

***ART THERAPY TECHNIQUES IN THE UKRAINIAN LITERATURE  
CLASSES AT THE INSTITUTIONS OF PROFESSIONAL HIGHER  
EDUCATION***

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**Introduction.** During classes on Ukrainian literature teachers use art therapy techniques that have a positive effect on the mental health of education applicants. From English, “art therapy” means treatment with fine arts, and art technologies are techniques, techniques, exercises that art therapy uses [1; 3].

The beginning of the formation of art therapy in Ukraine is associated with the research of I. Dmitrieva, U. Dutchak, L. Kunenko, O. FiL, I. Chernuch. Their scientific achievements are devoted to the consideration of the influence of psychocorrectional influence of art and creative activity on the harmonious, aesthetic development of the personality.

One of the tasks of studying Ukrainian literature in institutions of professional pre-higher education is the aesthetic development of education applicants, raising their general cultural level and expanding cultural and cognitive interests.

**The aim of the study.** The aim of the present study is to address art-therapeutic techniques contributing to the expression of thoughts, feelings, emotions after reading works of art; to explore how they help to form in students an active life position, confidence in their abilities.

**Methods.** The paper uses methods of content analysis of modern publications, analysis of scientific sources, historical and scientific analysis of the art therapy.

**Results.** Classes on Ukrainian literature are developed and conducted in accordance with the educational and work programs, which are organized on the basis of the State Standard of Basic and Complete General Secondary Education (Resolution of the Cabinet of Ministers of Ukraine of 23. 11. 2011 № 1392).

For example, the work program of the educational component “Ukrainian Literature” for the applicants of professional advanced education in the field of knowledge 22 “Health Care”, specialty 223 “Nursing”, educational and professional program “Medical Assistants”, educational degree Professional Junior Bachelor (developer Kiriachok M.V., Candidate of Philological Sciences, lecturer of Ukrainian language and literature) [2].

Ukrainian literature is studied in a variety of genres and themes, with the

involvement of biographies of writers in the most revealing and interesting fragments. Particular emphasis is placed on those artistic works that contribute to the emergence in the consciousness of a young person of qualities that are carriers of positive, life-affirming energy (Ivan Bagryani “Tigrolovy”, Oleksandr Dovzhenko “Ukraine on Fire”, Ivan Drach “Ballad about Sunflower”, etc.).

Impressions from the read works were visualized by the professional college students of Zhytomyr Medical Institute of Zhytomyr Regional Council with the help of pencils, paints, pens.

Art-therapeutic techniques contributed to the expression of thoughts, feelings, emotions after reading works of art. They help to form in students an active life position, confidence in their abilities.

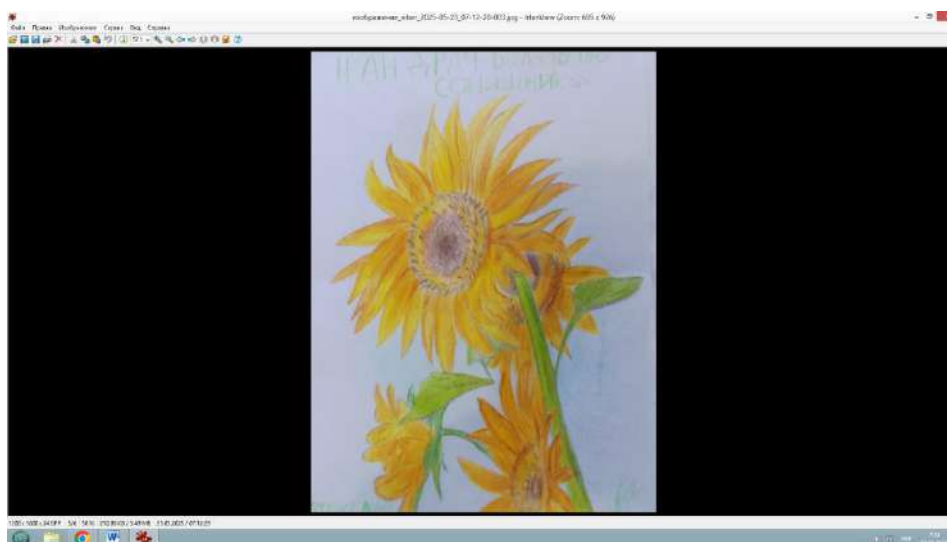


Fig. 1. Visualization of Ivan Drach's work “Ballad of Sunflowers” (author Liana Kotenko)

Our observation shows that students are active by their nature. In the classes on Ukrainian literature, favorable conditions were created, art-therapeutic techniques were used to develop independence, the need for cognitive discoveries of students. The results are presented in the figures as follows.

