

ISKUSTVA PRIMJENE TEHNIKA ART-TERAPIJE U RADU SA KLIJENTIMA U OBRAZOVNIM I ZDRAVSTVENIM INSTITUCIJAMA

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Art-terapija je oblikovana pod uticajem psihoterapije i umjetnosti. U zapadnim zemljama ima kontinuirani progres od trenutka pojave sredinom dvadesetog vijeka, te je u nezaustavljivoj ekspanziji pod uticajem različitih pravaca, dominantno u psihologiji i umjetnosti. Specifična je zbog toga što daje fokus upravo individui naspram umjetničkom djelu i prisutnom terapeutu. Sastavni je dio psihoterapeutske prakse, pri čemu koristi likovnost kao sredstvo izražavanja i komunikacije. Oslobađa kreativnost, podstiče emocije, a može da se primjenjuje individualno ili grupno. Iako je nastala u mentalnim bolnicama, vremenom je njena primjena prihvaćena u institucijama sa populacijom različitog uzrasta: od vrtića do staračkog doma. Art-terapija ima širok spektar primjene sa klijentima koji mogu imati različite zdravstvene tegobe (psihičke poremećaje, invaliditet, hronične bolesti) kao i marginalizovanim grupama, migrantima, osobama koje su preživjele različite elementarne nepogode, bile izložena ratu ili nekim drugim traumatskim iskustvima. Profesija art-terapeuta nije prisutna u nomenklaturi zanimanja kod nas. Prisutna je tendencija usavršavanja na polju art-terapije gdje je izuzetno značajno imati profesionalno iskustvo i terapeutske kompetencije. Cilj ovog rada je da ukaže na značaj primjene tehnika art-terapije u obrazovnim i zdravstvenim institucijama. Tokom nekoliko godina, prikupljani su likovni izrazi klijenata koji su uključeni u vaspitno obrazovni proces, a imaju intelektualnu ometenost, autizam, probleme sa govorom, motorikom i Down sindrom. Ti radovi su ukazali na njihove sposobnosti i emocije. Predstavićemo likovni projekat Art brut studio koji se realizuje pri Dnevnoj bolnici Klinike za psihijatriju VMA Beograd u saradnji sa udruženjem Art Brut Serbia. U konačnici, pozitivni efekti art-terapijskih tehnika koje predstavljamo u ovom radu upućuju na potrebu za temeljnim istraživanjima u svrhu razvoja ove discipline u zdravstvenim i obrazovnim institucijama.

Ključne riječi: art-terapija, kreativnost, klijenti, primjena, terapeut

EXPERIENCES OF APPLYING ART THERAPY TECHNIQUES IN WORKING WITH CLIENTS IN EDUCATIONAL AND HEALTH INSTITUTIONS

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Art therapy is shaped by psychotherapy and art. In Western countries, there has been continuous progress since its appearance in the middle of the twentieth century, and it is in unstoppable expansion under the influence of various movements, predominantly in psychology and art. It is specific because it gives focus to the individual versus the work of art and the therapist present. It is an integral part of psychotherapeutic practice, using art as a means of expression and communication. It releases creativity, stimulates emotions, and can be applied individually or in groups. Although it originated in mental hospitals, over time its application has been accepted in institutions with a population of different ages: from kindergarten to nursing home. Art therapy has a wide range of applications with clients who may have various health problems (mental disorders, disabilities, chronic diseases) as well as marginalized groups, migrants, people who have survived various natural disasters, been exposed to war or other traumatic experiences. The profession of art therapist is not present in the nomenclature of occupations in our country. There is a tendency to improve in the field of art therapy where it is extremely important to have professional experience and therapeutic competencies. The aim of this paper is to point out the importance of applying art therapy techniques in educational and health institutions. Throughout the last few years, artistic expressions of clients involved in educational process, that have intellectual disabilities, autism, speech disorders, motor skills disorder, Down syndrome; have been gathered. These artistic expressions have pointed out their capabilities and emotions. We will present the art project Art Brut Studio, which is being realized at the Day Hospital of the Clinic for Psychiatry of the Military Medical Academy Belgrade in cooperation with the association Art Brut Serbia. Finally, positive effects of techniques used in art-therapy which we present in this article refer to the need for thorough research for the purpose of developing this discipline in health and educational institutions.

Key words: art therapy, creativity, clients, application, therapy