

ART THERAPY TOOLS IN CRISIS COUNSELING

Vasilevska Olena Ivanivna,

Candidate of Psychological Sciences, associate professor, associate professor of psychology,
Sumy Regional Institute of Postgraduate
Pedagogical Education
ORCID ID: 0000-0002-1758-5610

Dvornichenko Larisa Leonidivna,

Candidate of Philosophy sciences, associate professor,
associate professor of psychology
Sumy State Pedagogical University named after A.S. Makarenko
ORCID ID: 0000-0002-6221-5555

The purpose of this article is to reveal the possibilities of using art therapeutic methods for psychological support of people who survived traumatic events in the phase of resource accumulation. A systematic approach was used to write the article, which allowed to reveal the possibilities of art therapy in the structure of crisis counseling.

The difference between crisis counseling and other forms of psychological assistance is highlighted, the main tasks and stages of work are revealed. The place of art therapy in the range of crisis care techniques is revealed. It is noted that art-therapeutic techniques make it possible to indicate their experiences in all sensory channels, which activates the vital forces of the individual. It is claimed that due to the variability of art therapy and its features, a specialist can form a productive individual tactic of helping a person, including to restore integration.

The main mechanisms of psychological influence, which are typical for art-therapeutic technologies, are analyzed, the main factors and functions are determined.

Separately considered the task of the therapist in working with a person who has experienced traumatic events, the activation of personal, generic and transpersonal resources is highlighted, which is achieved through the use of a number of art-therapeutic techniques. It is noted that art therapy is a means of gaining inner strength by clients, their awareness of their interests and their self.

Separately, the possibilities of art psychotherapy in working with children who have psychological traumas caused by war are revealed. Approaches to understanding mental trauma are analyzed and the strategy of helping to overcome it by means of art therapy, based on the interpretation of the concept of post-traumatic development, is outlined. The place of art therapy as a method of helping a person in a crisis period of life is determined, the advantages of its use in working with mental injuries of a person are described. Examples of art-therapeutic methods and technologies that are most effective and environmentally friendly in overcoming the consequences of psychotraumatic events are given.

It is noted that the topic of providing psychological assistance to persons who have experienced traumatic experience by means of art-therapy has further prospects for development for persons of different age categories.

Key words: art therapy, crisis counseling, traumatic experience, isotherapy, fairy tale therapy.

Василевська Олена, Дворніченко Лариса. Засоби арт-терапії в кризовому консультуванні

Метою даної статті є розкриття можливостей застосування арттерапевтичних методів для психологічної підтримки людей, що пережили травматичні події, на фазі накопичення ресурсів. Для написання статті використовувався системний підхід, що дозволило розкрити можливості арт-терапії в структурі кризового консультування.

Висвітлено відмінність кризового консультування від інших форм психологічної допомоги, розкрито основні завдання та етапи роботи. Розкривається місце арт-терапії в діапазоні технік кризової допомоги. Зазначено, що арт-терапевтичні прийоми дають змогу означити свої переживання у всіх сенсорних каналах, що активізує життєві сили особистості. Стверджується, що завдяки варіативності арт-терапії та її особливостям спеціаліст може сформулювати продуктивну індивідуальну тактику допомоги особі, у тому числі для відновлення інтеграції.

Проаналізовані основні механізми психологічного впливу, які характерні для арт-терапевтичних технологій, визначені основні фактори та функції.

Окремо розглянуті завданням терапевта в роботі з особою, яка пережила травматичні події, висвітлено активізацію особистісних, родових і трансперсональних ресурсів, що досягається за рахунок використання цілої низки арттерапевтичних методик. Зазначається що арт-терапія є засобом набуття клієнтами внутрішньої сили, усвідомлення ними своїх інтересів і свого Я.

