

Application of Art Therapy with Usage of Distance Education in the Process of Specialists Professional Training

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Summary

Nowadays, the issues of comprehensive formation of a person capable of self-education, self-development and creative self-realization in the conditions of distance education are relevant. There is a need to solve this problem, which is due to social, cultural, and pedagogical factors. This makes it necessary to find effective means of personality formation. In this matter, great importance is attached to the modern method of forming a creative personality – art therapy. Various approaches to the definition of art therapy have been clarified. They consider various forms of art therapy when working with children, adolescents and adults in the context of distance education. The most relevant are the two main forms of work – individual and group art therapy. Art therapy develops the individual's creativity. Therefore, during art therapy, attention is focused on the inner world, experiences, and feelings. Therefore, we believe that in the context of distance education, art therapy has everything for the powerful potential of personality formation. Scientists consider this therapy as therapy by means of art, which is based on experiences, conflicts that can be expressed in the visual arts and music. Art therapy helps to get rid of conflicts and experiences. This happens in the context of distance education through the development of attention to feelings, strengthening one's own personal value and increasing artistic competence. The article describes the signs that characterize art therapy. Art-therapeutic technologies in the context of distance education, which are now actively used by psychologists, teachers and art therapists themselves, are highlighted. The advantages of distance learning are considered. The characteristic features of distance learning and features of the use of art therapy by means of distance education in the process of professional training of specialists are determined.

Keywords:

art therapy, distance education, professional training process, specialists, forms of art therapy, art-therapeutic technologies,

formation of creative personality, approaches, advantages of using art therapy.

1. Introduction

In our time, the issues of comprehensive formation of a person capable of self-education, self-development and creative self-realization by means of distance education in the process of professional training are relevant. There is a need to solve this problem, which is due to social, cultural, and pedagogical factors. This makes it necessary to find effective means of personality formation. In this regard, great importance is attached to the modern method of forming a creative personality – art therapy by means of distance education in the process of professional training. Through the development of attention to feelings, strengthening one's own personal value and increasing artistic competence, art therapy helps to get rid of conflicts and experiences.

Distance education in the world practice is one of the well-established forms of education, which is in demand by society, is popular and is the most democratic form of education that allows a wide range of society to get an education. Distance learning methods are used in higher education institutions, in school education, in the system of advanced training of specialists, in the system of training managerial personnel, etc.

In the future, e-learning will make not only study, but also life not boring and carefully planned, but an exciting cognitive process, in the formation of which the student

himself participates. Learn everywhere, always and all your life with pleasure –this is about the slogan of the idea of distance education.

How clearly and adequately we will be able to define and implement the new technology of learning and its distance forms, which improve the quality and increase the mass character of education and the introduction of a modern method of forming a creative personality – art therapy, so productively education will fulfill the historical order - the creation of a new civil society in the country [3].

Purpose. To find out the features of the use of art therapy in the process of professional training of specialists by means of distance education.

2. Analysis of recent research and publications

Initially, art therapy arose in the context of the theoretical ideas of Z. Freud and C. Jung. In particular, according to C. Jung, art, especially legends, myths and art therapy, greatly facilitate the process of individualization of self-development of the individual based on establishing a mature balance between the unconscious and conscious "I". In the future, art therapy acquired a broader conceptual base, including humanistic models of personality development by K. Rogers and A. Maslow. Nowadays, art therapy is relevant both for the medical industry and for the psychological and pedagogical one. The problems of developing scientific aspects of art therapy in the works of O. Voznesenskaya, who considers art therapy as a method of improving health through creative self-expression [7], L. Kalinina, defines art therapy as a therapy, the content of which is the artistic creativity of a person [5], O. Smelyanets considers it a method of treatment with the help of artistic creativity, which contributes to the expression of aggressive feelings in a socially acceptable form [13], O. Soroka, who considers art therapy an innovative educational technology, treatment by means of Fine Art for the harmonious development of the individual. [14] and others.

