

Electronic Educational Resource As a Means of Intensification of the Educational Process

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Abstract: The article proposes to use the possibilities of art therapy and art technologies in order to release, self-expression, self-disclosure, search, awareness, development of creative potential and reflection of personality.

The purpose of the article is to analyze the tools used by art therapists in their practice, as an opportunity to transform previous experience into a new style of thinking, and the state of art therapy as part of training.

Keywords: Art Therapy, Creative Potential, Personality, Possibilities.

Introduction

Reforming the vital activity of society creates real preconditions for certain transformations in the economy, science, culture, and requires from people activity, maturity of thinking, ability to clearly see the state of the surrounding space. Changes in research are taking place against the background of global integration into the world educational space, significant modernization of the education system, the growing role of ethnic cultural factors and national identity. This raises the requirements for the professional competence of professionals who will have to work in a world of diverse connections: from contacts with the immediate environment to global connections and intercultural communications.

In recent decades, the international community has increasingly faced global socio-economic and environmental problems. Therefore, today it is very important to consider in a new way, from a social, political and economic point of view to consider the key issues of organization of assistance and mass rehabilitation of the working population in particular, and society in general. In this regard, measures to improve existing and develop new effective tools, methods of rehabilitation and prevention, which contribute to the harmonization of the individual and increase its reserve capacity, become especially relevant.

Recently, the American Psychological Association has called on American psychologists to more broadly incorporate the context of culture into research, clinical work, and teaching.

Although American psychology continues to dominate the world, many countries have recently become increasingly aware of the need to develop art therapy practices that fit the country's regional context, culture, religion, and societal traditions.

In modern society there is a growing interest in art therapy, it is actively developing both abroad and in our country. An Art Therapeutic Association has recently been established in Ukraine, which holds international conferences, seminars and webinars. Within the framework of the Association, training programs are created with art-therapeutic methods and art-technologies, which can find their application not only within the framework of therapeutic influence, but also in solving diagnostic, corrective, psychoprophylactic problems. Art technologies are increasingly beginning to be used in the educational process at various levels of education.

The purpose of the article is to analyze the tools used by art therapists in their practice, as an opportunity to transform previous experience into a new style of thinking, and the state of art therapy as part of training.

Main Text

Today, the training of future psychologists, among others, increasingly includes a course "introduction to art therapy" or "practical course x art therapy." Art therapy is seen as a unique opportunity to study the individual, their own unconscious processes, mobilize internal mechanisms of self-regulation, the ability to determine their unique and unique potential - on the one hand, and gain methodological knowledge for practical professional activities - on the other.

In our opinion, the potential of art therapy is rarely used in higher education institutions of Ukraine to train as future specialists in various fields - psychologists and choreographers, sociologists and managers, culturologists and teachers.

Art therapy acquaints students with the strategies of social interaction and helps to increase their communicative competence in the safest way. In the process of work there is an opportunity to realize the peculiarities of your individual style of interaction with others, which is important both for the effective implementation of future professional activities and for everyday life. In addition, art therapy provides an opportunity to assess the degree of awareness of students belonging to their profession and deepen their knowledge of the requirements for the specialist.

His psychological worldview, both in scientific and practical terms, largely depends on what and how a specialist studies in freelance education. It is no coincidence that among the typical questions that, for example, psychologists ask each other in personal professional meetings: "Where did you study?" and "Who did you study with?", and among students-psychologists: "Who read (this or that course in psychology in ZVO)?" The educational institution, the personality of the professor, the textbooks by which students acquire knowledge, leave a huge imprint on their further professional career. In our opinion, it is absolutely fair to talk about scientific schools as the nature of thinking, as sources of ideas and style of scientific and practical work [2].

As early as the spring of 1911, Maximilian Voloshin said that the new living conditions in which people found themselves in today's cities, the terrible intensity of experiences, the constant tension of mind and will, the sharpness of modern sensuality, created something abnormal state of mind, expressed by suicide, eroticism. , botulism, depression, powerless revolutionary impulses and vagueness of moral criteria.

In the metropolis, modern cultured man finds those living conditions that humanity has not yet known: on the one hand, excessive comfort and excessive nutrition, on the other hand, the complete absence of "contact" with the ground, with fresh air, with physical labor. On the one hand, police security and care, on the other hand - nervous and hard work... A large number of all sorts of sharp and exciting cultural pleasures and a complete lack of satisfaction of the needs of physical, simple and natural [2].

Therefore, in our opinion, today it is especially important for a modern person to be able to use their own potential, based on positive emotional experiences associated with the creative process. Drawing, for example, a person gives way to their feelings, desires, dreams, rebuilds their relationships in different situations and painlessly encounters some unpleasant, traumatic images. Thus, drawing acts as a way to understand their capabilities and the environment, as a way to model relationships and expressions of various emotions, including negative ones.

