

INTRODUCTION

 Psychotherapy is considered to be the most difficult and at the same time the most attractive manifestation of psychological competence, the pinnacle of psychological realization, the master profession. For the therapist, who aims to support the client's autonomy, art is key in the work process. This article discusses some of the art forms that are used in the psychotherapeutic setting to turn psychotherapy itself into art. The aesthetic experiences that the psychotherapist and the client go through on the way to achieving the desired goal are considered.

METHOD

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RESULTS

• Music therapy is one of the most common forms of application of projective and creative techniques. Nowadays it is developing in three main directions: psychoanalytic, sociopsychological, and empirical-clinical. Its socio-psychological interpretation contributes to the development of group therapy. Empirical-clinical music therapy, also called "music pharmacology", works with a wide range of musical styles, including modern and fun music and jazz.

Art therapy is the other widespread art form that helps the therapeutic process. Even though art therapy uses all types of art, the term has been reserved for the application of the fine arts for healing purposes. Painting and sculpture are of the greatest practical importance. Group art therapy is one of the catalysts of the group process in group psychotherapy and aims to improve contacts and make sense of interactions with emotionally significant content, to overcome barriers to spontaneous self-expression, to encourage better self-understanding and selfacceptance. and to others, to expand the range of experiences and expressive abilities of the individual and the group in which he fell.

• Bibliotherapy uses literature material for targeted psychological impact on the patient's personality in the context of individual or group intervention. The so-called thematic discussion groups, representing a kind of group psychotherapy, centered on the conflicting experiences of patients with a relatively shorter duration of the treatment course. It is applied in closed groups.

IMAGOTHRAPY

Imagotherapy is another interesting method psychotherapeutic with proven psychoneurological benefits from its application. This type of therapy is a kind of group or individual "theater for oneself." The stage incarnation is reached in the highest, third stage of the healing process, in which the classes are held in a healing drama studio on the stage. At this stage, imagotherapy grows into a "therapeutic theater" and the mastery of the various means of stage play acquires the same significance as in the theater. In its first stage, imagotherapy is limited to retelling similar literary material, and in the second stage, it works with a dramatization of the story. The total duration of the first and second stages is 3-6 months, and only some of the participants reach the third, final stage.

THE STAGING TEST

• The staging test is another method in psychotherapy borrowed from art. Scenottest therapy belongs to the constructive projective methods and was created for practical work with neurotic children and adolescents. The test contains standard material from miniature toys - dolls and wooden figurines, which allow recreating scenes saturated with certain issues, with specific characters, with the interior and exterior of the setting. The material stimulates the child's natural tendency to play to move on to the diagnostic test.

DANCING AND MOVEMENTS

• Movement, in particular dance, is one of the widely used methods for feeling the unity of body and mind. Dance therapy is often used in psychoanalytic psychotherapy. With dance and movement, it becomes possible to restore the lost harmony to before the break, to cultivate harmony between expression and suppression, while at the same time satisfying the needs for proper somatic functioning. Therapy through dance and movement creates interest in restoring the lost harmonious whole of the body and psyche, contributes to the acceptance of catharsis as part of the regression process, leads to insights, encourages improvisation, considers the musculoskeletal system as a starting point for self-expression. actions and movements, and leads to one's interpretation of learned movements.

DISCUSSION

• Along with all the above methods of art therapy, psychotherapy not only uses their help, but it is art itself. Psychotherapy cannot be called a profession, it is a kind of activity on the border between occupation and art. Formal training cannot make a person a psychotherapist and a good specialist. Only the connoisseurs of the human soul can sense the torments of another's soul, and touched by it, to apply their entire arsenal of techniques and methods for providing first aid to the other person.

CONCLUSION

oThus, this "dialogue" between psychotherapy and art helps thousands of people a year to get rid of emotional pain and realize the symbiosis through which they have managed to rebuild their lives.

THANK YOU FOR WATCHING!