

Occupational Therapy and Creative Arts Therapy

Prof. Dr. ASQAROVA

Turkey, Üsküdar University,
Faculty of Health Sciences,
Ergotherapy Department Direktor

Accepted 21 October, 2015.

ABSTRACT

For many years, implemented all over the world and gaining larger popularity in Turkey, is a relatively new department, the Occupational Therapy and Creative Arts Therapy Department under the Faculty of Health Sciences of the University of Uskudar. Occupational therapy - covering almost all branches of art, art is a therapy which treats creativity. Art - is beauty. The brain is indispensable foods. Maybe in this regard, it will not be wrong if we say occupational therapy is an elite therapy. Occupational therapy, consisting of occupational therapy and work therapy. The aim of this therapy is the treatment of psychopathological symptoms, behavior causing the loss of power, increasing the ability to overcome daily activities, protection of significant importance for free time and the ability to stabilized or ability to recovered professional life.

Keywords: Occupational Therapy, Fine Arts, Creative Arts and Education.

Introduction

Occupational therapy consists of two parts: occupational therapy. Occupational therapy through creative and artistic techniques with practical exercises is intended to help in the recovery effort of mental patients or one with mental health issues. With this method, the patient's do not lose existing forces protection or personal initiative.

The primary purpose of the health dimension must be strengthened. Providing technical materials, and the means (such as clay, wood, metal, rattan, artistic tools, music, literature) active operations and application attempts to increase self-confidence and helps overcome the challenges posed by everyday life. Person-specific considerations are developed and implemented.

Also, people's critical approach to their work and behavior, within its capabilities, helps patients to evaluate themselves realistically. Self-expression-based groups (such as group reading, painting and music groups) offers the ability to express oneself into relationship with others. In this way, occupational therapy within the framework of concentration, memory, and ability to express resistance exercises can be done.

Occupational therapy provides motivation; people take their own lives into their own hands again. If some basic behavioral norms are lost due to psychosis, the implementation plan with concrete assignments, and some activities contribute to the revitalization of the inner structure.

Occupational therapy can be administered in a single individual or group, it can be in the form of residential, outpatient or private setting. Occupational therapy is a therapeutic method recognized and covered by health insurance.

The concept of occupational therapy in a human mind, body, spirit and caring as a whole composed of emotion, and imposes a wide range of meaning. Therefore, the purpose of art therapy; is to encourage people in all possible ways, singing, dancing, movement, storytelling, drawing painting,

marbling doing to fully express themselves, from little children to the elderly with disabilities without barrier. Thus, art therapy encourages everyone without any limit of age or whether disabled people to see themselves as fully developed human beings, to connect to a healthy life and look at life positively.

Occupational Therapy History

The emergence of occupational therapy as a method of treatment started in 4 BC at the Temple of Asklepios Bergama, healing water, mud baths, sports and theaters were used for the treatment of patients. At the end of the 19 th century, it began to be used as a therapeutic method in medical science in the United State and later the European continent follow, where it was specially accepted and used widely as a treatment.

Today Occupational Therapy

Occupational therapy treatment, due to disturbances, which can be daily or restricted or restricted for any reason, and restoring physical abilities; To prevent the loss of further increasing potential after a disease is one of the main goals.

The mental and social state of people with disease due to accidents, lost of development of skills in daily life can be restored through occupational therapy treatment.

Objectives Of Occupational Therapy

1. To ensure and improved patient's home and work life.
2. Improve concentration and possible transmission of the patient's ability to maintain and improve independent living.
3. Help patient's concentrate so as to enable him continue to improve and develop the ability to communicate.

The Goal Of Occupational Therapy Is To Provide:

The starting point for occupational therapy with the necessary activities to identify the damages caused by disease and to elevate the patient's own body. For the treatment in

occupational therapy, the patients have to reinvent itself in this regard, by active participation and self-help vision to more effectively combat the disease.

Occupational Therapy Fields of Study

Neurology; Psychiatry; Orthopedics; Rheumatology; Children diseases; Geriatrics; Oncology etc.

Where an Occupational Therapist Can Work

Occupational therapist can work in Internal Medicine, Psychiatry, pediatrics, Neurology Clinic of child diseases and social, physical and vocational rehabilitation centers established for the disabled.