Therefore, drawing is widely used to relieve mental stress, stress, in the correction of neuroses, fears and more.

Of particular interest is the use in the work of a psychologist (psychotherapist, teacher, choreographer), the use of art, called music therapy. This direction is based on the use of various methods of influencing the art of music - music or singing, the choice of which is determined by specific tasks. For example, one of the possibilities of using music is as a means to prevent and relieve fatigue, exhaustion, as well as for increased human performance.

As early as the twentieth century (especially in the second half), music therapy as an independent science became widely practiced in various European countries. Psychophysiological aspects of music therapy have been studied in the works of psychologists and physiologists [7; 11; thirteen].

How does the volume of sound affect a person? Sound is an oscillation (vibration) that propagates in space. Man, like any creature on earth, also has its vibrations. That is, our body also has its own music. When a disease occurs in the human body, there is a violation of its rhythmic sound. Ремонт Needs repair...

Sound has two components: tone and rhythm. The harmonious combination of these two components gives birth to a beautiful melody. Every organ in our body also has its own rhythm and tone. The most striking example is the heart. This is, by the way, one of the most sensitive organs to music therapy. Violation of the rhythm and tones of the heart indicates a violation of its work.

They also have their own tones and rhythms of sound - liver, kidneys, brain, lungs and more. What effect does music have on the individual? The vibrations of a composition must coincide with the vibrations of a person or diseased organs. There are melodies that have a beneficial effect on all people without exception.

The secret of these melodies in a harmoniously chosen tone and rhythm, which coincides with the higher spiritual vibrations and thus sets a person in a good mood, relieves depression. In ancient times, healers and shamans could determine which rhythm or tone a person lacked, so treatment with words, music and vocal singing was very effective. At present, most of this knowledge has been lost, and humanity is trying to "construct the bicycle" again. Music can stimulate intellectual activity, support inspiration. Many writers and poets have said that they conceived their works while listening to music or after.

This is how the music of the composer works, who, having survived periods of stress, pain, despair, found in it not only inspiration but also strength and faith ... It is about Beethoven (storms in the first parts of his sonatas end in triumph and calm).

It is the state of vibration to which a person is tuned that is considered the note of his soul. The different qualities of these notes create a variety of tones, which are divided by mystics into three different degrees.

The first stage, which produces strength and wisdom, can be depicted as a calm sea; the second - medium activity, which supports all things in motion and is a balance between strength and weakness, and which can be depicted as a stormy sea; third - high activity, which destroys everything and causes all the weakness and blindness; it can be imagined as a sea in a storm.

There are nine different aspects to feeling. Each of these aspects has a certain way of expression, for example, fun - is expressed in a lively tone; grief - in a pathetic tone; fear - in a fragile voice; mercy - in a gentle voice; surprise - enthusiastic tone; courage - in a persistent tone; frivolity - a light tone; train - in a deep tone; indifference - the voice of silence.

An untrained person is confused by this, he whispers words that should be all feelings, and loudly utters those that should be secret. One subject should be spoken in a high tone, while another requires a lower one. It is necessary to take into account the place, time, number of people present, their type and evolution; speak according to the understanding of others... such as say:... speak to people in their own language ". It is necessary to speak with the child in a childish way, with young people it is necessary to say only words appropriate for them, with elderly people it is necessary to speak according to their understanding.

It is no secret that in student age there are all the necessary prerequisites for the development of reflection, as the ability of a person to go beyond his own "I" and imagine himself in a temporary continuum "past - present - future". And also, the formation of the life strategy of the individual as an internal education, which is based on internal and external conditions of human life (life position, life goals, length of time perspective, its direction, structure). The use of art-therapeutic methods in working with students during the practical course, makes it possible to significantly enhance the understanding of the psychological mechanisms of formation of life strategies.

Realize that attention, openness and trust (especially to yourself) are the foundation of mutual understanding and harmonious interaction with the outside world, that it is very important for any person to be able to be present in the present moment, to observe what is happening, to participate in it, making an interesting and useful experience. It is an experience of being in the present moment, being here and now, acting spontaneously, without effort, and understanding that this is what shapes the future and is the result of the past.

Art technology is an effective environmental method of working with individuals and groups, and can be used in various areas of activity, both in therapy and diagnosis, and in the teaching of psychology, support of professional development of students of psychology, arts and other fields.

One of the types of art technologies is the technique of collage, which consists in attaching (gluing) to any base of various materials that differ from it in color and texture. The material for the collage can be glossy magazines, various images, natural materials, objects made or transformed by its creators.

Collage, like any visual technique, allows you to discover the potential of man, provides a great degree of freedom, is a painless method of working with the individual, based on positive emotional experiences associated with the creative process. In addition, when making a collage, there is no tension associated with the lack of artistic abilities of the participants, this technique allows everyone to get a successful result. Collage allows you to determine the current psychological state of man, to identify the actual content of his self-consciousness, to determine his personal experiences.

