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USE OF ART THERAPY METHODS IN FAMILY COUNSELING

Art therapy is one of the softest and at the same time profound methods in the arsenal of psychologists. By drawing, sculpting or describing their problem or mood in literary form, customers receive a coded message from themselves, from their own subconscious. Shape, color, size and many other characteristics of creative products can reveal real, deep desires, fears, hopes, true attitude towards someone or something. In addition to giving the customers the opportunity to understand themselves, art therapy can help change something in life in the direction of harmonization, development of deep self-confidence, and increased flexibility of thinking and perception.

Art therapy is a specialized form of psychotherapy based on art, primarily on visual and creative activities. The main goal of art therapy is to harmonize personality development through the development of self-expression and self-knowledge. The most important technique of art therapeutic interaction is the technique of active imagination, aimed at bringing the conscious and unconscious face to face and reconciling them with each other through effective interaction. Art therapy can be used both as the main method and as one of the auxiliary methods.

In foreign psychotherapy, there are four main directions in the application of art therapy:- use for correction of an already existing work of art through analysis and interpretation (passive art therapy);- encouragement of participants to independent creativity, while the creative act is considered as the main corrective factor (active art therapy);- simultaneous use of the first and second principles;- emphasizing the role of the psychotherapist himself, his relationship with the participant in the process of teaching his creativity.

Advantages of art therapy in family counseling:- creates a positive emotional mood during the consultation process;- facilitates the process of communication with family members, promotes the creation of relationships of mutual acceptance, empathy;- strengthens the child's cultural identity;- allows you to address those real problems or fantasies that for some reason are difficult to discuss verbally;- gives an opportunity on a symbolic level to experiment with different feelings, explore and express them in a socially acceptable form;- develops a sense of internal control;- create conditions for experimentation with kinesthetic and visual sensations, stimulate the development of sensor motor skills;- promotes creative self-expression, development of imagination, aesthetic experience;- increases a person's adaptability to everyday life;- reduces fatigue, negative emotional states and their manifestations;- effective in correcting various deviations and violations of personal development, relying on the healthy potential of the individual, internal mechanisms of self-regulation and healing;- allows you to build a relationship with the child based on love and mutual affection and thereby compensate for their possible absence from the parental home.

Modern art therapy has no limitations and contraindications, it is always resourceful and ecological in terms of its application. Today it is successfully used in family counseling. The method of art therapy is based on the conviction that the inner "I" of a person is transformed into visual materialized symbolic images or specific constructs of artistic creativity whenever it is spontaneous, especially without thinking about what should be the final result, paints pictures, draws, sculpts, creates sculpture, etc. There is an opinion that the images of artistic creativity reflect the content of subconscious processes, including internal conflicts, fears, obsessive thoughts, childhood memories, dreams, etc.

Art therapy is a means of free self-expression and self-discovery. Artistic creativity helps to understand and evaluate one's feelings, memories, images of the future, to find time to restore vitality and a way to communicate with oneself. Relying on symbolism and one's own creative potential, a person is able to achieve self-healing