Occupational Therapy Work

Motor function therapies, providing sensory perception exercises, survival exercises, seam craft/handcraft techniques, home visit to assist patients with helpful information on exercises and construction of aids.

Neuropsychological Field Studies

Concentration, Note that and are capable of moderating the exercise; Learning to understand and grasp; Items, place; Exercise aimed at perceived Time; Exercise to develop ability to re-hear them talk; Lost skills due to mental or neurological disease are developed for the prevention studies; Exercises aimed at increasing attention towards neuropsychological Area Studies; understanding and comprehension exercises; recognizing people, exercises intended to be perceived; expressing understanding and development.

At the Istanbul NP Hospital and Uskudar University the occupational therapy section are doing research and also, giving training to students on occupational therapy. Our classic observation research methods, surveys and tests as well as EEG, CT, MRI, Doppler includes an analysis of various brain imaging techniques such as sonography. Examining brain maps before and after the session. In the study results: the ability of the patient's sensitivity to art, creativity, the ability of the right hemisphere of the brain to actively stimulate creative thinking - Saving the left hemisphere of the brain. All the effects to the limbic system of the brain emotional and regulators is in progress. Such data obtained from the studies of the brain and art work shows which processes have passed. This is the world of Neuroscience ' occupational therapy Effect' as a new branch of science, carrying a more ideal choice as a new feature in the treatment of Neuroscience a new science of behavior. Multidisciplinary approach to creative-artistic arguments using new, original and developing scientific methods.

Who Can Benefit From Occupational Therapy

People with growth and behavior disorders, balance and coordination disorders, Down syndrome and movement disorders and genetics disorders. Patient's with diseases of the central nervous system and psychiatric patients. Children with syndrome disorders, autism, balance and coordination disorders, and motor function can benefit from occupational therapy.

Patient's with degenerative movement or posture disorders caused by skeleton structure damage which is as a result of a stroke or heart attack; On rheumatic diseases; patient's born mentally and physically handicapped; Parkinson, Alzheimer, people with dementia and orthopedic diseases and people with physical, mental and psychological crisis caused by movement disorders as a result of physical disabilities can benefit from occupational therapy (Athrose, CP).

Therapy Materials and Methods

For the purposes of thinking and business memory example: self-help applications, a variety of mental exercises and games the Alger exercise, for different sensory areas (color, touch, smell) training exercises; Examples of home visits and therapy materials and methods: Thinking exercises.

Therapy Materials and Methods Samples and Application of Occupational Therapy Techniques

Possible elimination of barriers to environmental regulations or an accident; Examples of help tools and materials: Buttons, hooks and crisp bread through food preparation help; drawing of spoons, forks, knives in stock and jar lid opener.

The University and NP Hospital treatments made in our department occupational therapy unit and the training is developing in this direction is high. With classical methods and techniques, for example - Affolter concept - based on the interaction with the environment, improving detection methods, including environmental and tactile sensation and problem-solving skills; Bobath Concept of Change noted that the method of how much and where necessary in order to establish the proper conduct of exercise by preventing inappropriate behavior. Affolter concept is based on the interaction with the environment, including methods to increase detection and tactile sensation and environmental problem-solving skills. Castillo Morales concept, using touch and proprioception are aimed at ensuring the normal sensory-motor development, as well as technical communication skills are also taught widely.

Dance and Movement Therapy

All methods of movement therapy are based on the assumption that created and placed with the help of a general movement activity. The purpose of the therapy is to ensure the person's behavior and physical function is modified positively. Dance therapy, dance is an artistic medium and the movement of his foundation, it benefit is to promote the patient's psychological and physical integration. The aim of this therapy, using music and other supportive tools is to improve the relationship with patients and other people around him.

The focus of this study is getting the brain's perception and expression and movement to expand the repertoire. Another goal of dance therapy is to penetrate the consciousness of the expression of movement and action and establish the connection between emotions and perception to grasp the biographical sense of movement and body, In the course of therapy since it gives stability to the person ceremonially.

Patients in this way, increases a routine transaction processes and access to security.

Sport and Movement Therapy

All methods of movement therapy is based on the creation and help of a general movement activity. This type of therapy aimed at changing the behavior and physical function in a positive direction. To be healthy in the ongoing process from childhood until old age, sport is vital for the resistant to disease. To raise the quality of our life, physically, mentally, and we should get into the habit of doing sports in order to protect our psychological health.