Окремо розкриваються можливості арт-психотерапії в роботі з дітьми, які мають психологічні травми зумовлені війною. Проаналізовано підходи до розуміння психічної травми та окреслено стратегію допомоги в її подоланні засобами арттерапії, виходячи з тлумачення поняття посттравматичного розвитку. Визначено місце арт-терапії як методу допомоги особистості в кризовий період життя, описано переваги її застосування в роботі із психічними травмами особистості. Наведено приклади арт-терапевтичних методик і технологій, найбільш ефективних та екологічних у подоланні наслідків психотравматичних подій.

Зазначено, що тема надання психологічної допомоги особам, що зазнали травматичного досвіду засобами арт-терапії має подальші перспективи розвитку для осіб різних вікових категорій.

Ключові слова: арт-терапія, кризове консультування, травматичний досвід, зображувальна терапія, казкотерапія.

Introduction. Interest in the problems of psychological support of the individual in crisis situations is due to the fact that the life of a modern Ukrainian, unfortunately, is associated with the war started by Russia. Military actions affected different levels of human functioning: physical, social and psychological. Modern reality is an inexhaustible source of traumatic situations, in particular, extreme critical events, threats that powerfully and negatively affect the individual and require extraordinary efforts to overcome the consequences of this influence.

The difficulty of providing psychological assistance during hostilities is that the number and sources of traumatic situations are multidimensional. A very difficult and responsible task arises: to reduce the destructive stress on the person. In an emergency situation, which is war, it is important to consider the problems of consultative assistance in crisis conditions, in particular, to analyze the means that make the consultative process more effective.

Materials and methods. Psychological counseling is a form of interaction between a psychologist and a client within the psychological impact. Advisory activity on the figurative statement of J.O. Prochaska and J.C. Norcross, more like penicillin than aspirin and contains enormous potential of positive (and sometimes negative) impact on patients [1].

Counseling differs from other forms of psychological assistance by a significant force of influence on the world perception of the client, however, there is a need to consider each new request as a new problem situation with finding a unique approach to solving it.

The creative and dialogical process of consultative action relates psychological and consultative practice to practical, oriented to changes in psychology and reflects the model of personality changes as the main vector of its evolution and development of life space.

It is important to note that today in applied psychology there is a significant number of psychotherapeutic and psychological areas of counseling. Oddly enough, but each type of psychological assistance can bring this or that person relief and removal of psycho-emotional tension from meetings with difficult life situations. Among the different areas of psychological counseling, a special status is currently occupied by its specific variety – crisis counseling. In essence, it is to provide psychological support and assistance to a healthy but emotionally exhausted person in difficult, problematic, critical situations of life [1].

Crisis counseling is aimed at minimizing the client's shock from the event, and providing him with emotional support, strengthening personal coping strategies and building a positive perspective through the release of resources. Crisis counseling is a special format of psychological counseling due to the significant vector of psychological work, which begins with the position of "support" of the client in a situation of acute complexity and "impossibility," and ends with the "typical" for psychological counseling finding (restoration, reorganization) of meanings and the release of personal resources [4].

The purpose of crisis counseling is to provide the client with security, to facilitate the restoration of personal

resources for mastering the crisis. The task of crisis counseling is to help a person: to assess the degree and severity of existing problem areas; to master the acute crisis; restore some sense of control; restore personal skill to solve problems and problems after a crisis event; activate human resources.

Separately, we should focus on crisis counseling techniques, which is a specially organized system of influences on the client to achieve his planned changes, which instrumentally provide a crisis counseling process and act as a fundamentally personal, as a personal art of performing specific methods [1].

The range of techniques, firstly, is limited by professional experience, flexibility and sensitivity of the psychologist. Secondly, it depends on the ability of the psychologist to form a holistic process of assistance, to determine its space and direct the dynamics, to form psychological states in the client in accordance with the dialogical action, to cause "vegetative resonance" and manage and step by step examine the internal experience of the client's personality [4].

