

# ***Research on the Strategy of Integrating Art Therapy into Art Classroom***

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**Keywords:** Art therapy, Art class, Psychological

**Abstract:** In the era of Internet big data, students have a wide range of information receiving channels, their own growth and development in addition to school and family factors, the social impact on students' physical and mental health is also very profound. Under the background of compulsory education curriculum reform, students' mental health education is paid much attention to, and it is required that students' mental health development should be promoted in the teaching process of all subjects. Art therapy, as a non-verbal communication therapy, has strong feasibility in the application of art classroom teaching. Therefore, it is necessary for a large number of art educators to deeply interpret the concept of art therapy and the significance of integrating into the art classroom, and explore feasible integration strategies on this basis.

## **1. Introduction**

Under the background of the rapid development of today's society, the environment and study pressure that students are facing are gradually increasing, and the physical and mental problems are very common. The prevention and solution of students' mental health problems is the key issue of education in China. Through the implementation of art therapy activities, the realization of communication and exchange relying on art works is not only helpful to solve the current students' mental health problems, but also has positive significance to the sound development of their personality. It can be seen that it is necessary to integrate art therapy into art classroom.

## **2. Concept of art therapy and the significance of integrating into art classroom**

### **(1) The concept of art therapy**

Art therapy is a kind of psychological therapy, which is based on psychoanalysis, neurology, sociology and art and other disciplines, and realizes the communication between people through visual symbols. In the process of treatment, under the guidance of professional art therapists, visitors create art works such as painting and collage, and then interact around the art works created, so as to achieve the goal of physical and mental coordination and treatment. Art therapy is significantly different from traditional psychotherapy. The talking method is to realize psychotherapy through communication. Art therapy mainly relies on artistic creation such as painting and sculpture, combined with the art works presented, to interact with the visitors and

complete the whole treatment process. In fact, art is different from the fine arts teaching the same treatment, although both about art media, art creation, art therapy include education, art education and contains treatment factors, but the fine arts education is the chief judge about learning and art is centered on the mental health treatment, the main treatment for judging basis, through the psychological treatment to complete the entire activity. In the process of art therapy, the client and the therapist do not know each other, while in art education, the relationship between teachers and students is based. However, in recent years, art therapy has been gradually integrated into art classroom teaching and played a good role, which is worthy of further research.

#### (2) The significance of integrating art therapy into art classroom

First of all, the integration of art therapy into art classroom teaching can help solve students' emotional problems. The integration of art therapy can help students build a bridge between their inner world and the external world to realize communication and communication, which plays a positive role in solving emotional problems. Art of classroom teaching in the process of implementation, the art teachers can guide students in the process of work, their own inner feelings, combining students' art works that reflect, with the help of art therapy analysis works express the profound meaning, and its joint student actual, help students better self-awareness, learn to deal with the interpersonal relationship, Really help students solve the emotional problems that exist at the moment. Second, the integration of art therapy help students psychological anxiety, the current middle school students are in the adolescence, face problems such as learning and interpersonal interaction, inevitably produce certain psychological anxiety, these will seriously affect the physical and mental health of junior high school students development, severe cases may even form depression or irritability disease. Art therapy is a form of nonverbal communication, undertake to the student's mental health problem, therefore, the junior middle school teachers of fine arts in the process of using art therapy, can be implemented in the form of nonverbal depth communication between teachers and students, with the help of art creation to help students to relief the inner negative sentiment, make its psychological anxiety, good comfort. Evaluate the student work in teachers, and students themselves in the writing process of experience and comprehension, can stimulate the student innermost emotions induction to the formation of psychological resonance between teachers and students, enhance student to teacher's trust, for primary school students to form positive and healthy psychological state, has positive significance. Finally, the integration of art therapy plays a positive role in helping students establish self-confidence. In the process of guiding students to create and interpret art works, teachers guide students to feel the beauty in life, gradually form the correct aesthetic orientation and values, and then hold a positive and optimistic attitude towards life, and obtain a sense of achievement through art creation. In addition, in the process of art works exchange, students can not only share their creative experience with teachers, but also have interpersonal communication with students to share art creation skills and experience with each other, gradually open their inner world, and rebuild their confidence in learning and life under the encouragement and recognition of others.

### **3. The Strategy of Integrating Art Therapy into Art Classroom**

#### (1) integration of stable psychological characteristics

Students in middle school are still in the cognitive exploration stage and are full of interest in new things. Therefore, art teachers in junior high school should actively make use of students' curiosity about new things to constantly improve students' cognitive level, which is an important strategy and means in art teaching. In the process of the implementation of art teaching, teachers can first put aside the guiding language, but to guide students into the art works, to realize the ideological communication and emotional communication with the works, with the help of

perception, thinking, association, imagination and other psychological activities, to integrate their own psychology and art works, better interpretation of art works. For example, taking character painting as an example, many junior high school students cannot fully understand their own personalities. For this, the most important thing for art teachers is to guide students so that they can gradually understand that personality is the stable psychological characteristics of individuals and the expression methods of personality. In addition, students can be guided to carry out group communication and discussion and conduct personality evaluation among themselves, so that students can better integrate their own psychological characteristics in the process of creating art works.

(2) into the immediate emotional thoughts

The creation of a work of art requires the attention of the artist, but instant inspiration is equally important. Therefore, in the process of art teaching implementation, teachers should pay attention to stimulate students' creative inspiration, so that they will have instant emotional thoughts and integrate them into the art creation. As for how to stimulate students' creative inspiration, teachers can choose objects to make students better develop association and imagination, and promote students to form creative inspiration in this process. Although the association and imagination of many students are ethereal and seem to be inconsistent with the reality, they are the most true reflection of the deep heart of students. In the process of integrating art therapy into art teaching, it is necessary to better understand and grasp students' emotions through the creation of art works, and take effective counseling methods to promote the improvement of students' mental health.

(3) integrate into the inner deep psychology

In the process of art teaching implementation, teachers should not only pay attention to let students in the art creation, the psychological surface content to be integrated, but also pay attention to let students deep psychological, in the art creation to be integrated and reflected, in order to better play the role of art therapy. In the process of art teaching, figure painting creation is a very common teaching content. For example, one of the characters created by a student was full of colorful graffiti. After the teacher asked the student, she found that the character created by the student was her father. Her father is a very strict father, who is very strict with her in daily life, leading to her fear although she loves her father. The creation of this art work expresses the deep feelings of the students and reflects the inner complexity. The process of art creation itself is complex and diverse. In the process of integrating art therapy into art teaching, we should pay attention to understanding the content of students' works, and then conduct better psychological analysis to improve the effectiveness of art therapy.

#### 4. Conclusion

To sum up, in the process of integrating art therapy into art classroom teaching, it can help students relieve their inner anxiety and confusion, make them have a way to relieve their bad emotions, and then achieve the purpose of behavior control and problem solving, and promote the coordinated development of students' body and mind. Nowadays, many teachers and parents for students' psychological confusion and problems of the lack of good communication channels, and through the art therapy can discover the students inner anxiety and distress, and then adopt corresponding treatment method, gradually to help them out of anxiety, avoid the irreversible behavior, cause harm to their healthy growth and development. Specifically, the positive role of art therapy can be effectively played and the effect of art classroom teaching can be improved by integrating stable psychological characteristics, timely emotional thoughts and inner deep psychology.

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