

NEUROGRAPHY AS A WAY TO DEAL WITH STRESSFUL SITUATIONS IN LEARNING

НЕЙРОГРАФИКА КАК СПОСОБ БОРЬБЫ СО СТРЕССОВЫМИ СИТУАЦИЯМИ В ОБУЧЕНИИ

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Abstracts

The article considers the method of neurography as a way to deal with stressful situations. The application of the method in the situation of student learning is justified. There are 4 foundations of the work of neurography as a relaxation method.

Keywords: neurography, stressful situations, stress management, projective methods, art therapy.

Аннотация

В статье рассмотрен метод нейрографики в качестве способа борьбы со стрессовыми ситуациями. Обосновано применение метода в ситуации обучения студентов. Описано 4 основания работы нейрографики как метода релаксации.

Ключевые слова: нейрографика, стрессовые ситуации, борьба со стрессом, проективные методы, арт-терапия.

1 STRESSFUL SITUATIONS IN LEARNING

In the process of learning, students are faced with various stressful situations. They can be examination procedures, unscheduled examinations, responsible conferences and much more. Depending on past experience and personality traits, each student has his own ways of overcoming such difficulties.

In addition to such regular events of the educational process, the very fact of learning can become stressful for a person. This may be due to fear of the future, personal problems, an increase in the workload in general, difficulties with planning and much more.

At the same time, students' stress can be manifested in a bad mood, fear, anxiety, in increased distractivity and low concentration of attention, in loss of confidence, increased fatigue, decreased self-esteem, in a sense of helplessness and inability to cope with problems.

Psychological science, working in the direction of teaching people and personal help, is improving and developing new methods of dealing with stressful situations. One such young technique is the neurographic technique. Since stressful situations are encountered by a person at any stage of his life, acquaintance with new techniques to combat stress is relevant. In the process of mastering the profession, the study of new methods and techniques is especially effective, since it can be harmoniously integrated into the process of basic training and better fixed in memory. The aim of the work is a theoretical consideration of neurography as a way to deal with stressful situations.

2 NEUROGRAPHY - A BRIEF DESCRIPTION OF THE METHOD

The neurographic technique was developed in 2014 by a Moscow psychologist, doctor of psychological sciences Pavel Piskaryov, and in a short time it encompassed various fields of work: from practical psychological counseling to online workshops. The technique involves drawing and belongs to a cluster of art-therapeutic methods. Neurography is used in working with various requests: from personal topics to relationships with the team or specific crisis situations.

As in many other methods of art therapy, neurography combines the ideas of various psychological schools:

1. analytical psychology (the concept of working with the unconscious),
2. gestalt psychology (the concepts of a complete image, figures and background, as well as a circle - the main figure are taken from this industry neurography),
3. neuropsychology (since work occurs with the nervous system and subconscious mind),
4. and psychosynthesis (the beginning of an integrated approach and the desire for self-knowledge).

2.1 THE ALGORITHM FOR WORKING WITH TECHNOLOGY

The operation algorithm itself is quite simple and consists of 4 steps:

1) Freehand drawing of lines on the whole sheet.

At this moment, the main task that is posed to a person is to activate the intuitive drawing process and turn off the logical (mental) control of actions. A person should not think about how beautiful or correct his lines are, since these concepts are not used in neurography. It is very important to make it clear to the person that everything that he draws will be a positive result, and that he does not need to be afraid to make any mistake.

2) Rounding of acute angles in the resulting figure.

The process of rounding corners implies softening of all sections of the intersection of lines. In addition, if in the process of intuitive drawing a person has unfinished lines (lines that are interrupted on a sheet do not merge with others and do not go beyond the borders of the sheet), you should complete them, "close".

3) Fill the resulting shapes with color.

When decorating the resulting neurography, you should also direct the person to intuitive drawing. The main task at this moment is not to think about the choice of color or combination of shades on the sheet, but to try to take the first color that comes across, random, and work with it. That is why it is desirable to have a large color palette of objects for drawing (pencils, felt-tip pens, paints and others).

4) Drawing of several wavy "force" lines across the entire sheet (this step is not mentioned in all versions of the technique).

Lines of force are wavy lines that pass through the entire drawing, connecting its sections. According to the author of the technique, these lines are the embodiment of high voltage, which receives discharge through the drawing. Lines of force should also be without sharp corners. In addition, compared with the whole figure, they are made thicker, noticeable.

After the end of the neurography process, a person needs to look at his drawing. If he is completely satisfied with it - the work is considered completed. If the student looks at the resulting drawing, but considers it unfinished, some tension still remains, it is recommended to draw all the necessary lines, highlight any figures with a bold outline and so on.

2.2 THE USE OF NEUROGRAPHY AS A PSYCHOLOGICAL TECHNIQUE

Thus, neurography is a modern method aimed at formulating, stating and revealing the meaning of tasks by transferring graphic images to paper. The essence and meaning of this technique can be considered as a person's researched and brought to the system human desire to visualize the images of his problems, the picture of the world, to give them a visual representation.

There are two versions of working with the methodology. The first is to work out a specific problem. Such consultations are conducted by a specialist, and in addition to the drawing process itself, they include a therapeutic conversation. The second version is aimed at relieving psycho-emotional stress. In this case, the work is limited to the artistic part and does not require in-depth study. In the framework of this topic, we will consider just the second approach to the methodology.

3 HOW NEUROGRAPHY HELPS WITH STRESS

Cope with stressful situations using this method can be due to several aspects.

Firstly, the drawing process itself refers to motor movements that people often make automatically (for example, draw on notebook fields). Even the simplest drawings (curls, shading) help a person switch their attention and relieve some of the stress. Unconscious drawing during the perception of audio information helps a person to keep his brain in good shape due to 2 different focuses: on audio information and on motor movement.

Secondly, in the process of drawing a person on paper in a symbolic form smooths out all sharp corners, which serve as a reflection of negative emotions, negative experiences or conflicts. Thus, at the drawing level, it becomes possible to smooth out the existing tension or excitement.

Thirdly, colors are also chosen by a person independently (ideally, from a large number of options and shades). Without hesitation, again at an unconscious level, the person will use specific colors to shade the figures. This action also helps to work out the tension, but at a different symbolic level - the level of color therapy.

Fourthly, independently using the technique of neurography, a person falls into an invaluable creative process. He does not need to work for the result or imitate. And, therefore, the result can bring moral satisfaction without fear of criticism from the outside. The fact of starting creative thinking in the process of creation contributes to a reboot of the brain due to going beyond the usual boundaries and freedom of choice.

Thus, the neurographic method helps to relieve tension at several levels (motor, figurative, symbolic, procedural).

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