In modern crisis counseling, special attention is paid to the means of art therapy. The application of art therapy methods is investigated in the works of Ukrainian psychologists, namely: O. Breusenko, O. Voznesenskaya, Yu. Gundertailo, M. Sidorkina, R. Tkach. Scientists reveal the features and possibilities of fairy tale therapy, sculpting, drawing, sand therapy in the restoration of the I-image.

In addition, art therapy allows you to enter the subconscious bypassing "censorship" (protective mechanisms) and live, release feelings, without even speaking them. Therefore, the risk of re-injury is almost zero. Timely crisis psychological assistance involving art therapy can very effectively prevent the development of PTSD (post-traumatic syndrome) [2; 5].

There are two main mechanisms of psychological influence, which are characteristic of the method of art therapy.

The first mechanism is that art allows in a special symbolic form to reconstruct a conflict traumatic situation and find its solution by restructuring this situation on the basis of the person's creative abilities.

The second mechanism is connected with the nature of the aesthetic reaction, which makes it possible to change the effect of affect "from painful to enjoyable."

Main factors of art-therapeutic influence are determined:

1) the factor of artistic expression – the embodiment of the feelings, needs and thoughts of the client in his work, the experience of interaction with various artistic materials;

2) the factor of psychotherapeutic relations is the dynamics of the relationship between the client and the psychotherapist. Mechanisms of transfer, counter-transfer may be involved;

3) the factor of interpretations and verbal feedback – transformation, translation of material, process and results of creativity from the emotional level to the level of understanding, the formation of meanings.

The function of art therapy is not to identify mental deficiencies or disorders (W. Becker-Glosch), but to actualize the inner potential of a person. Art therapy

seeks to reveal the creative abilities of the individual, capable of maintaining authenticity and restoring harmony of the individual. The subject projects, expresses his unconscious or hidden needs, complexes, displaced experiences, motives, positive properties – all that has not yet acquired the form of thoughts. This allows the psychologist to gain access to the preconsciousness and in some cases to the unconsciousness of the client.

Art therapy combines the use of visual arts in psychological practice: drawing, collage, photographs, modeling. Diversity of types and forms of art therapy allows you to build crisis counseling more effective and efficient. Music therapy allows you to create amazing emotional moods, because its effect on the body has a wave nature that cannot be resisted. Isotherapy (working with a picture) makes it possible to see with your own eyes a picture of the inner plan of experiences. Film therapy reveals healing stories to a person. Doll therapy allows you to track the peculiarities of owning yourself. Bibliotherapy promotes the mastery of verbal expression. Dance-movement therapy helps to comprehend the secrets of your own body. Drama therapy allows you to lose, to replay something in your life [5].

According to A. Voznesenskaya, the symbolism of the language of the artistic image affects the sense of security; the presence and complicity of the art therapist help to create a psychologically safe space in which it becomes possible to respond to various feelings in spontaneous artistic images, to overcome traumatic experiences.

Artistic means are used in psychodiagnosis, counseling and psychotherapy with different types of clients, in combination with different therapeutic approaches and at different stages of psychotherapy, especially with complex clients, in particular, with those who are not able or inclined to verbal communication.

YU. Gundertailo notes that defining the essence of art therapy, we use our own concept of "healing": art therapy is a way of healing through creative self-expression [5].

The same opinion is shared by S. McNiff, emphasizing that the key to understanding the healing possibilities of art is to realize the creative potential of a person. Creativity is a powerful means of restoring your own resources, confidence, establishing contacts with others, overcoming mental trauma.

Features of art therapy as a method of helping the individual make it possible to use it to overcome mental trauma.

The first feature of art therapy is its resourcefulness. The method of therapeutic interaction, which is the basis of art therapy, – own creativity – expands personal experience, the space of self-expression. Creativity is considered in the primary sense – as the creation of something subjectively new for the person himself. This encourages the client to personal growth, the study of their own boundaries and limitations, directs for the future and thereby contributes to the development of creativity of the individual, the search for new creative approaches to any activity, to solve problems and overcome obstacles.