G. Murasova highlights the peculiarities of professional training of future specialists in the context of distance [10].

G. Krasilnikova justifies the need for distance learning in the system of professional training of specialists at the Technological University [7].

G. Datsenko, Z. Suzanskaya consider distance learning as a means of stimulating self-education [2].

Kotiash, I., Shevchuk, I., Borysonok, M., Matviienko, I., Popov, M., Terekhov, V., Kuchai O. reflect that the use of multimedia technologies in the educational process of higher education institutions allows to move from a passive to an active way of implementing educational activities, in which the student becomes the main participant in the learning process. [6].

Shunkov, V., Shevtsova, O., Koval, V., Grygorenko, T., Yefymenko, L., Smolianko, Y., Kuchai, O. reveals the

effectiveness of the use of network and multimedia technologies in the training of future teachers depends on the level of conceptual development of pedagogical tools used in the organization of educational and cognitive activities of students; from the degree of adaptability of the educational and information environment of training a modern specialist to his professional environment; from the level of readiness of students to perform professionally-oriented tasks with the help of network and multimedia technologies. [12].

Kuchai, O., Skyba, K., Demchenko, A., Savchenko, N., Necheporuk, Y., & Rezvan, O. examine the role of multimedia education in the formation of the information society. The information sphere is qualified both as a separate sector of the economy and as a factor in the modernization of education [8].

3. Research methods

Theoretical (analysis of philosophical, pedagogical, and psychological literature).

4. Results and discussion

Art therapy is considered as a means of developing the individual and his creative potential through the main mechanisms: sublimation and transformation.

Today, the leader (teacher, lecturer, psychologist, art therapist) encourages group members (pupils, students, patients) to trust their own perception and explore their creations both independently and with the help of other group members through distance education.

Distance learning is recognized as one of the priority areas of the entire life position modernization program. In modern conditions, there is a need for education and life remotely, both for the medical industry and for psychological and pedagogical, which is caused by the need to develop the individual and his creative potential, to study on-the-job, to receive education for people with disabilities and those who are abroad or in places of deprivation of Liberty. This opportunity is provided by distance learning, which is carried out thanks to information and educational technologies and communication systems, and for art therapy, which is considered as an innovative educational technology, treatment with art tools for the harmonious development of the individual.

Distance learning has a number of undeniable advantages. In particular, a person can study at a convenient time, in a familiar environment and at a relatively autonomous pace [12].

The methodological basis for working in distance learning requires maximum involvement of students in active training in art therapy classes for the development of creative activities. This approach increases their motivation

to carry out professional training by means of distance learning; the speed of feedback, the constant presence of the teacher, systematic consultations, the creation of a special forum for communication between the teacher and students; large interaction between students and students and the teacher, which contributes to the satisfaction of students from education and life positions.

The intensive use of information and communication technologies in the life of modern society has led to a rethinking of the content of education and professional training of future specialists: the main role is played not so much by the information itself, but by the ability to work with it, critically comprehend and produce new knowledge; the main thing is not the amount of information, but its quality; information is needed for further practical application and transformation into knowledge, and the ability to work with information becomes one of the important competencies of a modern specialist in the new transformation of society: from information to knowledge society. In this context, one of the main forms of specialist training is distance learning, which is able to respond to the challenges of society [10].

From the above, it follows that art therapy is based on the process of creativity, which has the possibility of wider use in the applying of information and communication technologies for distance learning. Creative potential is inherent in each person at different depths of the subconscious, and it is possible to "pull" it only based on personal individuality.

Art therapy is able to use simple means to update the internal potential of each person, so recently it has been increasingly used in the field of education and training of specialists in various industries in particular.

The founder of art therapy as a separate direction in science is considered the British artist A. Hill. Hill's work combined elements of impressionism and expressionism, but also had features of traditional artistic trends.

