. Babi, L. Firsova, etc.), some art therapeutic technologies (N. Borisova, B. Edwards etc.), the specifics of the use of art therapy and art therapeutic technologies in working with specialists in different areas: psychologists, social workers (V. Bryukhovetskaya, M. Kiseleva, etc.). The method of art therapy quickly became a practice of psychologists in Ukraine. In 2003, Public organization "Art therapy Association" was founded in Kiev. The Association promotes the level of theoretical knowledge, improvement of practical skills in the field of art therapy of the members of the organization. Under the auspices of the Association there are art-therapeutic workshops on the basis of the Kiev city teachers' house (8 workshops); educational programs, master classes and laboratories are organized and implemented by specialists; reports and master classes at scientific conferences; publication of collections of scientific works "Space of art therapy" and conference materials; introduced a training course "Theory and practice of art therapy in education and social sphere", as well as

the expansion and improvement of programs by joining a number of author's techniques; organized and conducted a training project "Art kaleidoscope" [1, p. 52].

**Highlighting previously unsolved parts of the general problem.** The problem of art therapy as a group method of treatment abroad and in Ukraine has been studied for a long time, but despite this in the modern world this topic is quite relevant. The analysis of scientific literature shows that the problem of art therapy as a group method of treatment of drug addicts is studied insufficiently.

**Purpose of article.** To analyze the concept, features, advantages of art therapy in comparison with other forms of psychotherapeutic work; to consider art therapy as an effective group method in the treatment of drug addicts.

**Presentation of the main research material.** In modern conditions of development of society, a significant part of the world's population is exposed to pathogenic socio-psychological stressors that determine a separate form of non-psychotic mental disorders, called adaptation disorders. Disadaptation reactions are characterized by a state of subjective distress. As a rule, they are manifested in the form of emotional disturbances during the period of adaptation to a significant change in the actual life situation and contribute to the difficulties in the usual life of the individual. Art-therapeutic direction is an interdisciplinary approach that combines different areas of knowledge — psychology, medicine, pedagogy, cultural studies and others. In English-speaking countries, authors Such as M. Naumburg and A. Hill, to indicate those forms of clinical practice in which psychological "support" of patients with somatic disorders was carried out during the course of visual art for the purpose of treatment and rehabilitation [2, p. 251].

Art therapy is an effective tool for the formation of an active life position of the individual. Through creative self-expression a person can discern and

analyze his own unconscious processes, hidden ideas and States, desirable social roles and forms of behavior [3, p. 41].

Art therapy-is, according to A. Bryukhovetskaya, "technology of creation and use of various works of art for the transfer of feelings, emotions and other manifestations of the human psyche; it is a tool for the study and harmonization of those aspects of the inner world of man, for the expression of which the words are not suitable" [4, p. 26]. Art therapy is able to actualize the internal potential of each person with the help of simple means, therefore, in recent years it is increasingly used in the field of education and training of specialists in various industries in particular.

The main purpose of art therapy is to harmonize the development of personality through self-expression and self-knowledge. Since art therapy is a science that is on the verge of psychology, therapy itself and art, it is natural that the scientific ideas about art therapy technologies are based on psychological and pedagogical research:

- the concept of pedagogic freedom and pedagogic support;
- specific nature of pedagogical activity;
- use of art therapy as a method of training and personal development;
- innovative technology of personal-oriented training and education;
- technology for creating personality-oriented situations [5, p. 57].

In Ukraine, specialists who conduct art therapy classes are, as a rule, psychologists or psychotherapists. But, in Western European and American practices, an art therapist is rather a doctor, a clinical worker of the highest category. So, according to A. Soroka, in the UK art therapists have official status, receive state support and have the right for protection of professional activity. In addition, the British government is monitoring the effectiveness of training and professional development, which must be confirmed by a certificate. Thus, in the UK art therapy is a recognized and significant direction in the treatment and rehabilitation, as well as social and educational work. Art

therapists work in both public and private institutions. In particular, art therapy specialists are in demand in universities, colleges, schools, shelters, social and correctional services, prisons, homes for the disabled, geriatric homes, art studios, as well as in hospitals and medical centers. Specialty of art therapist is currently one of the most popular and in demand abroad [6, p. 168].

Individual art therapeutic process is usually based on the psychodynamic approach-the study of the unconscious on the products of visual activity. Like other forms of psychotherapy, art therapy involves a psychotherapeutic contract, the establishment of psychotherapeutic relations, the phenomena of transfer and counter-transference. Art therapist is always with the client during his work. He does not make comments, promotes the expression of emotions, finds out everything that the client does with the help of questions. But never evaluates the work of the client with either aesthetic or other views.

The art therapy group presupposes a democratic atmosphere related to the equality of rights and responsibilities of the group members, and a lesser degree of their dependence on the art therapist. In such a group, it is important not only to interact with other members of the group, but also individual creativity, visual work, which affects the dynamics of the overall process. In group art therapy combines the desire of the participants to merge with the group and preserve the group identity and need for independence, the strengthening of individual identity [7, p. 20].

It is worth to point out advantages of art therapy in comparison with other forms of psychotherapeutic work:

1. Almost everyone (regardless of age, cultural experience and social status) can participate in art therapy. Art therapy does not require any special abilities to visual activity or artistic skills.
2. Art therapy is a mean of non-verbal communication. This makes it especially valuable for those who find it difficult to verbally describe their experiences or, conversely, who are excessively associated with speech

communication (which is typical, for example, for representatives of Western culture and Slavic mentality in particular). Symbolic speech is one of the foundations of the visual art, it helps a person to express his or her experiences more accurately, to take a fresh look at the situation and everyday problems and to find a way to solve them.