Art therapy is a means of gaining inner strength by clients, their awareness of their interests and their self. This helps to restore self-esteem and expand the repertoire of adaptive and protective reactions. The opportunity through creativity to circumvent the "censorship of consciousness" is a unique opportunity to explore one's own unconscious processes, hidden ideas and states, desirable social roles and forms of behavior that are usually in the "superseded form" or little discovered in everyday life [6]. Symbolic language as one of the foundations of fine art gives a person the opportunity to express his feelings, to take a fresh look at the situation and problems and thereby find a way to solve them. The method of art therapy is based on the mechanism of projection: everything that is created by the client is a projection of part of his inner world outward – on pictorial materials, the embodiment of part of an I in the artistic image. Visual images are meaningful metaphors of a client's mental experience and the trauma they have experienced.

Drawing (dance, melody, etc.) in the art therapy process is a certain material field for metaphorical interaction. The triad of art therapy is its main difference from other psychotherapeutic directions. Only art therapy makes it possible to replace the usual dyad "therapist – patient" ("consultant – client") with the triad "art therapist – creative product – patient (client)," that is, to make the psychotherapeutic alliance a "psychotherapeutic triangle" [2].

It should be noted that scientific studies have shown that war has long-term consequences for children and adolescents [3]. During the war, children encounter two types of traumatic events to varying degrees: unexpected traumatic events and long-term adverse events that cause unproductive coping strategies. Which leads to problems such as anxiety disorder, post-traumatic stress disorder (PTSD), depression, dissociative disorders (voluntary social isolation, depersonalization, derealization, unwillingness to talk, catatonic syndrome), behavioral disorders (in particular aggression, asocial and criminal behavior, tendency to violence), as well as more prone to alcohol and drug abuse means.

Thus, art therapy is an intermediary in the communication of the patient and the therapist at a symbolic level. Images of artistic creativity reflect all kinds of subconscious processes, among them fears, dreams, conflicts, memories.

Murthy and Lakshminarayana analyzed all studies on the mental health of children conducted in zones of armed conflict and concluded that psychological trauma caused by war has long-term consequences for the child's psyche: the longer the conflict, the more serious the symptoms [3].

Smith notes that the most important factors that determine the impact of war on children's mental health are: lack of basic resources (such as shelter, water, food, education, health care, etc.); rupture of family relationships (due to loss, separation or displacement); stigmatization and discrimination (have a significant impact on identity); a pessimistic view of life (a constant sense of loss and grief, inability to imagine a bright future) and the normalization of violence.

Researchers emphasize that children should not be considered passive victims of violence, deprived of free will. They are active members of society who create their own strategies for survival and overcoming difficulties and are able to independently decide whether to resist armed conflict or take part in it [3].

Nicole Porter Willcox, a psychotherapist from America, founder and director of the art therapy center reveals the impact of the experience of war on the child's psyche. The psychologist notes that the verbal functions of the brain are turned off, and the brain itself begins to work hard to find the answer to the question: "Why did this happen to me?" If you do not work with these obsessive thoughts, over time they can lead to physical disorders and/or anxiety habits, which also cause problems with the physical health of the child [6].

The negative experience of war lives (is located) in the body. We cannot change what happened, but therapeutic support and warm human communication are capable of Modern psychological scientific searches emphasize that, despite the inhuman conditions of stay in war zones, children have a huge potential for vitality, which allows them to grow and become full-fledged individuals despite the psychological trauma. The researchers identified several defense mechanisms to change the way a child experiences war and restore their sense of security.

Nevertheless, it is difficult for children to formalize their experiences into words, besides, people tend to supplant the traumatic experience, literally forget about it when the so-called traumatic amnesia, the protective mechanism of the psyche, is included. The problem is that the suppressed uninhabited feelings do not go away. On the contrary, everything that we displace, sooner or later begins to control.

Nicole Porter Willcox emphasizes that traumatic memories are largely based on images, and art therapy opens up endless possibilities for the release and transformation of these images [6].