In 1938, while being treated for tuberculosis at the Midhurst sanatorium, A. Hill, while painting nearby objects, noticed that this activity – painting – helps him to recover. The following year, art therapy was applied in the sanatorium, and A. Hill began teaching drawing and painting to other patients, the lion's share of whom were wounded soldiers who returned from the war.

A. Hill found that practicing art not only helps patients distract from their illness or injury, but also helps them get rid of mental disorders. In 1942, A. Hill first used the term art therapy, and in 1945 published his ideas in the fiction book "Art Versus Illness". Subsequently, it was he, who became the President of the British Association of art therapists.

I. Golovatyuk believes that art therapy is a specialized form of psychotherapy based on art, primarily visual and creative activities. In addition, art therapy is a method of

psychotherapy used for treatment and psychocorrection using artistic techniques [4].

Today, there is no single accepted definition of "art therapy". Consider the scientific category "art therapy" in the literature:

In the large Explanatory Dictionary of the modern Ukrainian language, the following definition of art therapy is given-it is "a method of treating nervous and mental illnesses by means of art and self-expression in art" [1].

The psychotherapeutic encyclopedia uses terms other than "art therapy" – "visual therapy" or "artistic therapy", but they are not reduced to the English-language equivalent and narrow its content.

Art therapy is presented – as a type of psychotherapy, treatment by engaging in art – in the Explanatory Dictionary of psychiatric terms. To do this, they discuss works of art (cathartic influence) with the "patient" or use the experiences of the creator. Here, art creates opportunities for self-expression, reaction, and distraction. Art therapy includes bibliotherapy, music therapy, film therapy, etc. [11].

We are most impressed by the position of O. Soroka, who defines art therapy as an innovative educational technology of "treatment" by means of Fine Arts, namely drawing, graphics, painting, and sculpture for the harmonious development of the individual. Music, fairy tales, dance, play, drama, etc. are used as auxiliary means in art therapy [14].

O. Voznesenskaya defines art therapy as a method of improving health through creative self-expression. Healing involves spiritual integrity, harmony of spirit and body; considers art therapy as a technology that uses spontaneous visual activity in order to reveal the creative potential and harmonize the inner world of children [17].

Art therapy is a special form of psychotherapy based on the dynamic interaction of its three main elements-participants: the client, the psychotherapist and the visual material – the product of creativity, includes all types of practice of providing psychological assistance to the individual, training, rehabilitation and psychotherapy, based on art and creative productive forms of human activity and which, in our time, has more opportunities to apply distance learning.

L. Kalinina considers art therapy as "therapy, the content of which is the artistic creativity of a person" [5].

Interesting is the position on art therapy O. Smelyanets, which:

A) considers it a method of treatment with the help of artistic creativity, which contributes to the expression of aggressive feelings in a socially acceptable form;

B) provides a basis for interpretation and diagnostic work in the course of therapy;

C) allows you to work with thoughts and feelings that seem insurmountable;

D) contributes to the emergence of a sense of internal control and order;

e) develops and enhances attention to feelings [13].

Art therapy is a means of psychological harmonization and development of a person through his occupation of artistic creativity. And since it is a therapy through creative self-expression, this property opens up almost limitless opportunities for personal development. Art therapy, from the point of view of adaptation, is presented as an integral adaptation mechanism that provides a person with an active position regarding the possibilities of adaptation to the environment, which contributes to the overall harmonization of the individual.

Actual problems of psychological and psychotherapeutic assistance to the population that exists today are:

- overcoming the consequences of psychotraumatic events;
- diagnosis and psychotherapy;
- measures for rehabilitation of victims, adaptation to new socio-psychological conditions.

These problems are solved by implementing the following tasks in working with any category of those who need help:

- increasing motivation for psychological work;
- self-knowledge, awareness of their own needs, desires, destructive behaviors, restoring a sense of personal value, strengthening the self-image and self-confidence;
- overcoming the feeling of isolation and learning other communication models, restoring old and building new relationships, forming a group identity, restoring a sense of belonging to certain groups and communities (family, professional, etc.);
- search for the meaning of life, solving existential issues;
- development of self-regulation skills.