3. Visual activity is a powerful mean of bringing people together, which is necessary in case of difficulties in contact. The image becomes an instrument of communication, and the artistic creativity, therefore, activates and enriches the communicative abilities of a person, contributes to the development of a wide range of new models of communication, orientation to interpersonal interaction.

4. Visual activity gives an opportunity to bypass the "censorship of consciousness", so there is a unique opportunity to study their unconscious processes, expression and actualization of hidden ideas and States, those social roles and forms of behavior that are in the "displaced" form or little manifested in everyday life.

5. Art therapy is a mean of free expression and self-knowledge. It has insight in any nature; involves confidence, high tolerance, attention to the inner world of a person.

6. The results of visual activity are objective evidence of the mood and thoughts of a person, which helps to use them for retrospective, dynamic assessment of the state, research and comparisons.

7. Art-therapeutic work, giving the opportunity to express thoughts, feelings, emotions, needs, States, like any creativity, gives a high positive emotional charge, forms an active life position, self-confidence, autonomy and personal boundaries.

8. Art therapy is based on the mobilization of human creativity, internal mechanisms of self-regulation and healing. It meets the fundamental

need for self - actualization-the disclosure of a wide range of opportunities and the assertion of their individual-unique way of being-in-the-world.

9. Methods of art therapy meet the expectations, attitudes, and customs in Ukraine, which are characterized by orientation on emotional and imaginative experience, not a rational solution to psychological conflicts [8, p. 9].

Abroad art therapy as a group method of treatment is widely used in the treatment of drug addicts and alcoholics. Currently used in different countries of the world treatment and rehabilitation approaches to work with drug addicts are based on different principles and methodologies. Given the persistent nature, abnormal psychological attitudes, characteristic for consumers of psychoactive substances (surfactants), and lack of psychotropic drugs, are able to provide such facilities a significant impact, and the most promising is the development of non-drug (psychological) approaches. Treatment of drug addicts takes place in two stages: 1) treatment of intoxication in the hospital; 2) psychotherapy using art therapy. In relation to the treatment and rehabilitation of drug addicts, art therapy methods have considerable potential and even certain advantages compared to other psychotherapeutic approaches. So, in the 1970s, I. W. Folk and T. V. Keller pointed to the lack of effectiveness in relation to drug addicts of some traditional forms of psychotherapy, in particular those that suggest increased confrontation, linking this with increased vulnerability of such patients in interpersonal contacts and rigid defenses [9]. These authors emphasize the value of art therapy methods as allowing the treatment process to be carried out in a softer and more gentle way.

As a rule, drug addicts are the persons who have lost social contacts, work etc. As a child, they were deprived of the emotional love of their parents, often becoming victims of ill-treatment of parents and educators. Group drawing session does not close the patient in his visual work. The discussion of the picture reveals some new meanings. The patient is aware that others are



experiencing the same feelings as him. This awareness softens his perception of the situation, contributing to the effective treatment of addiction. Another group of drug addicts is not so successful in overcoming addiction. These patients decide that once surfactants are "absolute evil", they "will never use them after treatment." And what happens? Soon after treatment, they start using drugs again. Why? There are two explanations for this: 1) they do not develop a sense of ambivalence; 2) the decision "you can get rid of dependence" is another (new) "ideal" object! Thus, without passing the intermediate stage with the experience of the state of ambivalence surfactant-the cure cannot work out. Some patients make attempts to resist critical analysis of their idealistic drawings. They are excluded from the discussion and at the same time extremely negative feedback about drugs, denying their attraction to them. But these narcissistic personalities soon after treatment begin to use drugs again.

Abroad, complex therapy in the hospital with the use of art therapy is carried out for 4-6 weeks. During this time, patients are aware of the fact that the use of surfactants has caused serious damage to their health. Continued use of alcohol or drugs can lead to death. The awareness of this fact in some patients forms the motivation to give up drugs. However, the existing drug dependence requires long-term treatment. In the process of treatment, such people need to develop a sense of responsibility for the result of treatment on a conscious level. Short-term therapeutic art therapy for many patients is only an episode of longer-term treatment. For a complete cure requires long-term psychotherapy for 5-10 years.

In Ukraine, prolonged anti-drug programs are not yet working. They require large material costs by the state and by the patient: long-term treatment in the hospital, rehabilitation center, and long-term treatment in outpatient settings with a visit to a psychotherapist up to 3-5 times a week. However, this is a chance to return to normal life.



By implementing art therapy activities, the psychotherapist not only helps those in need to cope with the disease, but also opens new, previously unknown horizons of life, which in the future after mastering one or another kind of art, become a substitute for the realization of personal potentials not through drugs, but through active creativity. Thus, the visual activity within the framework of psychotherapy allows the patient to realize his increased interest in his own personality, which would be difficult to do otherwise. This means that visual art classes can help the patient.

**Conclusions and proposals.** Thus, art therapeutic technologies are the basis of art therapy. In addition, art therapy is based on the creativity of the individual. Art therapy mainly uses the means of non-verbal communication, which is very important for people who find it difficult to express their thoughts in words. During the creative process of art therapy that it is possible to focus attention on the inner world, feelings and experiences of the patient (student). As a result, it is natural that art therapy has a strong potential for the formation of personality and professional qualities of future professionals. An art therapist should have a good understanding of the artistic processes and this understanding should be supported by a serious therapeutic practice. Art therapy has certain advantages: it has no restrictions in use, art therapy does not require artistic abilities; visual activity is a mean of bringing people together and allows to bypass the "censorship" of consciousness; it causes positive emotions in people, helps to overcome apathy and lack of initiative, to form a more active position in life and so on. The study does not exhaust all aspects of the problem of the use of art therapy in the process of training of future specialists. The prospects for further research are seen in a more detailed study of the use of art therapy technologies in various groups of the population.

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