

## ART THERAPY FOR EMOTIONAL SPHERE CORRECTION OF CEREBROVASCULAR ACCIDENT DISEASED.

## АРТ-ТЕРАПИЯ ДЛЯ КОРРЕКЦИИ ЭМОЦИОНАЛЬНОЙ СФЕРЫ БОЛЬНЫХ ИНСУЛЬТОМ

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### Abstracts

In the article the panel paintings making algorithm by patient with the cerebrovascular accident diagnosis is investigated. Art therapy is used for emotional sphere correction of this category patients.

**Key words:** *art therapy, cerebrovascular accident, psychological correction.*

### Аннотация

В статье рассмотрен алгоритм изготовления панно из листьев больными с диагнозом «инсульт». Арт-терапия применяется с данной категорией больных для коррекции их эмоциональной сферы.

**Ключевые слова:** *арт-терапия, инсульт, психологическая коррекция.*

The methods of art therapy is used for the stabilization of the emotional sphere of patients with stroke in the Russian clinical centers. A psychologist works with the patients. Sessions can be conducted individually or with a group of patients. During the working it can be used various materials: paints, pencils, crayons, pastel; for a volumetric compositions: magazines, newspapers, wallpaper, tissue paper, colored paper, foil, film, boxes of chocolates, cards, tapes, ropes, textiles; natural materials: bark, leaves and seeds of plants, flowers, feathers, twigs, moss, stones; brushes, sponges, scissors, thread, different types of adhesives, tape [2].

According to results of our studies, patients in the rehabilitation phase (before discharge) keen to work in groups. They like to use bright colors, natural materials, cardboard and colored paper in their collective work. In the autumn, feeling the connection with nature, they like to produce panels of leaves, one of it is "Autumn bouquet". It is a collective work with autumn leaves, colored paper, paints.

At the first stage of work a psychologist starts a conversation about summer and autumn, about forest, gifts of nature, collection of harvest for the patients' making of creative mood.

The next stage of the work associated with the creation of a background for panels. Patients choose a large piece of cardboard, put the layout on it for a bouquet in a vase. They are determined by the volume of work for themselves, then they start to cut out large and small details, panels, leaves, buds and flower petals, vase.

The vase is glued at the bottom center of the cardboard, then with a help of paint using paint dot technique, each patient can participate in its painting.

The next stage is the assemblage of the composition on the cardboard. Subsequently, each patient neatly glue a part of his composition.

The final stage is a foarming of frame. For this purpose a strip of paper of any color is taken. With the help of painting with paint and gluing seeds of trees (ash, maple, etc.) is an ornate frame for the panels.

Patients who have had a stroke, during the work with natural materials in a group, adapt to the situation. An emotionally upbeat mood is created. It is put into effect fine motor skills training, which has common mechanisms with the vocal motor skills.

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