O. Voznesenskaya defines art therapy through the concept of "healing": art therapy is a way of healing through creative self-expression, where "healing" is the achievement of integrity by the client. Unfortunately, sometimes in the circle of psychotherapy specialists in Ukraine, the term "art therapy" is used for what it is not, which leads to discrediting the method. Often, art therapy turns from a powerful psychotherapeutic method into entertainment and leisure. At the same time, specialists of the cognitive behavioral approach in psychotherapy, client-centered therapy use art therapy methods - they draw, sculpt from plasticine or clay, but do not call it art therapy, because they do not fully understand the features of using creativity in the rehabilitation process and psychological assistance to the individual.

Therefore, the advantages of using art therapy for the purpose of psychosocial recovery of personality for participants in military operations, internally displaced

persons, and public activists who are in a state of emotional burnout are determined.

1. Art therapy always provides a resource, because it appeals to the creative component of the psyche, there is a search for opportunities for self-healing, attracting internal resources of a person.

2. The ability to circumvent the "censorship of consciousness" through creativity provides an opportunity to consider and explore your own unconscious processes, hidden ideas and states, desired social roles and behaviors that are in a "repressed form" or little manifested in life.

Symbolic language as one of the foundations of visual art allows a person to express their feelings, explore their own models of communication and behavior, which are reflected in the created images. After all, the method of art therapy is based on the mechanism of projection: everything that the client creates is a projection of a part of his inner world to the outside - on visual materials, the embodiment of a part of the "I" in an artistic image. Art therapy is a method focused on the client's insight.

3. Art therapy as a means of nonverbal communication is valuable for those who find it difficult to describe their experiences in words (it is known that trauma is imprinted on the levels of physical and emotional experiences and images of imagination). Creative activity creates conditions for people to get closer, understand each other through the perception of created images, empathy. Art therapy methodology provides for unconditional acceptance of the client in any of its manifestations.

4. Drawing (dance, melody, etc.) in the art-therapeutic process is a certain material field for metaphorical interaction, allows you to take a fresh look at the situation and find a way to solve them.

Awareness of their own destructive patterns of interaction, the possibility of transforming them in this field creates conditions for exteriorization of the experience gained and building new behavioral strategies [17].

The difference between distance learning and traditional, when using art therapy, is understandable if we consider them from the point of view of forms of interaction between the teacher and the student. The traditional model of using art therapy is based on giving lectures, conducting seminars, laboratory and various game types of classes, organizing independent work of students, and so on. The training base is a book and a teacher as an interpreter of knowledge. Distance learning is focused on introducing fundamentally different models into the process of applying art therapy, involving conferences, project work, practical classes, trainings and other activities with computer and non-traditional technologies.

The role of the teacher also changes significantly in this educational process. It is assigned such functions as coordinating the process of applying art therapy, adjusting the direction of the course being studied, advising students when organizing an individual curriculum, managing their

educational projects, and so on. It helps students in their professional self-determination, promotes the development of creative orientation of personality.

Introduction of distance technologies in the educational process when using art therapy, aimed at a deeper understanding of the educational material; the formation of such competencies as: communicative (direct communication using the network), informational (search for information from different sources and the possibility of its critical understanding), self-education (ability to learn independently). As practice shows, if a student does not learn to make decisions independently, determine the content of their educational activities and find ways to implement them, they will not be able to master a particular discipline qualitatively. In addition, distance education also performs an educational function – it contributes to the formation of leading personality traits: activity, independence, self-improvement, creativity [2].

They consider various forms of art therapy when working with children, adolescents, and adults in distance education. Two main forms of work are more common – individual and group art therapy.

Each of them, in turn, has varieties.

Individual art therapy can be used in distance education for a wide range of clients. Therefore, some clients in some cases can quite successfully work with an art therapist both individually and in a group.

