

## **The Effect of Art Therapy on the Children of Hospital 57357 to Achieve Technical and Psychological Support**

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### **Abstract:**

Art therapy helps solve problems through the creative process, develops their behaviors and feelings, reduces stress, and improves self-esteem and awareness. You don't need to be a talent or an artist to reap the results, and there are professionals who can work with you to get to the core messages that are communicated through VNC, which aids in the healing process. Art therapy is known as expressive therapy. This type of art therapy uses art as a means of communication and allows people to express and work to explore their thoughts and feelings. A person who uses art therapy does not need to be an artist or a talent. Art therapy integrates psychotherapy techniques with the creative process to improve mental and psychological health. Techniques used in art therapy can include drawing, painting, sculpting, or combining and sticking. When a person uses this therapy, the therapist analyzes what they have made and how they feel. A person who is involved in art therapy uses paints, chalk and markers to do some of the following types of art therapy, such as drawing their emotions, creating and designing a postcard they'll never send, and other things, this can be really nice for those who find it very difficult to express their feelings. Orally, art therapy is suitable for all ages, children and adults alike. Art therapy contributes to releasing the expressive and emotional feeling of the child, through the development of human interaction between him and the artwork and treatment. It also works to develop the child's awareness of himself, so that he is able to The production of a beautiful work, and also at the beginning of the child's sense of himself is an organized beginning of his sense of the environment around him, and enriches the rigid style that autistic children follow in drawing and makes it more flexible with regard to manufactured works, and through these methods the child learns a lot of ways to communicate with the surrounding environment, if The problems that autistic people experience in social interaction, communication and understanding of spoken language makes the art therapy program for them of special importance, and that the relationship that occurs between (the Child - artwork - treatment) interact in a continuous internal relationship, because it is not speech that expresses the artwork only, but coexistence and fusion in this work means a lot for the treatment. The most important things that the art therapy program cares about are the stages of the child's acceptance of how Making the artwork and receiving the appropriate materials. The art therapy program helps the child to get out of the space of interaction with himself to interact with the treatment and with the artwork, and then the friends around him, and from here the linguistic or social contact occurs. Experts and specialists here point out that plastic art therapy It is completely different from teaching art education, as the main objective of the rehabilitation process in plastic art is to prepare a child with autism to be able to integrate into society and not train him to be a plastic artist. and the objectives set in the general program within the center, and it is also possible that some problems may occur that face the art therapist, such as the child's lack of response to the therapist from the beginning, mind wandering, and lack of Turkish g in artwork. Or the child's unwillingness to continue working for long periods, and it is also possible to overcome these problems before they occur by establishing a good professional relationship with the child or using a psychologist to do some behavior modification methods for the child. **Research problem:** The problem of the current study can be summarized in the following questions: 1 - Does art therapy have a psychological effect on the patients of Hospital 57347? 2- What is the effect of the art therapy program for children in hospital 57357 and the time period? **Research aims:** Recognizing the effectiveness of using art therapy in alleviating the pathological and psychological condition of children at 57357 Cancer Hospital. - Preparing an art therapy program through which the pathological and psychological condition of children at 57357 Cancer Hospital can be alleviated. **Research importance:** The introduction of the program comes in light of the growing interest in the field of art therapy and the application of its programs in various institutions that serve the individual. Therefore, it was necessary for the art therapist to prepare an appropriate academic and scientific preparation. First, the theoretical framework - within the limits of the researcher's knowledge - is a treatment art study that deals with the use of art therapy in alleviating the pathological condition. The study sample of children from 57357 Cancer Hospital, which is an important stage in the life of the individual, who should be social with others, not introverted and isolated. . 4- Attempting to add a type of treatment, which is art therapy, to alleviate the psychological distress of children at 57357 Cancer Hospital. Second, the application framework Using art therapy with confidence and reassurance in alleviating mental health crisis in children through a workshop, if it is clear from the results of the current study that the use of art therapy was effective in reducing psychological loneliness among children in Hospital 57357.

**Terminology art therapy** A type of psychological treatment that achieves communication with the patient, in which the patient reflects his inner feelings in the drawing, and through the discussion and interpretation of drawings, the patient gets insight into himself, and progress is made in treatment. "researcher" Psychological state It is a painful emotional experience experienced by the individual, resulting from the loss or separation from the people he loves, and results from the lack of social relations, lack of interaction, and communication with others, and psychological loneliness that the individual may reject and seek to get rid of, or surrender to and does not try to change, and psychological loneliness of it A positive side helps the individual to realize himself and creativity, and a negative side leads to diseases and mental disorders.

**Application framework:** Presenting and explaining a set of concepts and plastic values, choosing colors and their consistency, seeking the psychological states of the children of the workshop, and following up on their mood and emotional state.

**Results:** From the previous studies, it is clear that: 1 - Art therapy is a means of expression and emotional venting for the children of Hospital 57357. . 2 - Art therapy gives an indication of the internal conflicts within the children of Hospital 57357. 3 Art therapy facilitates the psychological and pathological treatment of children. 4- Art therapy has a positive and effective role in the pathological conditions of sick children in 57357 Hospital. 5- Art therapy is useful for children who are unable to express their feelings through talking to others. 6- Art therapy develops social skills and allows communication between children and others - and is effective in alleviating the psychological state of sick children.

### **Keywords :**

Art Therapy, 57357 Hospital , Technical and Psychological Support

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