Sports person's mental and physical relaxation helps to keep fit, allowing better flow of oxygen to the brain by increasing blood circulation and reduces stress, increases self-confidence, adapt to group unity, develop respect between individuals.

Allowing the body to participate in sporting events, also gives the body that energy needed in everyday life. Physical energy and emotional tension are drained during sport which has a therapeutic value.

Engaging in sport makes one healthy and feels happy, the result is not only psychological but also has a biological effects. Sport contributes to the development of attention and concentration. Sports helps reduce nuisance, it is fun and helps us to enjoy life to the fullest. Is intended for people (the perception of reality by participating in activities of daily living / test of the improvement, the creation of a body schema and improving self-update, being aware of their own limitations, failures and confronting conflict to raise the morale of tolerance and processing capacity, and most importantly, to increase the sense of happiness and peace).

For environmental purposes (to create a social network and to secure it, neighborhood and region compatibility and free time to make arrangements to comply with the time structure); Social purposes (interpersonal communication and to improve social behavior in groups, to ensure consistency and integration in social relationships); physical objectives (to improve the physical and co-ordinate performance, physical condition and to increase the ability to move), to reduce side effects (to improve their sense of balance, a variety of muscle).

Art Therapy

Art therapy, man's natural abilities, to set itself and is a non-verbal therapy that leads to improvement. With a variety of artistic material "internal tables", emotions, needs, and experiences provide the opportunity to express.

Fine Arts (Art, Music, Dance and Movement, Ebru, crafts.. etc.) Including both traditional and contemporary categorize we encountered are very creative and therapeutic interest workspace. For example:

- Surface Art Studies: paper or canvas on a wall, wood or studies performed on the fabric;

- Picture and types: oil paint, watercolor, marbling, printing arts, graphic drawings, wall painting, miniature, cartoons, photography, batik, decorating etc.;
- Space Art: garden-landscaping work;
- Audio Arts: work covering all genres of music and music; (Passive, active and with integrative methods);
- Movement Arts: The expressive power of the human body: various types of dance, ballet, folk dance, pantomime etc;
- Dramatic Arts in Drama therapy: People are transformed into expressions with the action itself or an event, the art describes a phenomenon: small size theater works, choral works, musicals, film viewing and comments, shadow work, such as; Visual arts (phonetic arts);
- Sound and hearing: Addressing the sense of hearing sound and word;
- Literary studies: Prose (stories, poems, essay, memories, writings and lectures, etc.) We can show as an example of this type of work.

People when they are engaged doing something mentally and physically, get relief naturally. So it is important to evaluate the effectiveness of various free time. Artistic activities and sports activities are also being used as a communication tool, stress and tension give way and more often than not the result is a sense of purification and renewal.

People must develop the arts they nourished themselves. Art is a stage of the interaction of man and nature. This has social character. Art is a phenomenon that humanizes life. In establishing the boundaries of personality and strengthening of art used in establishing connections between inner life and outer reality. Interest in music, art, sports, dance, photography, ceramics, model making, reading, gardening, poetry, story writing, cooking, sew, crafts, can afford us to deal with daily affairs, get away from the hustle and bustle of daily activities, the day's fatigue, thereby, allowing us to reduce tension and do something for ourselves.

Music Therapy

Listening to music provides peace and tranquility effect on the brain, no matter what age the person's favorite personality develops learning to play an instrument, enriches. Music enables people to self awareness, increase the emotional expressiveness, it calms and relaxes by affecting brain waves therefore causing mental and physical relaxation. The work on the rhythm of music and the brain research on dopamine, serotonin, adrenaline etc. hormones can regulate the heart rate and help in breathing.

In Rome, long before being written in history, music was used for the treatment of mental illness. In ancient civilizations such as China and Egypt, music has been used in the treatment of disease. Farabi, Ibn Sina, used music as a therapeutic and have made various studies on the subject. Healing place in the Ottoman period used music for treatment and therapy.