Art therapy work is of particular value for children and adults in distance education who have certain difficulties in verbalizing their experiences, for example, due to speech disorders, lack of contact, as well as the complexity of these experiences and "indescrivability" (in people with post-traumatic stress disorder).

A necessary condition for starting individual work is to establish psychotherapeutic contact using computer technologies. At the same time, the purpose, nature and working conditions are discussed in detail. A psychotherapy contract is drawn up that "protects" the client and the specialist himself, not only legally, but also psychologically, forming a certain degree of responsibility of both parties for their obligations. It is emphasized that this work does not involve special artistic abilities or skills and does not aim to create "highly artistic works", it emphasizes the free expression of the client with the help of any materials and means at his disposal. The art therapist takes into account the client's propensity for an individual, inherent pace of activity. Gradually, as psychotherapeutic relationships are formed in distance education, the client has a sense of security, inner comfort, and he as special, different from what usually surrounds him, perceives the atmosphere of the art therapy room. The client starts working more naturally with enthusiasm. In the process of working, a wide variety of associations, feelings and memories arise. There may be strong experiences, including negative ones, such as feelings of anger, guilt, loss, etc. All this time during

distance education, the art therapist is close to the client. He tries not to interfere with his work with comments and tries not to interfere with the manifestation of strong, including negative emotions. The art therapist, from time to time asking various questions, tries not to explain, but to "clarify" everything that the client does. Thus, he draws attention to the hidden meaning of his own actions. A natural connection is established between the nature of the client's visual activity, the experience of his childhood, actual relationships with others and problems at this stage of life. Sometimes the art therapy process in distance education can be difficult. At times, the client can be confused when they don't know where to start.

Individual art therapy work can last quite a long time. In many cases, several months or even years. The reasons for completing individual work, along with external factors, are changes in the state and nature of the client's activity, reflecting the positive dynamics of the art therapeutic process.

Group forms of art therapy work in distance education are currently used very widely, not only in healthcare, but also in education and the social sphere. Group art therapy: allows you to develop value social skills; is associated with providing mutual support by group members and allows you to solve common problems; gives you the opportunity to observe the results of their actions and impact on others; allows you to master new roles, as well as observe how role behavior affects relationships with others; increases self-esteem and leads to the strengthening of personal identity; develops decision-making skills [15].

Art therapy in distance education is characterized by the following features:

- promotes creative self-expression, development of imagination, aesthetic experience, practical skills of visual activity, artistic abilities;
- relieves fatigue, reduces negative emotional states and manifestations;
- creates a positive emotional mood in the group;
- allows you to work out thoughts and emotions that a person is used to suppressing, provides an opportunity to transform them into positive ones;
- provides an opportunity to experiment on a symbolic level with a wide variety of feelings, explore and express them in a socially acceptable form;
- creates conditions for experimenting with kinesthetic and visual sensations, stimulates the development of sensorimotor skills and in general the right hemisphere of the brain, which is responsible for intuition and orientation in space;
- facilitates the process of communication with other people;
- promotes the creation of relationships of mutual acceptance and empathy;
- allows you to address those real problems that are difficult to discuss;

- develops a sense of internal control;
- increases a person's adaptive abilities to everyday life;
- effective in correcting various abnormalities and personality disorders;
- relies on the healthy potential of the individual, internal mechanisms of self-regulation and healing;
- allows you to build relationships based on love and affection, and thereby compensate for their possible absence in the family [9].

Art therapy is based on the mobilization of a person's creative potential, internal mechanisms of self-regulation and healing, meets the human need for self-actualization, to discover new opportunities and establish their individual and unique way of being in the world [17].

In distance education, among the art therapy technologies that are now actively used by psychologists, teachers and art therapists themselves, it is necessary to distinguish:

1. Animation therapy, which is a modern technology of social rehabilitation in order to change behavior, interpersonal and collective relationships. In the process of animation therapy, on the one hand, public relations are "unblocked" and warm, trusting relationships are established, on the other – learning and mastering the skills of positive thinking, aesthetics and poetics.

