

Psychocorrection of eating disorders the method of kinoterapii

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Movies (art and animation) as well as fairy tales, stories, parables, fables, legends, epics, sagas, myths, jokes and dreams, rich variety of images and overtones as obvious and hidden. Therefore, each person interprets the film in its own way, through the prism of his life experience, psychological characteristics, values and attitudes to the world. The emergence of cinema has not gone unnoticed for psychologists. And soon, movies, as well as other forms of art, were to «serve» for the benefit of mankind. More specifically, the cinema has become one of the methods of curative effect on the human psyche.

Kinoterapiya (kinotrening, video art-therapy) – one of the interdisciplinary forms of postmodernism, modern direction of group psychotherapy on the basis of association «of cinematic art» and «psychology». This method turned «cinema» as an effective tool for self-discovery, personal growth and resolution of intrapersonal conflicts (A.A. Bakanova, S.V. Berezin, R.S. Emotin, A. Meneghetti, A.A. Pleskachevskaya etc.) [1; 2; 3; 4; 5].

Viewing the film is used:

- as a tool that allows you to «expand» consciousness, intensify feelings of the viewer (which helps get rid of excessive rationality culture), reveal personality internal reserves, expand the horizons of perception of life (including in the sense of beauty); - as a means of effective self-regulation and intrapersonal conflict resolution; - as a tool to establish interpersonal and intergroup relations; - as a means of coping with emotional and persons with mental disorders.

Watching a movie, its analysis and group discussion allows participants to training (psychological) groups: - discover a hidden resources and inner strength to solve their difficult situation; - start your path to a conscious change in life, cope with

uncertainty and gain new perspectives; - grieve or loss; - overestimated, and adjust their actions; - pay attention to their personal characteristics and behavioral patterns.

And although kinoterapiya – is a relatively new trend in psychotherapy, however, it has successfully developed as a method of teamwork, solution-oriented complex therapeutic task. One of the advantages kinoterapii is that it blends well with other methods of group work that allows you to use it as a standalone and as an auxiliary method for solving a wide range of psychotherapeutic and psycho problems. According to S.V. Berezin kinoterapiya more effective than bibliotherapy, as film contains not only the plot and story, but also a number of visual, musical accompaniment, «perfect specimens» [2]. Altogether, it affects a person more effectively and more rapidly than the book.

Purposes of application kinoterapii in our correctional program normalization of eating behavior:

1. Developing the ability to self-observation. Encouragement to take responsibility for their lives and for themselves (for their feelings, thoughts and actions) in order to manage their lives from a position of objective observation.
2. Developing the ability to self-revelation, sincerity in expressing feelings.
3. Emotional experience (acting out) and accommodation actual reality of life situations and problems.
4. Awareness and redefining themselves and their goals, actions, feelings, needs, psychological problems.
5. Spiritual (moral) growth.
6. Formation of positive thinking and the ability to see ambiguity and multidimensionality of their motives and the motives of significant people.

Psychotherapeutic mechanisms kinoterapii

Healing properties kinoterapii most often associated with exposure to the unconscious sphere and «inclusion» of certain psychological defense mechanisms. However, before they describe, it must be said that all the mechanisms are closely

related because they interpenetrate and complement each other. The notion of «mechanisms» is very conditional, since they represent both kinoterapii condition, and its psychological essence. At the same time we want to note that only special work with the content of what he saw enables the psychotherapeutic effects of group members. Realize the destructiveness of their own behavior and reactions people often interfere with the protective mechanisms that reliably protect self-concept of what can destroy a sustainable model of perception of oneself and the world. In the process, the content of the film, participants discuss not his and others' lives. This enables them to work safely with hazardous for their content. Analysis, comparison of different points of view gives a person the ability to detect the inadequacy of their own perception and understanding of the film. Skill adequate understanding of the objective content of the movie, which is acquired in the process of group discussion of the film is transferred to real life.

Thus, the therapeutic effect of the film is determined by a person with the following safety mechanisms and psychotherapeutic effects:

- *catharsis*, thereby acting out occurs, unloading and emotional expression of strong feelings. Despite the fact that the situation in the film is fictional, but the feelings of the client is always present. In other words, the healing effect is achieved kinoterapii also due to the fact that the person gives an opportunity to experience the feelings that do not find their expression in real life. However, the film itself cannot lead the viewer to a cathartic cleansing. Immediate emotional reaction to the film is the result of perception in accordance with the schemes apperception protection mechanisms that have been established previously for the individual and are common (typical) ways of understanding life, yourself and the people. Therefore, the film itself, even if it makes a powerful emotional response of the individual does not change these schemes, the individual does not change the picture of the world, which he has already been formed, but only «reported» to him about having as a complex. Changes in the personality of the individual occur only as a result of certain work on the content of what he saw. The film is able to hit the target individual complex, arousing him, but no more. Protective mechanisms allow the individual to retain his

self-concept unchanged. Emotional states caused by excited, but not to «work» and not a conscious complex experienced by the audience as a response to the film and verbally labeled statements like: «heavy film ...», «bad movie ...», «hard to look at ...», «I even disconnected ...», «do not want to watch it ...». As noted, S.V. Berezin, only special work with the content of what he saw every member of the group allows psychotherapeutic effects;

- *insight* (insight - from the English. Insight - insight, insight, understanding, insight, sudden a guess) - polysemy of terms from animal psychology, psychology, psychoanalysis and psychiatry, which describes the complex intellectual phenomenon, the essence of which is unexpected, partly intuitive breakthrough in understanding of the problem and «sudden» find its solution.