Music, art and creativity in therapy with marbling is supported because; solving creative problems and the new thinking ability to create, to look at the same thing with another but different things to see and reveals a new product, questions can be asked, can act brave, likes to think

differently, use of different techniques to solve Music therapy for persons with physical, psychological, social and intellectual needs to charge for the use of music and musical activity is a method of therapy. Music therapy involves singing, rhythm, music and instrument. Music is as old as the history of mankind, especially to sing is very important because the human voice is the most primitive stages before the song is heard.

Recently, while in music therapy sessions at NP Istanbul Hospital, Mantra technique was implemented in the music. Mantra Art - Is an art based on ancient and the Mantra several methods are applied both in many countries, (Yohannes F Boeckel, S.Bagcan, D. Pemal). as well as in Turkey, also started to gain recognition in recent years.

Our applications according to the University Hospital and our profile, particularly of Psychiatry and Neuroscience, explores some of the techniques and methods of Mantra Music. Mantra resort to all kinds of music which exercise and relaxes the brain, which aims to get rid of the illusions of the mind and the daily negativity, improves concentration, we can say it is a new art form that brought peace.

Marbling Art (EBRU)

Ebru history date back to the 9th century is a very old Turkish decorative art, which have survived to the present day with the master-apprentice relationship. Our hospital applies Ebru art for therapeutic purposes with the traditional marbling materials. Marbling assist technically but when care is taken to prevent the free expression of the natural innate creativity.

Ebru, music and painting workshops are used in occupational therapy and will facilitate social harmony and help the hospital trained clinical psychologists and experts in the management of the treatments.

Art therapy or psychotherapy, gestalt therapy is a unique method that is based on in-depth psychology and psychoanalysis or assumptions. This therapy works with various expressions. These include drawing; painting and modeling alongside psycho drama, and therapy elements, pantomime are also included.

Before the 19th century, the mentally ill are turned off and isolated, but began to meet the needs of patients from this date. Health care organizations were able to find creative activity for older patients. These activities were carried out from the therapeutic point of view.

A century later, music was being use to clarify the diagnostic problem of patients. Patients' image in the workshops "creative to work (usually images, forms, drawings and sculpture later) they get the opportunity. During this period, Freud formulated the theory of psychoanalysis. Thoughts on Freud's unconscious mental contents and free association method has been the hallmark of art therapy to date.

Gestalt activity is usually carried out without thread. What is important for the patient's statement, the connotation of the table, values system, their feelings about the therapist's patients, and depends on their perception of art.

Art therapy is helpful and useful for patients with particular mental problems who cannot be reach with linguistic expressions. Understanding this conflict in addition to updating and strengthening a sense of self-esteem, art therapy, social relationships, concentration and endurance training function are promoted. In practice art therapy is determined only for certain diseases. Gestalt- / boarding of art therapy have an important role in routine psychiatric and psychosomatic clinics. Favorites are frequently applied in conjunction with other treatment methods (theoretical background with other treatment methods). It is also preferred in the field of art therapy outpatient treatment.

Ergo therapist Duties and Responsibilities

The main task of Ergo therapist is to determine the methods and tools aimed at ensuring independence in activities of daily living and teach the user on how to use them. Individual and group vocational, social, artistic and educational activities related to the use of rehabilitation programs and implements. Sensory perception, motor integration training and implements occupational therapy practice in these areas. Environmental and personal barriers that affect the performance of active participation in society of people, in this regards, the therapist will carry out the necessary individual evaluation of the process of reintegration and rehabilitation.

An individual's home, work and school environments by evaluating the performance of functional to maximize potential and provides suggestions to ensure environmental compliance. Ergo therapist evaluates applications and makes suggestions to individuals with disability functional limitations resulting from illness to adapt to the environment and continue their daily activities. How a patient should be well aware that a positive relationship should be established; what happens if the patient shows resistance to treatment; what can be done.

One of the most important elements of the occupational therapy profession is being very brave and not to give up on the patient because some patient might show resistance to treatment, in so doing, the patient may benefit. May show resistance to treatment of patients sometimes know very well and be patient against resistance by accepting this resistance; The official draw, read the song, and so on, or of his marbling. His of absence as he wants to work on the patient, "everything you did was very nice ... We will a little more effort to be more beautiful ... I'm here ... I'm with you ... I understand ... I am ready to help ... etc. It is to say using expressions.

Such use of positive form in Occupational Therapy methods makes a successful treatment.