

ART-THERAPY AS A METHOD OF CORRECTION OF THE EMOTIONAL SPHERE OF THE PERSONALITY OF THE PEOPLE WHO HAVE SUFFERED ACUTE VIOLATION OF CEREBRAL CIRCULATION.

АРТ-ТЕРАПИЯ КАК МЕТОД КОРРЕКЦИИ ЭМОЦИОНАЛЬНОЙ СФЕРЫ ЛИЧНОСТИ ЛЮДЕЙ, ПЕРЕНЕСШИХ ОСТРОЕ НАРУШЕНИЕ МОЗГОВОГО КРОВООБРАЩЕНИЯ.

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Abstracts

The topic of this article – art-therapy as a method of correction of the emotional sphere of the personality of the people who have suffered acute violation of cerebral circulation.

The main purpose of the study: to study the characteristics of art therapy as a method of correction of the emotional sphere of people with acute disorders of cerebral circulation.

Key words: *art therapy, ISOtherapy, stroke, rehabilitation, depression, psychological correction.*

Аннотация

Тема данной статьи – арт-терапия как метод коррекции эмоциональной сферы личности людей, перенесших острое нарушение мозгового кровообращения.

Основная цель исследования: изучить особенности арт-терапии как метода коррекции эмоциональной сферы людей, перенесших острое нарушение мозгового кровообращения.

Ключевые слова: *арт-терапия, изо-терапия, инсульт, реабилитация, депрессивные состояние, психологическая коррекция.*

Currently (at present time), the problem of acute cerebrovascular disorders has attracted increasing attention. It is associated with increased incidence of hypertension, occurrence of severe forms of the disease lead to loss of speech and ability to move freely. Noteworthy studies on psychological factors in the treatment and rehabilitation of patients. Little attention is given to the peculiarities of the mental changes in this disease.

The relevance of this study stems from the increased number of acute disorders of cerebral circulation and the lack of effectiveness of the treatment process, not taking into account psychological aspects of the pathology. According to the world health organization, from 38% to 42% of all patients attending clinics of somatic doctors, belong to the group of psychosomatic patients.

Focusing on the disease, it is necessary to consider mental processes, functional status and personality traits of the sick person, to consider the factors leading to the development of disease and healing, where the mental and physical health are interconnected.

Modern doctors are paid much attention to post-stroke depression. The reason is that post-stroke depression greatly affects the outcome of vascular catastrophe. Currently, this disorder ranked first among "psychiatric" complications of a stroke. According to statistics, 2/3 of post-stroke patients suffer from depression of varying severity. 1/3 of this disorder occurs in quite a severe form [1].

For today, rehabilitation programmes for stroke patients, is increasingly used therapy work. The main task of art therapy is the restoration of individual and social human values, not only to restore lost functions of the organism. These classes are aimed at harmonious development of the mental functions of each person with disabilities, classes can be diverse in subject, form, methods of influence and the material used. From the anatomical point of view, about a third of the entire area of the projection of the motor cortex is the projection of the hand, located very near the speech area. It is the size of the projection of the hand and its proximity to the motor area give reason to consider the hand as "the organ of speech", is same as the articulation apparatus. In this regard, fine finger movements affect the formation and development of speech function [3]. Movement of the body and speech motor skills have common mechanisms, therefore the development of fine motor skills of hands directly affect the development of speech in post-stroke patients. In view of the foregoing, the purpose of this study was to investigate the effectiveness of art-therapy in complex rehabilitation of patients after stroke (инсульт).

At the stage of empirical research was carried out the procedure of survey by questionnaire of R. Cattell "Sixteen personality factors" to identify the personal characteristics of the patients in a situation of psychosomatic disease. We have identified a group of patients with acute violation of cerebral circulation of the regional clinical hospital of Vladimir. In patients after stroke, revealed the following personal characteristics: emotional instability, anxiety, depression, concern. Then, the group was divided into control and experimental, 7 people each. For 1 month, 3 times per week in the control group, classes were held on art therapy, namely – drawing therapy. After that it was again performed diagnosis, the results of the control group showed a positive trend.

In ISO therapy fit all types of art materials. You can carry out exercises modestly, only using pencil and paper, and you can use a large set of art materials.

Art therapeutic work involves a large set of different visual materials:

- paints, pencils, crayons, pastels;
- to create collages or compositions are used in 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;
- drawing paper of different formats and colors, cardboard;
- brushes of different sizes, sponges to paint large spaces, scissors, thread, different types of glues, adhesive tape [3].

The quality of materials possible should be quite high, as otherwise may decrease the value of the work itself and the results in the eyes of customers.

In addition to practical considerations there are a number of serious concerns about the choice of materials in accordance with the objectives of the lessons:

- 1) The choice of materials affects the way the class is held. Some materials, such as pencils, crayons and markers, allow you to "enhance" control, while the other - the pastels, paint and clay – are support more free expression.
- 2) Many feel insecure in relation to their artistic abilities. Cut pictures from a magazine to create a collage "calls" participants and allows even very insecure clients to join in the work.
- 3) As soon as all patients will participate in the exercise of such material as paint can give a deeper self-expression.
- 4) ISO therapy not only helps to express a range of emotions; working with clay or smearing pastels or paints - with-judgmental reaction to the final product - can be healing by themselves [3].

The main stages of ISO therapy:

The first stage: free activity before the actual creative process - direct experience.

The second stage: the process of creative work - the creation of a phenomenon, a visual representation.

The third stage: distancing, the process of examining, aimed at achieving directional thinking.

The fourth stage: verbalization of feelings, thoughts arising out of examination of creative work [2].

Application in the complex rehabilitation of post-stroke patients elements art therapy had primarily a positive effect on central nervous system function musculoskeletal system, which manifested in the increase of differentiated movements and volume of active movements of the fingers, and to reduce the severity of dementia. Art therapy stimulates the brain can activate passive memories and to attach to the communication of the closed people. It does not matter whether patients take part in therapy or just watching the process, it may be used as a method of nonverbal communication [1].

Thus, we can conclude that doing art therapy, patients can recover in memory the events of his life and normalize emotional state.

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