Many researchers consider art therapy methods effective in psychological counseling. In particular, the following advantages are given: the creation of a creative product opens the subconscious and helps people express hidden conflicts, bringing to consciousness the thoughts and feelings that were previously hidden.

Drawing, photo, fairy tale act as a metaphor for conflicts, emotions, situations described by clients; assist people in identifying themselves or their difficulties in a specific, objective manner; act as a bridge between client and consultant, especially when embarrassing or difficult to pronounce issues are discussed, such as domestic violence or sexual violence.

Methods and techniques of art therapy in consultative contact facilitate interaction with the client. Certain information can be assimilated by consciousness only through its transfer through images.

Foreign scientists determine the arguments in favor of the effectiveness of using images in counseling: images allow you to express feelings, they also cause a variety of emotional reactions and serve psychologi-

cal changes; symbolic images relate to both conscious and unconscious levels of mental activity, help in revealing problematic psychological material and overcoming defenses; techniques of spontaneous and directed imagination provide psychological changes even in the absence of interpretations.

Therefore, art therapeutics provide access to experiences in cases where they cannot be verbalized, for example, due to mental trauma.

In the consultative work, various methods and techniques of imaging therapy are effectively used. It should be noted that drawing in psychological counseling and psychotherapy is an additional way to help in diagnosing the personality and family, in objectifying internal and external conflicts, in assessing the dynamics of psychological assistance. Drawings do not take much time, do not awaken fears in customers and provide great material for interpretation. Visual creativity also reduces the likelihood of psychological protection, since its products usually have a meaning that is more or less hidden from the patient's consciousness. At the same time, pictorial activity is a long-term and visual "record" of what happens in the process of interaction between a specialist and a client, to which you can constantly return, which allows a person to track the changes in state that he experienced in the process of working with a psychologist.

Isotherapy, as a variant of art therapy, always "speaks" to the feelings reflected in the images, so drawing allows you to express, react and realize various emotional states. According to foreign researchers N. Landgarten, G. M. Furth, drawing helps to overcome displacement, breakthrough of the content of suppressed complexes and their accompanying negative emotions. This is especially important for children who do not know how or cannot speak out, especially since it is easier to draw fantasies than to tell about them. Fantasies, being depicted on paper, accelerate and facilitate the verbalization of experiences. In addition to sublimated, also isolated projective isotherapy.

The specificity of such drawing is that the client is offered plots of a projective nature, then they discuss the images, interpreting them. In the process of work, there is a concentration on the problem, which contributes to its deep understanding ("crystallization"). It is worth noting that the content of the figure has the potential to produce further conversation, during which the therapeutic effect is enhanced, since the client is forced to once again "plunge into the problem."

In advisory work, it is effective to use serial drawings and stories on them. Scientists J. Alan, W. Oaklander, based on the research of K. Jung, developed approaches for providing psychological assistance using the method of serial drawing. After the procedure of acquaintance, the child (adult) is invited to create a series of drawings on given topics, in order to embody problems and experiences in images, with the subsequent elaboration of their content in an interview with a psychologist.

The technology of work contains three stages, the observance of the sequence of which produces a cer-

tain dynamics of the emotional state, which allows you to automatically switch from discussing neutral topics to immersing yourself in crisis experiences with their subsequent response, creating a positive mood and life perspective in a person.

It should be noted that the list of topics for drawing, their wording can be changed taking into account the individual psychological characteristics of the client, the significant problems that arise in the situation "here and now." However, it is important that the sequence of the above stages is observed, which stimulates a certain dynamics of the emotional state of the individual.

The task of the first stage is to "join" the client and put him into work, the task of the second is to stimulate the experience, the task of the third is to withdraw from the world of experiences, relieve the emotional stress of the previous stage and create a positive mood.

