

ART THERAPY IN THE TREATMENT OF PATIENTS WITH DEPRESSIVE DISORDER

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Introduction: Relevance of the topic is due to the difficulty of understanding the true causes of the own experiences of patients with depressive disorder, as well as providing the opportunity to work deeply with these factors as for the patient and therapist.

Aims: The role of art therapy (AT) in the treatment of patients with depressive disorder.

Objectives: 40 patients - men and women aged 18 - 30 years.

Tasks: note the extent to which an objective interpretation of the content of the picture with his patient's subjective experience: comparison of results of treatment between patients who had sessions of AT and patients who didn't have it; determine the regressing symptoms after sessions of AT.

Methods: Clinico-diagnostical method; picturesque method, Hamilton Depression scale; Hamilton anxiety scale.

Results: 90% of patients have drawn interpretation of the content of their subjective experiences, 70% of patients reduced the level of anxiety, 75% of patients experienced improvement in mood between sessions, 77% of patients self-esteem has increased, 80% of patients had sustained remission, and 68% - a positive outlook for the future has appeared. Thus, this study indicates that AT is a powerful aide in treatment of depression, helps patients cope with depression, returning to their lives a sense of internal control and order, and facilitating the psychodiagnostic work of physician, allowing him to carry out the appropriate psycho-correction, which improves the quality of treatment and rehabilitation of patients with depressive disorder.