Ukrainian literature can be perceived by each person in their own way, so the impact of this or that work on young people is unpredictable. Sometimes a negative example from a work of art can work positively, that is, contribute to moral maturing [2].

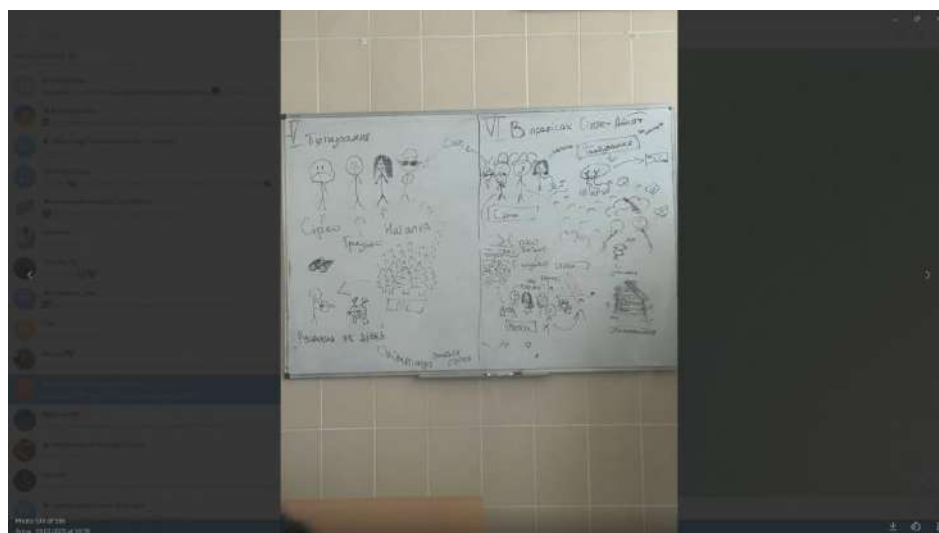


Fig. 2. Visualization of Ivan Bagryany's work "Tiger Catcher"



Fig. 3. Visualization of Lina Kostenko's work "Marusya Churai"



Fig. 4. Visualization of Oleksandr Dovzhenko's work “Ukraine on Fire” using AI (author Darya Gulanova)

