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THE ROLE OF CHOREOGRAPHIC ART IN THE PROCESS OF PSYCHO-EMOTIONAL RECOVERY

Summary: The research materials analyzed the significance of choreographic art for restoring the psycho-emotional state of a person caused by external factors: the increase in the pace of life, the negative impact of environmental, social, professional factors, quarantine, military actions, forced resettlement, environmental or man-made disasters, etc. Methods of leveling post-traumatic manifestations through the use of various genres and forms of choreographic art are specified.

Key words: *choreographic art, psycho-emotional recovery, dance therapy, dance, cultural trauma.*

Psycho-emotional recovery is a post-stress process of returning a person's physical, emotional and spiritual state to the moment of an external stimulus. In modern conditions, external irritants can be: processes of rapid growth in the pace of life, the negative impact of environmental, social, professional factors, quarantine, military actions, forced resettlement, environmental or man-made disasters, etc. The long-term influence of these external factors inevitably leads to the appearance of depression, "a state of chronic fatigue" and various neuroses. Of course, the restoration of the psycho-emotional state becomes possible, in most cases, only after partial or complete elimination of the negative influence of external factors, but even a partial change of a person's environment to a more favourable one can become the foundation for the prevention and treatment of psychological complications.

Lately, dance therapy has become one of the important tools for restoring a person's psychological state. Dance therapy is a method of therapy in the context of which the human body becomes the main tool of self-discovery and self-recovery, and movements help to survive stressful situations and express emotions. The American Dance Therapy Association defines this type of therapy as using movement as a psychotherapeutic tool to regulate emotional, social, cognitive and physical states. As part of the conducted research, scientists found that dancing increases the level of endorphins in the bloodstream, as a result of which the participant of the therapy feels a good mood and an elevated emotional state. Besides, the increase in the hormone cortisol in the human body is blocked during dancing, as a result of

which stress resistance increases. In addition to it, concentration of attention increases significantly, fatigue is delayed.

During the implementation of dance therapy, it is important to remember that it is not the quality of the movement that becomes important, but its interaction with the mental state of a person. In the context of using dance therapy methods, attention should be focused on finding a balance between movement and physical state, private "I" and public "I", as well as on the creation of so-called non-verbal dictionary for identifying thoughts.

Psycho-emotional recovery consists in providing a person who needs such recovery in the form of natural, involuntary, unforced and unpredictable movements to realize his feelings. Dance allows you to look into the middle of your experiences and learn the essence of your stress, to face emotions that were pushed by consciousness into the subconscious. Getting to know oneself, a person goes deeper into the process of knowing his essence, layer by layer removing the external layering, which does not allow to reveal the deep causes of stress appearance and disturbances in the psycho-emotional state. The very essence of dance therapy is based on unconscious stimulation of energy channels in the context of dance movement.

Currently in the world of dance therapy, there is a significant number of methods and systems that allow influencing qualitative changes in the psycho-emotional and psycho-physical state of a person. All of them are based on the principles of human awareness in space and time (awareness of individual parts of the body, breathing, position in space, conflict between verbal and non-verbal expressions, etc.), gradual increase in the amplitude of movement, as well as the use of authentic (spontaneous, deep) movement, that it is generated by human consciousness.

Dance therapy can be individual, couple and mass. Practitioners testify that the most successful form of therapy is precisely mass (group) therapy, because it allows you to implement much more therapeutic functions related to the restoration of communication. The principles of eurythmy, myofascial release, yoga and contact improvisation are often used as dance therapy.

One of the varieties of dance therapy is yoga, based on movements that improve physical and emotional states, becomes an important psychotherapeutic supplement in the treatment of psycho-emotional states, a means of alleviating intrapersonal experiences.

Eurythmy is a method of dance therapy, which consists of restoring the skills of harmonizing a person's internal rhythms and external rhythms dictated by music, words and the very search for the "ideal rhythm" contributes to revealing the spiritual potential and restoring internal balance.

Myofascial release is a modern method of influencing a spasmodic muscle, aimed at improving physical activity and eliminating tension in various structures of the body. As a type of dance therapy, this method consists in restoring the general psycho-emotional state of a person through physical influence on improving the state of the fascia.

Contact improvisation is an independent dance style, the results of methodical acquisitions of which are used to restore a person's psycho-emotional state. Contact improvisation - the interaction of two people is aimed at establishing a harmonious non-verbal dialogue, based on one's own kinesthetic sensations and the desire to understand the kinesthetic sensations of a partner. In the process of interaction, a person focuses on transferring weight, inertia, searching for and changing support, balance, and not only his own, but still an unfamiliar partner, thus restoring his spiritual well-being.

As a result of the protracted war in Ukraine, many people faced significant psycho-emotional problems and today need the help of specialist practitioners in restoring quality characteristics of well-being. Forced change of place of residence, loss of property, inability to continue the usual pre-war lifestyle, constant feeling of fear for one's life, the lives of relatives and close people - all this, accumulating, creates a significant psycho-emotional imbalance, which becomes difficult to cope with on one's own. It is for such social groups that there is a need for active introduction of dance therapy.

Another social group in need of psycho-emotional recovery are military personnel who has been demobilized due to injuries of various degrees of complexity or are in the process of rotation and also need therapeutic help in restoring their emotional state.

The need to involve in this process of restoration of the psycho-emotional state of the victims and the military posed new tasks to the Faculty of Choreographic Art of Kharkiv State Academy of Culture. The creative teams of the academy take an active part in charity concerts in military units and hospitals, city events for forced migrants. The faculty started a series of dance master classes for different social groups of the population and different age groups, in the context of which the tasks of emotional recovery, acquaintance with traditional dance culture, formation of national identity, restoration of communication skills were solved. In the context of cooperation with the military, a plan was developed to introduce dance therapy into the process of psycho-emotional recovery during rehabilitation.

Thus, dance therapy is an important tool of psychocorrection and a means of restoring emotional balance in representatives of various psychologically vulnerable population groups as well as an active way of developing self-awareness, modeling forms of emotional self-defense, forming favourable patterns of behavior.

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