

Research on the Integration Strategy of Art Therapy Theory and College Students' Mental Health Education

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Abstract: In recent years, art therapy is the use of art media materials as a therapeutic tool, a new way of psychological health education for students, can achieve the students to release emotions, improve self-knowledge, strengthen the purpose of cognitive ability. Between college students' mental health education and art therapy theory fusion, can also enrich college students in the content of mental health education development, constantly improve the pattern of development of students' psychological health education, give full play to the treatment theory of fine arts for the important role of students' psychological guidance, ideas, and improve college students under the background of art therapy theory of good health.

1. Introduction

The integration of college students' mental health education and art therapy theory is not only conducive to promoting the reasonable development of college students' mental health education, but also can give full play to the radiative advantages of art therapy theory and realize correct psychological guidance and help for students. At present, students' mental health education needs to strengthen the integration of art therapy theory and enhance the development level of education.

2. The Value of the Integration of Art Therapy Theory and College Students' Mental Health Education

The group with high incidence of psychological problems in China is mainly college students. At present, the attention of various sessions of the world to the mental health education of contemporary college students is gradually increasing. The main reasons for mental health stress and problems of college students are learning tasks, school environment, interpersonal communication, emotional disorders and so on. There are also some students because of the incorrect view of love, other personal reasons also make their own psychological problems. Strengthening college students' mental health education is also an important research topic for college psychological teachers at present. Under the theoretical background of art therapy, art activities not only have the advantages of interest and popularity, but also can mobilize the enthusiasm of students to participate in psychological therapy and learning, which is also an innovative way of psychological counseling at present. The integration of art therapy theory and college students' mental health education has far-reaching significance for improving the

development level of college students' mental health education. First, ternary interaction is conducive to promoting the rational development of college students' mental health education. In the application of art therapy theory, it can be constructed into a ternary interactive relationship of psychological counseling teachers, art therapy theory and students' practical problems, and adhere to the principle of confidentiality as the first, and guide students to talk in their hearts, so as to help students release negative emotions through art therapy theory and enhance students' sense of self-identity. In the traditional teaching method of talk, many students are unwilling to seek help in psychological counseling center because of their prejudice against mental illness, which also brings adverse effects on the improvement of college students' mental health level. Under the background of art therapy theory, college students can feel the significance of psychological guidance and treatment without consultation and frank communication. This way can also change the traditional way of education which relies on language expression and consultation, and improve the effect of good mental health education. Second, the theory of art therapy contains the feature of projection. In the application of art therapy theory, there are many differences between art therapy method and traditional mental health education method. Through the measurement method of art therapy theory, we can understand the main consciousness and real psychological status of individuals in psychological aspects. For example, teachers can according to the theory of art therapy on a blank sheet of paper, for the students to draw people, houses, trees and other related things, through the test of students' psychological health, understand the student for the work presented in the graph line, proportion, the scheme of the main understanding ability and situation, constantly will reflect the personality characteristics and interpersonal information, Enhance the pertinence of students' mental health education greatly. After entering the university, many students just need to be mental health census, this way the census art therapy theory, can reduce the students' fear psychology, understanding students' psychological condition of the real, more students will reflect the future way of psychological health education, improve the development of the college students' mental health education.

3. The Integration Strategy of Art Therapy Theory and College Students' Mental Health Education

3.1 Strengthen the Work of the Diagnosis Link

At their initial meeting with a mental health educator, college students need to be fully informed of the student's background and be effectively diagnosed. Teachers can provide students with corresponding art materials, and require students to choose the theme of art creation, but also in the process of creation, clear the theme and abide by the corresponding rules of creation, so as to timely reflect the mental health of students. At the same time, teachers can also use the way of non-structural diagnosis to guide students to create art in a completely free space, or use forms such as communication with other students to effectively focus on art creation. Through this kind of art activity warm-up way, can also let the students' psychological gradually relax, slowly began to be willing to talk about themselves with the mental health teachers, so as to promote the reasonable development of counseling work. Consultant teachers can also guide students to carry out effective art creation by combining the projection tests of houses, trees and people in structural diagnosis. If a student draws a dead tree that has no fruit or leaves, then the mental health education consultant can combine the characteristics of the tree in the student's painting to get a preliminary understanding that the student may have been in a low state recently. The main reason for this low mood is the interference of some future events. Through this test result, it is also convenient to consult teachers for targeted problem treatment and psychological treatment.

3.2 The Way to Optimize the Treatment Link

In the process of students' creation, teachers can also effectively understand students' psychological problems through observing and analyzing. In the treatment link, teachers and students can jointly create art, effectively witness the choice, emotional changes and inner feelings of students in the process of art creation. After the creation of art works is completed, we can use the way of communication between works to help students review the whole creation process and clarify the actual situation of its growth. In the process of repeatedly watching the works, students can also timely understand their own psychological conditions and problems. Teachers of mental health education should also reasonably listen to and understand the content of the painting, so as to help students clarify the actual ideas they want to express in the painting and strengthen the close connection between real life and students' psychological conditions. Teachers of mental health education can also express empathy for students' experience, motivate students to participate in the treatment process, and clarify students' attitude, so as to promote the effective application of art therapy theory in college students' mental health education. In the process of optimizing the treatment link, it is necessary to strengthen the interaction and communication between teachers and students of mental health education. By encouraging students to express their works and information content, students can better face their own psychological problems and deficiencies. Then the teacher through the students' creation and painting of the actual situation, help students to solve related problems, improve the level of students in the process of learning, so that students form a correct mental health awareness and concepts.

3.3 Do a Good Job of the Treatment of the End Link

After a period of systematic art therapy, students have a comprehensive understanding of their mental health problems. Under the background of art education theory, the development of college students' mental health education should do a good job in the treatment of the end of the link, help students better self-image expression and psychological adjustment, and increase students' strong trust and dependence on consulting teachers. Doing a good job in the treatment of the end link can also prevent the problem of the sense of loss brought to students by the hasty end of treatment, and avoid students falling into a state of helplessness again. Through the common communication between students and the analysis of works and other forms, the mental health education and implementation of students are explored. Consultant teachers should also use effective skills to guide students to establish confidence to face the new life alone, and actively review the process of the whole treatment stage. Students can also be encouraged to watch the paintings during the treatment, so as to help students grow better. To encourage students to establish the confidence to solve their own psychological problems, strengthen the treatment effect. Link at the end of treatment, the teacher will guide students in daily life and learning through self-regulation and self psychological education and comfort, give play to the important role of art therapy theory and the theory of education, lets the student art therapy theory in daily life, enhance the level of good physical and mental health, solve students' mental health problems.

4. Conclusion

Under the theoretical background of art therapy, college students' mental health education needs to give full play to the advantages and functions of the theoretical background of art therapy, and do a good job in the related work of treatment. In college students' mental health education, teachers can choose different appropriate art activities for students according to their individual symptoms. We should also optimize the way of treatment, finish the treatment, and improve the development

level of education.

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