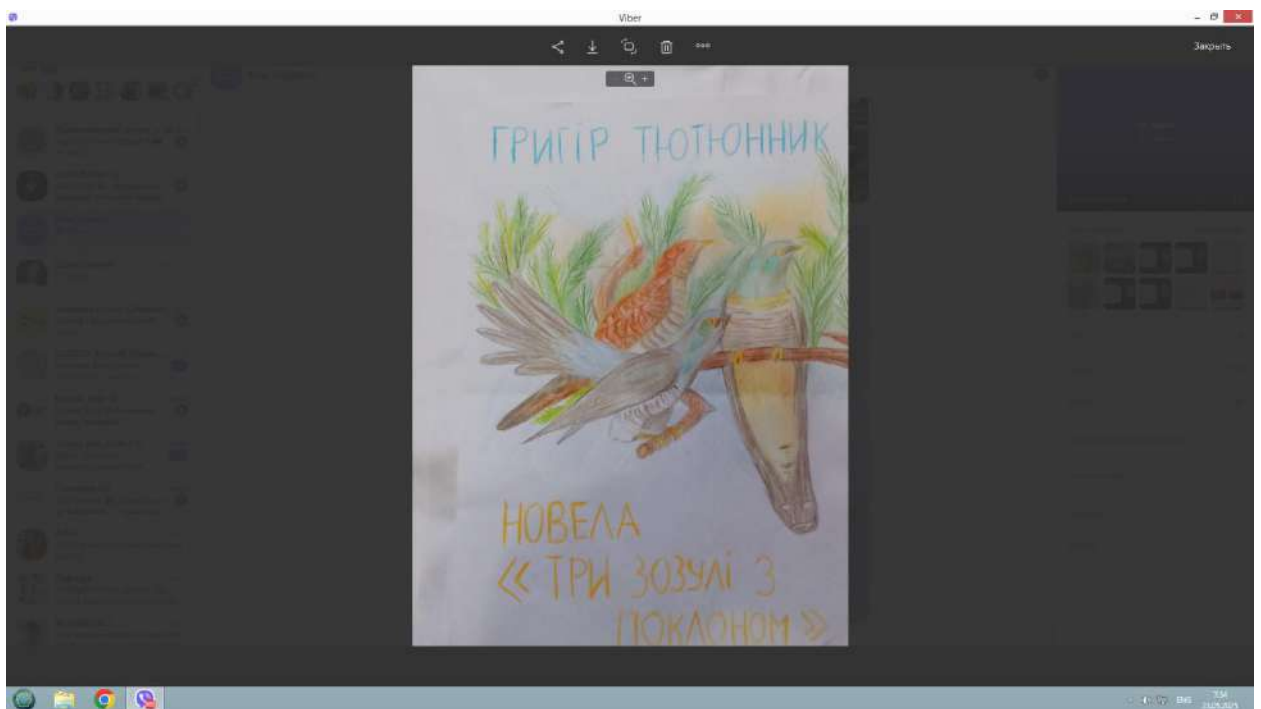


Fig. 5. Visualization of Grigor Tyutyunnyk's novel “Three Cuckoos with a Bow” (author Liana Kotenko)

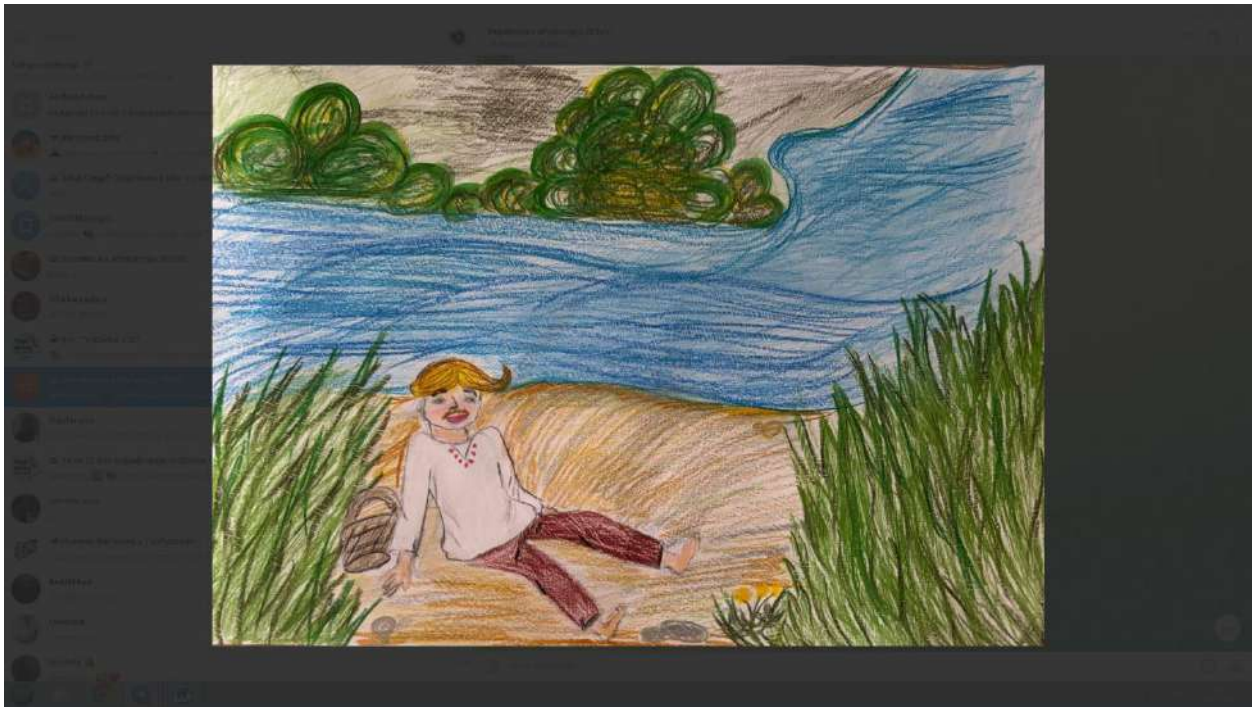


Fig. 6. Visualization to the work of Alexander Dovzhenko “Enchanted Desna”

**Conclusion.** To sum up, the study of Ukrainian literature in institutions of professional higher education with the help of art therapeutic techniques contributes to the development of the students’ personality, forms an insightful reader, teaches to experience aesthetic pleasure from the literary work and to reflect on what has been read.

### References

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