

## ART THERAPY APPROACHES TO MANAGING PERSONAL CRISIS STATES

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Personality development is often accompanied by various crisis situations that can trigger individual crisis states. Additionally, external factors such as military conflicts, technological and natural disasters, as well as political and economic instability, contribute to the emergence of crisis-affected groups within modern society, including the unemployed, combat veterans, and victims of wars and terrorist attacks. When these challenges are compounded by the normative life crises of adulthood, the demand for professional support becomes even more evident, emphasizing the importance of providing qualified assistance to help individuals navigate crisis periods constructively and achieve successful social adaptation.

Since a crisis involves a moment of decision-making among several possible alternatives, the chosen path ultimately shapes the individual's future development. The objective characteristics of a crisis situation influence the psychological mechanisms that drive behavioral strategies for adaptation. This highlights the importance of studying the role and impact of psychological support in fostering conditions that promote the development of constructive adaptation mechanisms while minimizing the destructive effects of a crisis state.

A substantial body of research in psychology has been dedicated to the issue of psychological support for individuals experiencing crisis states. However, the theoretical foundations for applying certain therapeutic approaches, such as art therapy and, in particular, music therapy, in crisis intervention remain underdeveloped. While numerous scholars, including V.Bekhterev, S. Shushardzhan, G. G. Decker-Voigt, and K. Schwabe, Alvin J., Warwick A., Bruscia K. E., have explored the use of art therapy techniques in providing psychological assistance—demonstrating their practical effectiveness—further theoretical refinement is needed. Contemporary scientific studies confirm the positive impact of music on the formation of neural connections and the activation of various cortical areas of the brain. [1; 2; 3]

Music therapy is an interpersonal process in which a qualified music therapist utilizes music and all its influences—physical, emotional, intellectual, social, aesthetic, and spiritual—to enhance or maintain a client's well-being. Through methods such as improvisation, singing, songwriting, listening, discussing musical pieces, or moving to music, the therapist helps achieve various therapeutic goals,

including cognitive stimulation, motor skill improvement, emotional development, and the enhancement of communication skills. Music therapy fosters personal potential or restores bodily functions by promoting greater internal and interpersonal harmony, ultimately leading to an improved quality of life. This therapeutic approach can be used for prevention, rehabilitation, or treatment. [1, p. 22].

To help an individual overcome a crisis, psychotherapy aims to enhance their self-worth and align their perception of their real and ideal self. Art therapy techniques are among the most effective methods for facilitating this process.

Overcoming a crisis state is an active process of adapting to traumatic or unexpected changes in the social environment. This process is aimed at preserving and establishing a balance between the internal state of the individual and his environment.

A state of crisis, on the one hand, can serve as an incentive for the development and enrichment of personal resources, and on the other hand - the consequences of a crisis can be negative, it can lead to problems that require psychotherapy, which leads to deep positive changes.

Music therapy techniques are based on a comprehensive framework of theories, concepts, and methods that integrate both psychological and artistic approaches to understanding the individual.

An exploration of the potential of music therapy methods in correcting destructive coping mechanisms for crisis situations, both in individual and group settings, has led to the following conclusions:

1. Crisis states exhibit various characteristics influenced by social factors and individual psychological traits, potentially resulting in profound psychological disintegration.
2. The course of a crisis state without providing psychological assistance can lead to severe socio-psychological maladjustment of the individual.
3. A crisis deeply affects the psyche, leading to reduced behavioral adaptability, a decline in self-perception, and a simplification of self-regulation.
4. Art Therapy Methods of influencing the individual in connection with their specific features make it possible to maximize the degree of influence and minimize the depth of intervention of assistance to a person in a state of crisis.

## REFERENCES

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3. Thaut M. H., Hoemberg V. (eds.) Handbook of Neurologic Music Therapy. 2nd ed. Oxford: Oxford University Press, 2022. 464 p.