Its integration with other art technologies can significantly expand the possibilities of collage technique. Examples include the inclusion in a collage of drawings, personal photographs of participants they are authors of or depicted in, and the use of collage in performance and installation.

Collage as an art technology has a wide range of applications and allows you to solve a wide range of problems.

When analyzing collages in this technique should focus on the initial location of the elements on the sheet, the size of the elements, their location relative to other elements, the basis for choosing a particular element and so on. Depending on what the conclusion about the strategies of social interaction inherent in the participants is made:

- Collaboration - the elements are adapted to each other, complement the general idea of the collage, the general plot is traced.
- Counteraction - one element sticks to another, each emphasizes its idea, there is no common semantic or compositional line.
- Compromise - it is possible to seal the elements, but the general idea and mood remain.

- Flexibility - first small figures are selected and placed on the edges of the collage, the initiative to create a plot is passed on to others.
- Avoidance - the elements are glued away from others, do not carry a specific idea.

Art, understood as a game, gives us the opportunity to invite everyone to work on inventing their own life strategy.

Knowledge of the human body and its movements is important for everyone. This is important for understanding the emotional states that reflect certain movements and bodily manifestations, as well as understanding the spatial relationships, both internal and external.

The body is not only a tool of expression, but also a tool of perception. Information flows are always bidirectional.

Rudolf Laban believed that the body moves in space. According to his definition, movement is a change, and space should be seen as a place where changes occur [10-16].

Today, modern dance is one of the most important translators and, at the same time, generators of relevant cultural values and meanings. Being a specific bodily practice, it becomes for many a way of cultural spiritualization of the body, helping in movements to find a harmonious combination of corporeality and consciousness.

Therefore, work with students involves the study of:

- techniques of relaxation and awareness of the body, aimed at developing a subtle sense of their own internal signals, impulses of movement, the feeling of a partner, space-time as elements that give rise to interaction; LMA and BF;
- basics of empirical anatomy and biomechanics;
- improvisation techniques, the theoretical basis of which are the theories of Fractals, Chaos and Flow within the philosophy of postmodern art, the concept of experimentality, the method of chance operations and composition as a construction of John Cage, game theory, creative expression, theories of personal development and IAC (metaphors);
- elements of multimodal and dance-movement therapy.

For example, normal cohesive (natural) breathing, using physiological mechanisms, allows a person to feel the flow of life in his body. Thanks to this, any person can free himself from the unnecessary burden caused by "fading", revitalize his inner space, activate the inner energies, fill it with new meanings, find integrity. The mechanisms of self-regulation, activated by respiration, trigger the restructuring of all body systems. There is a restoration of balance in all spheres of human life: physical, psycho-emotional, social.

Also, there are some points that, in our opinion, need to be realized in the life of a modern student. These points allow to activate processes of self-improvement and development of creative potential.

- Can we say that purpose and desire are synonymous? Well, when "yes".
- Can I replace the word "need" that is common in my life with "it is possible". If so, it greatly expands my horizons.
- Do I allow myself to breathe, feel and understand my body and the information it sends me.
- Can I afford to be "bad" if necessary, or at least "not very good and obedient" to people who are important to me? Can I afford not to live up to the expectations of others if it contradicts my inner state?
- And the moment of my expectations about the events: am I able to accept any result. Really accept, not condemning, but allowing to be.
- Can I honestly answer the question: what I do, what I choose is my desire or others want it and expect it from me (my loved ones).
- Do I know how to end situations and let them go - without loops, without self-torture, but simply, forgiving myself, if necessary, to act further (certainly within the framework of morality).
- Do I know how to accept and give? Or one of these two is more familiar to me.
- What is creativity or the moment of creativity? Choice? Can I say yes, I did it and it has some value. Or I just create as I breathe, and I don't seem to appreciate what I do. Or, conversely, I focus on the topic of "evaluate" me and praise me.
- Do I have enough time or do I give myself time to act well, without internal fuss.
- The need (habit) to be evaluated, which is usually formed from school, makes it difficult to understand whether I am confident in my abilities. The source of strength, the support, is inside me or outside.
- Can I play by the rules? Be in the structure and accept its features. Can I stay free within the proposed structure.
- What are my boundaries, where I end and others begin. Do not offend others, support them (which correlates with the theme of "give-take").

- Do I feel my center and connection in my body? As long as I do not feel, do not realize, do not understand myself too much, this is not possible in relation to others.
- Only by trusting myself can I trust other people.
- The desire to help and care for others is wonderful. But the very ability to accept yourself and be responsible for yourself - the key to successful building relationships with others and the world.
- In any partnership, it always makes sense to listen to yourself, to hear your partner, yet to state your intentions clearly and clearly and to enjoy what I do.

Conclusion

We offer to use the possibilities of art therapy and art technologies in order to release, self-expression, self-disclosure, search, awareness, creative development and reflection of personality.

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