2. Art synthesis therapy is a complex method of group psychotherapy that uses the synthesis of Arts. This technology is considered as an independent direction in medical and correctional work, where knowledge of technical techniques of various types of art is combined with knowledge of psychopathology and is subordinated to psychotherapy of Arts, psychopathology.

3. Bibliotherapy – a technology based on treatment and education through books. This is the treatment of a person with a word, a book. It is engaged in studying the peculiarities of readers' perception during illness and developing ways of psychological correction with the help of specially selected literature, which can now be done with the help of Information Technologies.

4. Fairy – tale therapy - playing and analyzing fairy tales. This is therapy with an environment, especially a fairy-tale atmosphere, in which the potential of the individual can manifest itself, a dream can materialize.

5. Film therapy is one of the areas of art therapy. A film is a metaphor where you can see a reflection of a certain life situation. To help the patient, the plot of the film should be similar to the life situation in which the person found himself, and offer a way out of it.

6. Drama therapy – therapy by means of theater and acting skills.

7. Game therapy – therapy through play, game situations.

8. Music therapy - the use of music as a therapeutic tool.

9. Origami – creating shapes from paper.

10. Sand therapy – treatment during the patient's work with sand under the guidance of a teacher in distance education.

11. Isotherapy – the use of graphics and painting techniques for treatment. Joint participation in artistic activities can help create relationships of empathy and mutual acceptance, and develop a sense of internal control. So, working on drawings, paintings or modeling involves ordering colors and shapes, focuses attention on sensations and feelings. Visual arts classes create rich opportunities for experimenting with kinesthetic and visual sensations, develop the ability to perceive them, develop artistic abilities and increase self-esteem. A favorable product of art therapy is the sense of satisfaction that occurs as a result of identifying hidden talents and developing them [4].

Conclusions and perspectives

Art therapy develops the individual's creativity. Therefore, during art therapy, attention is focused on the inner world, experiences, and feelings. We believe that art therapy has everything for the powerful potential of personality formation and its possible implementation and development in distance education. It was found that various forms of art therapy are considered when working with children, adolescents, and adults. The most relevant are the two main forms of work – individual and group art therapy.

The modern socio-cultural space of any country is characterized by a change in social spiritual guidelines, the dominance of pseudo-cultural, aggressive and inhumane trends in the mass media. It is art and creativity that help you understand and evaluate your feelings, memories, images of the future, find time to restore vitality and a way to communicate with yourself [4].

Scientists consider art therapy: as therapy by means of art, which is based on experiences, conflicts that can be expressed in the visual arts and music. Art therapy helps to get rid of conflicts and experiences; as a means of developing the personality and its creative potential through the main mechanisms: sublimation and transformation; as a method of recovery through creative self-expression; as a technology that applies spontaneous visual activity in order to reveal the creative potential and harmonize the inner world of children; as a special form of psychotherapy, based on the dynamic interaction of its three main elements – participants: client, psychotherapist and visual material - a product of creativity; as all types of practices of providing psychological assistance to the individual, training, rehabilitation and psychotherapy, based on art and creative productive forms of human activity; as a therapy, the content of which is the artistic creativity of a person.

The effectiveness of pedagogical support in art therapy develops the creativity of the individual in the process of

distance learning, which is achieved by the following conditions: the presence of students' computer literacy, accounting for psychological patterns of perception, memory, attention and age characteristics of students, their individual and personal characteristics, the creation of psychological comfort, which includes the ability of the teacher to dialogue by means of information technologies, to find an individual approach to students, the implementation of a special way organized self-control of students and systematic control of the teacher over the generalization of knowledge provided for in the development of relevant training programs, students' possession of skills of independent work, ensuring effective interaction of all components of the distance learning system.

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