

EFFECTS OF MODERN ART THERAPY (MUSIC THERAPY)

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Abstract: this article is devoted to the effects of modern music therapy. art therapy (art therapy) is a relatively young area of psychotherapy. Nowadays, it is more often accepted to mean, under the concept of creative therapy, such methods as dance therapy, music therapy, bibliotherapy, fairy therapy, theater therapy or dramatherapy (not to be confused with psychodrama), landscape therapy, esthetotherapy and much more. And under the term art therapy (German Gestaltunstherapy) is most often understood as painting therapy (drawing).
Keywords: modern art practice, identity.

ЭФФЕКТЫ СОВРЕМЕННОЙ АРТ-ТЕРАПИИ (МУЗЫКОТЕРАПИЯ)

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Аннотация: данная статья посвящена вопросам эффектам современной музыкотерапии. Арт-терапия (терапия искусством) является относительно молодым направлением психотерапии. В настоящее время чаще принято под понятием творческой терапии иметь в виду такие методы, как танцевальная терапия, музыкотерапия, библиотерапия, сказкотерапия, театротерапия или драматерапия (не путать с психодрамой), ландшафтотерапия, эстетотерапия и многое другое. А под термином арттерапия (нем. геистальтунксттерапия) чаще всего понимается терапия живописью (рисунком).
Ключевые слова: современные арт-практики, идентичность.

Art therapy (art therapy) is a relatively young area of psychotherapy. Nowadays, it is more often accepted to mean, under the concept of creative therapy, such methods as dance therapy, music therapy, bibliotherapy, fairy therapy, theater therapy or dramatherapy (not to be confused with psychodrama), landscape therapy, esthetotherapy and much more. And under the term art therapy (German Gestaltunstherapy) is most often understood as painting therapy (drawing).

As one of the most ancient (if you can say so, archetypal creativity homo sapiens) directions, this is extremely rich in strength of impact, in breadth of possibilities, according to the existing empirical material direction. It is the use of sounds and music to build therapeutic relationships. Music therapy involves the optimization of the body, the study of the inner world, self-disclosure and change of the disadaptive ways of relations to others, the formation of the emotional sphere of the individual with a preventive goal. (Correction of emotional experience)

What does the music therapist do?

- listens to the sounds that the client generates, and especially their quality (emotional content);
- organization (rhythm or lack of rhythm, melody or chance);
- communicative orientation (which can be blocked, can be autistic, aimed at the therapist);
- method of producing sound (voice, musical instrument);
- empathizes (empathy allows you to be with another person and in the imagination to experience his experience)
- responds (through his own music, reflecting all the elements of the client's sounds)
- contextualizes (that is, introduces relationships)

Forms of music therapy:

1. Receptive or passive (perceived by ear). May be:

A) Communicative (joint listening of music, aimed at maintaining mutual contacts of mutual understanding and trust).

B) Reactive (aimed at achieving catharsis).

C) Regulatory (contributing to the reduction of neuropsychic stress).

Composers whose works are recommended for music therapy: K. Gluck, J. Massenet, J. Sibelius, R. Schuman, S. Rachmaninov A. Dvořák, D. Shostakovich, P. Tchaikovsky, L. Beethoven, F. Liszt, F. Schopen [1].

2. Active (assumes expressive self-expression)

The process can have an insight oriented character. Healing music is also an auxiliary tool in places where patients stay. With active music therapy, patients themselves participate in the performance of musical works, using both ordinary musical instruments and unusual ones, for example, their own body (claps, tapping, etc.). There is reproduction, fantasy, improvisation with the help of a human voice and selected musical instruments.

Active music therapy presupposes the direct participation of the client in the music therapy process (he himself sings, plays on available musical instruments, performs the creative tasks of the music therapist). The most popular areas include:

- Vocal therapy;
- musical and pedagogical rehabilitation;
- Music therapy by the Nordoff-Robbins method;
- Analytical music therapy and active music therapy;
- Ontopsychological music therapy by A. Mongetti.

Vocal therapy is based on the healing properties of classical singing and includes exercises on acoustic stimulation of vital organs, as well as exercises that increase the adaptive and intellectual-aesthetic abilities of a person. Vocal therapy combines the use of internal (vocal-training) and external (receptive music therapy) acoustic signals of a complex anharmonic nature.

The musical and pedagogical rehabilitation uses the musical and pedagogical process with a therapeutic and restorative purpose, which can be carried out in the form of musical and didactic games, teaching singing, playing musical instruments, moving to music (rhythm, dancing, playing), listening to music.

References / Список литературы

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