

**Inna Karpenkova, certificated psychologist (Moscow, Russia)**  
**Igor Shpitsberg, certificated psychologist (Moscow, Russia)**

## **Art Therapy and its Influence on the Man In Medical Riding.**

### **Abstract**

The horse renders the most powerful effect on the internal world of the man. It is his most ancient satellite in many spheres of life.

Finding oneself in the communication field with the horse, the man, simultaneously, falls into a natural system. The horse is a mediator between the man and the natural system and a harmonizing factor.

The man's distinctive feature is the capacity and simultaneously need to mirror an internal world. Art and creativity are the consequent of his active mental processing of interaction with environment. These processes should carry constructive, developing character on the whole.

People with deviations in development have difficulties in adequate world perception. As a consequent, the character of interaction with environment becomes destructive on the whole for a certain personality and frequently for his social environment.

Placing the man in "the horse environment", we receive a possibility to initiate originative creative processes in the personality of the man. These processes should have an "output", i.e. be realized in such activity as direct mirroring of emotional and physical experience in works of art, and also in using a creative approach in the process of socialization.

Art, creative self-expression also have a direct influence on forming constructive, positive character of the world picture. It is promoted by different forms of applied art - clay work, drawing, constructing from natural materials, bodily improvising. Experiencing the horse image and other images connected with it, the man finds his wholeness, originality and individuality.

Distinctive feature of the man is the ability and necessity in the same time to display (to show) the own internal world. This feature allows actively to adopt an information that was picked up from the outside. In result in mentality of an individual the various adaptive mechanisms are developed. They allow the man better to adapt to life, to be more successful in the constantly varying (dynamic) world

During the communication process the man aspires to realize itself as the person and to understand the role in life. The individual tries to "leave trace". This "trace" could remains not only as economic activity, but also as psychic's activity product. One of the blossom forms of its display we could consider an art and creativity.

Art and creativity are a consequence of the processes for the information interaction with the environmental world. Note that the individual will develop harmoniously, if these processes, as a whole, carry constructive character.

The people with mental deviations have difficulties in adequate perception of the world. At such type of individual the representation about a complete picture of the world is broken. The man could perceive the world as an isolated chaotic set of elements. In result the man can not find the place in a current life, to be the high-grade member of a society. As the consequence, character of interaction with environment becomes as a whole destructive type for the given individual and frequently for social environment. To impact such case it is possible differently. To us the creation of conditions for individual evaluation, his formation the help of natural elements sees natural.

The man also is a part of a nature and specially organized communication with elements of natural system, obviously, should have positive result. A horse has the special characteristics that allow considering her as the factor forming the given system. A horse renders most powerful impact on the internal world of a person. A horse is most ancient companion in many spheres of life.

During the communication with a horse the man in the same time gets in natural system. The horse is possible to consider and as the intermediary between the individual and natural system agreeing factor. Also fact that the modern individual begins actively to communicate

with a horse, we could consider it as the strongest impact to his psychics (mentality). It is some kind of stress. As show modern researches, the stress could render stimulating influence. But only in the case if individual can manage it. The stress can "push" him (her) to transition to a new step of development.

Placing the man into "horse field", we get a possibility to initiate creative process in the person. These processes should have "exit", namely, to be realizing in activity, such as direct display of emotional and physical experiences in works of art and also in use of creative approach in life. Only in this case we could talk about constructive character of individual evaluation.

At the Children' Rehabilitation Center "The **Sunny World**" (Moscow, Russia) we use different techniques allowing to perform the rehabilitation procedure as joyful and interesting both for the patients, and for their parents and members of their families.

We propose for a patient to express the emotions through sculpture, drawing, modeling from natural materials. Experiencing an image of the horse, and other images connected to it, the man finds the integrity, originality and individuality. He becomes to be unique. We also use the other forms of art - corporal improvisations, theatre' performances, literature creativity. The horse of the patient's products appears in all forms of mental reflection. The following purposes are achieved:

- **Emotion expression and feelings connected to experiences from communication with a horse (dialogue to the horse);**
- **Active search of the new forms to communicate with the world/environment;**
- **Confirmation of owns individual position and importance.**

Art therapy as we consider, is a smoothest technique of work, contact to the difficult patients. The patient can not speak, but does do sculpture, to move and does body motion. Also art therapy employment can remove the psychics pressure which has collected during active "horse communication" and the other people participated at the hippotherapy activity. For example, the patient Valentine after successful competition on an Olympic type program was too excited. We have offered him to draw the horse. He joyfully has engaged in drawing of the favorite horse. Figure, in his opinion, has turned out good Valentine has calmed, has relaxed and only after has left home.

Many mental and some physical diseases make the patient passive. The circle of his/her interests becomes narrow. The need for active interaction with the world is reduced. In result the ability to adaptation is reduced also. The man leaves in himself. He/she considers, that can not find an exit from the usual situation. Art therapy allows breaking off on this vicious circle. The man is engaged in creativity, he/she invents new and new ways of expression of the emotions. Both unconsciously new and new ways of dialogue with the world. I.e. the lost abilities are restored. A basis of this process - positive, joyful and bright experience of dialogue with the horse. The man is a success in this dialogue, the creation of unique hand-made articles, figures is a success in expression and display of the emotions. And this success in his/her mentality is unconsciously transferred and on usual life. The man notices, that from a waste material (fine branches, sheets, pieces of a paper, sand, the clay, stone) is possible to create beautiful products. Also it is possible to decide and complex psychological problem - to look at his/her in another way, not as looked earlier. The mentality of the man gets flexibility. This property allows being more adaptive. It also is the purpose of rehabilitation. Art therapy in medical riding allows making this process joyful, interesting, successful, and individual for each patient.

Everything, about what was spoken above, concerns not only to the patients, but also to their parents. The parents require sometimes even the greater psychological help, than

their children. Not all parents have an opportunity and desire to go by the horse, as their child. If the parent is not keen, as his/her child, dialogue with the horse, rehabilitation has no good effect. The communication of the child with the parent is very great. On the positive attitude of the parent to employment medical riding by driving depends on successfulness of the child on these employment. The fears also pass faster. The parent psychologically actively is included in employment of the child. In this connection he/she also tests various emotions. For the parents we have developed special occupations by art therapy. The parents have an opportunity to express the pleasure from dialogue with the horse, that their child tests a lot of pleasures. The occupation will be carried out with the psychologist. He/she offers the parents the certain task, discusses results of work, and keeps up a condition of emotions. It is important, that the parents on occupations possessed experience successfulness. Also they can get favorite creative work, learn a new kind of applied art. The new enthusiasm allows giving more attention to it. It makes the attitudes of the parents and child by more harmonious.

We use the individual and group forms of work. The especially bright effect is given by(with) work in group. We offer creation of individual works in group, and also creation of common work. Each participant puts in this work something. Works the devoted horses, cause most of all pleasures and satisfactions. Many works - horses, made from a paper, composition from a natural material and another the patients carry away with themselves home, show to the relatives and familiar, aspire to train to their volume, that have learned. The literary products are published in the newspaper, which is issued at the Center.

#### **How we fix results of our work?**

1. We see perfection of skill of the patients, finding of reliance in the sincere forces, talent.
2. We mark aspiration of the patients to show, to tell about the works by another.
3. The patients have a desire to carry away, to learn others to a volume, which they have learned.

Thus, the art therapy for the medical riding using allows developing to the patient and members of his/her family more harmoniously. These efforts also open new opportunities for successful search of the place in life.