Elaborating on the topic, you should focus on serial drawing, as an effective method of psychotherapy of trauma, not only for children, but also for adults, which involves weekly drawing classes in the presence of a psychologist, which allows you to activate the vital potential, conflicts find a way out and a solution, and the adult gets a clearer and more accurate idea of the activities of the unconscious.

D. Allan notes that the drawings at the initial stage (1-4 classes) reflect the inner world of the individual, and the images often reveal the cause of his problem; show a loss of internal control and the presence of feelings of despair and hopelessness; allow you to establish an internal report with a psychologist.

The content of the drawings of the middle stage (5-8 classes) is the expression of emotions in its pure form; the struggle of opposites (good and evil) and the isolation of ambivalent feelings; deepening the relationship between the client and the psychologist. At the end of this stage, the child or adult often proceeds to talk about his painful memories and difficult, tragic experiences.

At the final stage (9-12 classes), the client draws: images that reflect the level of self-control and dignity; scenes that have a positive meaning, that is, the absence of war, violence and destruction; central symbol of the self (self-portrait or various mandalas); funny scenes; paintings reflecting independence from the helper.

The main tool for the interaction of a psychologist with a client in the process of using the method is an art therapeutic conversation (direct or indirect receipt of information by describing the drawings).

The advantage of art-therapeutic conversation is that it is specific (pictures are discussed), structured (has a certain phasing and logic), detached (refers as if not to the client himself, but to the character depicted in the picture), has a therapeutic effect (facilitates process of expression, awareness and reaction of hidden emotions, problems and conflicts).

In psychological work with clients, fairy tale therapy is also used. Analysis of the psychological characteristics of fairy tale therapy allows us to conclude that it is inherent in the conditions necessary for the implementation of effective counseling, namely: the establishment of trust-

ing, emotional-warm relations between the psychologist and the client, the non-directive of the method, creating a safe atmosphere for cooperation.

The use of various methods and techniques associated with a fairy-tale metaphor helps to weaken the physical and emotional stress at the initial stage of the impact. When working with a fairy tale, based on the information received, the client is trained in constructive ways to solve problems. An important advantage of fairy tale therapy is the process of independent search and finding the necessary knowledge by the person himself – while listening, discussing and composing fairy tales.

In the work of a fairy tale therapist, client tales play a special role. For a better understanding of your existential situation (understanding how truly your life is, how you live), a person needs to turn to a personal fairy tale. The most effective way to address your fairy tale is to write it. A fairy tale is a text that models a situation of overcoming life's difficulties, affects a person as the creator of symbolic reality.

Particular importance is attached to the compilation of therapeutic and relaxation tales that increase the effectiveness of the consultation process.

Therefore, art-therapeutic techniques have ample opportunities for use in individual and group counseling, both with children and adults.

Discussion. Art therapy has a wide range of technologies for providing psychological assistance in crisis situations of life. The process of forming and creating visual images stimulates the revival of memories and fantasies, because a person often does not realize what psychological meaning is revealed in them. For consultative work, it is important that information that is transformed through the prism of images is not censored by consciousness. At the same time, images touch on past and real experiences, and also allow us to express ideas about the future: new situations can be modeled and lost in a figurative form before they find their expression in real behavior and are meaningful.

Consequently, art therapeutics provide access to experiences in cases where they cannot be verbalized, for example, due to mental trauma.

Artistic means are used in psychodiagnosis, counseling and psychotherapy with different types of clients, in combination with different therapeutic approaches and at different stages of psychotherapy, especially with complex clients, in particular, with those who are not able or inclined to verbal communication.

Conclusions. Unfortunately, modern reality is an inexhaustible source of extreme, critical and even tragic events that systematically and negatively affect the individual and require efforts to overcome the consequences of this influence. Nevertheless, there are effective psychological techniques that contribute to maintaining the vitality of the individual even during hostilities. A variety of techniques makes it possible to individually select tools for each client, which helps to develop an internal resource in any situation where other types of psychotherapy cannot be used due to objective limitations.

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