

**THE IMPORTANCE OF USING ART THERAPY SESSIONS IN THE DEVELOPMENT
OF PERSONALITY CREATIVITY**

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Annotation: The article covers the importance of determining the possibilities of using art therapy methods in the development of personality creativity, analyzing and shaping ways to analyze the positive aspects of creativity, and using art therapy sessions in the development of personality creativity.

Keywords: personality creativity, art therapy, creative thinking test, Applied Psychology, General Psychology, Social and medical psychology, psychoprophylaxis, psychocorrection, psychological training .

Growing up an independent-minded, creative personality in the context of globalization the socio-pedagogical demand, which represents conveyance, is enriched by new principles without is achieving improvement. Innovative educational environment while the formation of personality intelligence development is effective from human capital confirms that it is the basis of use. After all, effective from human capital use ensures the development of society. Therefore, a person on a global scale development of intelligence, in which the ability to think critically, creatively and creatively the need for formation is becoming more and more relevant. To develop the nature of creativity in students in our education system now special requirements are being made. Creative schools in our country, President one of the main goals of establishing their schools is also is to develop creativity.

Psychology in accordance with the same requirement and purpose and the methodology, technologies for the development of creativity in our Pedagogical Sciences particular attention had to be paid to development. But so far a psychologist and a faster and more comprehensive study of this issue in the activities of our educators the desire to do is not felt. On the formation and development of creativity if we look at the existing conclusions in World

Psychological Science, then first of all, creativity again it becomes known that it forms and develops in the same subconscious. Creativity and ongosti in teachers and coaches working in our schools to the formation and development of knowledge about its structure and properties ignored. Innovation and creative in all enterprises, organizations in society innovation to solve global problems that make thinking a necessity there is an increasing need for knowledge and creativity. Creative thinking is innovation (new, innovator, original, non-standard, unusual, etc....) and effective (practical, consequential, economical, optimal, etc.) finding solutions, acquiring new knowledge, impressively expressing imagination in the process of developing, evaluating and improving focused ideas is the ability to participate effectively. Creative thinking allows us to find an unusual solution to solving problems helps. But the fact that we do not confuse it with critical thinking, rather a complement to us in solving impossible problems we need to look at the "brothers" who will help us find solutions. Creativity (lot., Eng. "create" - create, "creative" creator, creator) < BR > - description of the individual's readiness to develop new ideas impotence as an independent factor, which means the creative ability of the individual represents

The study and development of personality creativity hvar in pedagogy how to approach in terms of the purpose of the lesson, that is, the purpose of the developer are interpreted. Creativity refers to the creation and innovation of specific ideas of an individual the process of deep understanding of the ability to make decisions is understood. Today the main requirement for human life and

activities in the day is from certain limits distinguished by novelty, able to make outgoing, non-standard decisions with the fact that it is the development of a creative personality that creates products that stand out related.

In describing creativity, psychologists point to the problem of ability they do and often change creativism in general creative ability, knowledge consider the process. In addition, they are creativeness the development of fantasy and it is argued that hypotheses are related to formation. Hence to creativism specific deviations cause specific defects in the individual, psychological deviations can come out.

E.Torrens wrote: "a high-level creative thinker children work alone in the group, do not recognize the leader of the group and lead they do not want to do. Not great scientists with khukumat Awards Knights are awarded." American psychologist scientist in the diagnosis of creativity E.Torrens created methodologies are widely used. E.Torrens test-psychodiagnostics of creativity in sokhasi, one of the main methods is used. This methodology allows the user to it is a powerful psychodiagnostic tool that requires professionalism. Of the test. "strength" depends on its ability to measure. The smoothness of carefully selected tasks provides the subject with creative opportunities, and the results significantly increases reliability. E.The Torrens test consists of two parts: oral battery (7 subtests) and figurative battery (3 subtest).

This is not only the development of verbal and figurative creative thinking assessment of the level, but also the quality of individual structures of creativity in different people, allows you to get an idea of its uniqueness. It is interesting that, the level of development of verbal creativity is more due to the conditions of socialization and with the influence of external mukhit, at the same time the level of development of imaginary creativity it is more associated with the innate biological characteristics of a person. Of particular importance in school practice is the identification of children with creative thinking has, because these children are special in order to bring their capabilities to the ruyob autonomy to the style of study that stands out. In addition, test experimental training its programs are not only those that promote the intellectual development of students, perhaps develop creative thinking and realize the creative potential of the individual it helps to develop xam applications that allow you to increase.

A review of the literature on Art therapy shows that this is different a collective concept that includes different forms and methods. Therefore, there is no universally recognized classification of arterapi. Delphino Bailey highlights areas 4 main directions when applying Art therapy:

1. By analyzing and interpreting existing works of art by the patient use for treatment (passive art therapy).
2. Encouraging the patient to create musaqil, in which creative action is the main is a therapeutic factor (active art therapy).
3. Simultaneous use of the first and second principles.
4. The role of a psychotherapist, with the patient in the process of training him to work highlight the connection. Therapeutic mechanism of art therapy in world literature-creative ideas, there are different views, such as sublimative, projective, art therapy, etc. According to creative ideas, the adaptive effect of art therapy on the psyche it can be understood in connection with the essence of art.

Man's creative belief in the basis, hidden creative, which has a therapeutic effect on its own the mobilization of forces is highlighted. The task of Art therapy is not to make all people artists or

sculptors, but to stimulate the activity of the individual, aimed at realizing his latest creative capabilities. In therapy, the focus is on creative activity, the ability to create and stimulate the patient in a positive way. Art therapy views as a specific form of response and a form of sublimation common. Artistic sublimation occurs when a person replaces the insinctive impulse with a visual, artistic representation. Diverse methods of diagnosing personality creativity in psychology applied.

Features of creativity of the individual in the work of Master's dissertation learning is popular in our research due to the fact that it is defined as the main task psychologist, psychologist who has made a significant contribution to the research of creativity in psychology E.We applied Torrens 'methodology, "Torrens circles". In our studies on the determination of creativity, the "Torrens circles" methodology as an experimental material consists of six in four rows a circular total of 24 circular arranged blanks are used. The instructions to the testers are given in the following order: "in four lines to you a total of 24 circularly arranged blanks from six to a circle are provided. Your task is to use the loops in it, as much as possible, it consists in drawing a picture of objects.

The use of Art therapy methods, first of all, beautiful therapy, serious emotional disorders, communicative incompetence, as well as for activities characterized by a low level of development of motivation. In communication when difficulties arise: isolation, low interest in peers or shyness, arherapia gives customers an individual feature of their activities combine into one group while retaining and facilitate the communication process, the possibility of mediating with the general creative process and its product gives.

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