- mechanism for, based on the law of «*figure and ground*». According to it the client selects in the movie that situation (the main character, episode, the phrase), which is for him «figure», something that is most important at the moment;

- *updating of a significant problem* (need). The film not only helps to actualize a hidden problem that is necessary for effective therapy, but also meets the various needs of the individual (eg, stress relief through laughter or getting sharp impressions through the film with an adventurous plot);

- *projection*. The film in this case is the web, which is not only the director, but also the viewer (client) can project their relationships, emotions, thoughts and feelings. The film often helps the client to transfer the contents of the inner world outside, that is seen on the screen what is happening in his own life. Such a projection of their worries or psychological difficulties easier to work on them. As you know, «face to face you cannot see», so «separation» of the problem, its projection on a movie screen in itself has a beneficial effect in helping the client to see themselves as if from the outside (in counseling, for example, this effect is achieved by paraphrasing or other skills of active listening);

- *identification*, which is undoubtedly due to the projection. Due to the projection and identification of such person chooses kinogeroya that it is the closest currently in nature, modes of behavior, solved the situation, psychological problems,

etc. The client choosing a hero and identifying with him, lives during the film his life. Thinking, feelings, habits, traits, decisions become like common – or projected on the hero, or borrowed from him. Then, as the reality of what is happening in the film, its event-driven content and captures the viewer emotionally engages him in what is happening on the screen, very clearly expressed by A. de Parvil: «Are you a mere spectator or actor amazing realism of these scenes?».

According A.Menegetti, manifestation of identification may be boredom, which seizes a man while watching the film: «This is for two reasons: either to interfere with the processes of perception reaction formation, or movie fully meets expectations conceptual entity. In both cases, the formation of the repressed is too large» [4 , p.119];

- «*mask*». Ability to remain «hidden» gives the customer the opportunity to penetrate the world of their own feelings with the greatest care and to withstand as much as he can stand at the moment. The need for security is for the individual one of the most important, it becomes especially important when referring to painful, injured or weak sides of the soul, which often occurs on counseling and therapy. The client in this situation psychologically looking to hide and find protection from frightening experiences and destruction. In kinoterapii such protection and serves as a «mask», that is the image of movie hero and the realization that it is – just a movie, which means that everything that happens is not true and even more so «is not my life».

Kinoterapii procedure (during individual work) is as follows. After consulting a psychologist (a psychotherapist) expert picks movie, which displays events similar to the events in the life of the customer. It uses a variety of genres (romance novels, mysteries, fantasy, etc.). The therapist's task - to find a certain movie that will help a person to solve your problem, to find a way out of a difficult situation on the example of the heroes of the film. The film should address the necessary aspects of life and human relationships and maintain a certain issue. After kinoterapiya – it's not just watching a movie, this is primarily a solution. Therefore, the task is put to the client: during a movie to celebrate those moments that affect their feelings cause any

emotion (that particularly like surprised, amused, or conversely, outraged, provoked outrage, etc.). After viewing the film closure discussed with a psychologist.

The panel view kinoterapii efficiency is enhanced by the collective discussion, which acts an additional way to communicate with others, the opportunity to learn other points of view on the events of the film, and thus look at his personal problem from another angle. Group discussion provides an opportunity to understand the world of their, own experiences with other points of view. In addition, it allows you to expand and deepen their knowledge of not only the world, but the world is different and individual. This often allows a new look at yourself and others. Thus, discussion of films – is both an emotional journey, and self-knowledge.

Conditionally kinoterapii distinguish 3 stages:

- The first stage – preparation. At this stage, the selection of the film. It is important to take into account that the film is primarily encouraged to seek resources and out of difficult situations, to stimulate the development and rethinking life complexities revived hope and faith to achieve a desired, inspired to overcome. In order to prevent unexpected reactions psychologist to view the film in advance. The film should have a clear thematic line, it must be of good quality (including translation) and last no longer than 120 minutes.

The second stage – a demonstration of the film. Before watching the film can lead to orient participants to the fact that in his opinion it is important to note in the course of viewing. For example, in:

- Images and styles of behavior characters of the movie, which impressed the participants and / or , on the contrary , are unacceptable to them;

- The most striking positive and negative aspects of the film (including music);

- Own emotional and bodily experiences, thoughts;

- Stereotypical (template) situation or decision;

- Non-standard, unusual situations and creative ways out of difficult situations, etc.

Interval between viewing and discussion should not exceed 15 minutes.

The third (final) stage kinoterapii – discussion of the film. It can be spontaneous or directed (organized). Participants express their thoughts and feelings about those episodes that they «touched», found an emotional response. Expressed by anyone. Particular attention is paid to the discussion of the main characters of the film are analyzed their feelings, thoughts, reactions, which caused similar among the participants or opposite states. In the process of watching the film people merges with one of the characters, if he close the mood of the character or situation that played out in the film. Sometimes the analysis of the behavior and motives of the characters help the client to express those thoughts that it was difficult to convey in words. Psychologist then summarizes the main thoughts, ideas and feelings that participants voiced during viewing and discussion, focusing on constructive ways of dealing with problem situations. Participants have the opportunity to decide on further actions that lead to the satisfaction of their needs and goals.

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