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APPLICATION OF ART THERAPY IN PREVENTION OF STRESS IN CONDITIONS OF INFORCED SELF-ISOLATION

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Introductions. To stop the spread of CoVID-19, many countries are taking varied actions - from banning mass events, closing entertainment venues, bars and restaurants, to closing schools, and in some places even complete isolation - when people are forced to not leave their homes for a long time. The situation is compounded by a sense of uncertainty - no one knows today when the pandemic will end and what the long-term consequences can lead to. In order to prevent the development of depressive states that are unavoidable in this difficult situation, psychohygiene offers various techniques that can be applied by people at home, are effective enough to relieve stress and are not difficult to perform. These include, in particular, methods of art therapy.

Aim. To study essence and opportunity art therapy as one of the possible and easy of approach psycho-prophylactic method in the prevention of depression, what is relevant in the induced self-isolation.

Materials and methods. To achieve aim of this study, there were used such methods as biblio-semantic, psychohygienic, psychological, sociological.

Results and discussion. Art therapy is a field in psychotherapy and psychological correction that uses creativity and art for therapy. It's like an "invisible bridge" that connects the opposite worlds: a world of fantasy and reality.

The main purpose of art therapy is to harmonize the mental state through the development of the capacity for self-expression and self-discovery. In the base of art therapy is a metaphor. Being creative, you get an encrypted message from yourself. That is, on a symbolic level, it is possible to express different feelings and emotions

- from love and confidence to fear and anger. Based on symbolism and own creative potential, a person is able to achieve self-healing [1].

The task of art therapy is to help a person be in harmony with himself and others. Or, as psychologists say, to become authentic and adaptive. Authenticity is when a person is in harmony and contact with their own unique self, with their feelings and desires. Adaptability is the ability to find a balance between one's goals and intentions, on the one hand, and external conditions, other people's desires, existing game rules, on the other hand [2, 3].

Some people believe that art therapy is an application of drawing only (isotherapy). However, there are many other types of art therapy: bibliotherapy, music therapy, drama therapy or psycho-drama, dance therapy, phototherapy, etc. Almost anyone can participate in art-therapeutic activities because they do not require special ability in visual arts or artistic skills. On the contrary, their absence is even better, because a person is able to fully express himself and his emotions without decorating them. Art therapy has no restrictions on the use and contraindications to the participation of certain people in this process. It is also a means of non-verbal communication. This is important for those who find it difficult to verbally describe their experiences, or conversely those who use verbal communication too much [4].

Art therapy provides an opportunity for aggression and other negative emotions to be released, stress relief and expression of depressed thoughts and feelings. Any creativity gives energy, regardless of talents and even skills - a person writes, draws, dances or sings, receiving as a result of being free from negativity, relieving tension and enjoying the process [5, 6].

Conclusions. It can be concluded that in quarantine conditions, when many people experience internal tension, irritation and signs of stress, art therapy is a variant of getting rid of negativity, having fun, forming an active life position, self-confidence and autonomy. Symbolic language in art-therapeutic activity helps people to express their experiences more accurately, to look at circumstances and life difficulties on the other hand and to find a way to solve them

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