

The Application of Art Therapy in College Students' Mental Health Education from the Perspective of Art Therapy

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Abstract: How to better carry out the mental health education of college students and improve their psychological quality is an important topic that college psychologists constantly think and explore. In addition to discovering, appeasing and curing people's emotional and psychological trauma problems, it can also improve respondents' self-image, self-esteem or self-concept and social skills, and promote the development of language and the improvement of cognitive function. Carry out mental health education and publicity activities through multiple channels and forms. Art therapy can be divided into a broad sense and a narrow sense. In a broad sense, it generally refers to the treatment using any artistic means. In a narrow sense, it refers to a kind of treatment mainly based on a specific art type. Human beings are the only animals that can use symbols to accumulate knowledge and experience, and use symbols to transmit information, and heal the soul through the meaning of symbols. Several decades ago, expressive art therapy was introduced into China. Through the research and application of many scholars, music therapy and painting therapy in expressive art therapy have developed more mature. This paper mainly combs the psychological theory of art therapy based on psychological motivation, behavior and cognitive orientation, and expounds the advantages and implementation strategies of art therapy in Colleges and universities in combination with the actual situation of mental health work in Colleges and universities in China.

1. Introduction

With the development of society and the progress of the times, college students' mental health education has gradually gained wide attention from scholars and the public. How to better carry out the mental health education of college students and improve their psychological quality is an important topic that college psychologists constantly think and explore [1]. College students' psychology course is the most extensive and direct way to serve college students. It has wide disciplinary adaptability and plays a very important role in shaping high-quality talents. As a way of art therapy, art therapy has its unique role [2]. In addition to finding, appeasing and curing people's emotional and psychological trauma, it can also improve the respondents' self-image, self-esteem or self-concept, social technology, etc., and promote the development of language and the improvement of cognitive function [3]. In the actual education teaching and practice activities, we

should extend the education carrier and media, and actively use student associations, campus billboards, new information technology, microblog, wechat and other media. Carry out mental health education and publicity activities through various channels and forms [4]. At present, the application scope of music therapy and painting therapy in expressive art therapy gradually involves the mental health problems of college students [5].

Art therapy is the use of art materials as a therapeutic tool. Therapists, by encouraging and guiding visitors to participate in art activities and confide in themselves, are an important art therapy means for the purpose of releasing emotions, enhancing self-awareness and improving cognitive ability [6]. Art therapy can be divided into a broad sense and a narrow sense. In a broad sense, it generally refers to the treatment using any artistic means. In a narrow sense, it refers to the treatment method based on a specific art type [7]. As a subconscious symbolic language, art is the only way to open the inner world with symbols, express thoughts, will and emotions, and realize symbolic communication between people [8]. Human beings are the only animals that can use symbols to accumulate knowledge and experience, and use symbols to transmit information, and heal the soul through the meaning of symbols. Several decades ago, expressive art therapy was introduced into China. Through the research and application of many scholars, music therapy and painting therapy in expressive art therapy have developed more mature. With the application of art therapy in college students' mental health education, art therapy has gradually become an important means and method of College Students' mental health education [9].

2. The Predicament of Current College Students' Mental Health Education Curriculum

2.1 Re-Correction of Education, Lack of Development

In view of the particularity of the main educational objects of mental health education in Chinese universities and their educational functions, aiming at the value orientation of mental health education. At present, there is a consensus in the theoretical circle that we should adhere to and focus on the development orientation of developmental mental health education. As shown in Figure 1, the research idea of a certain university.

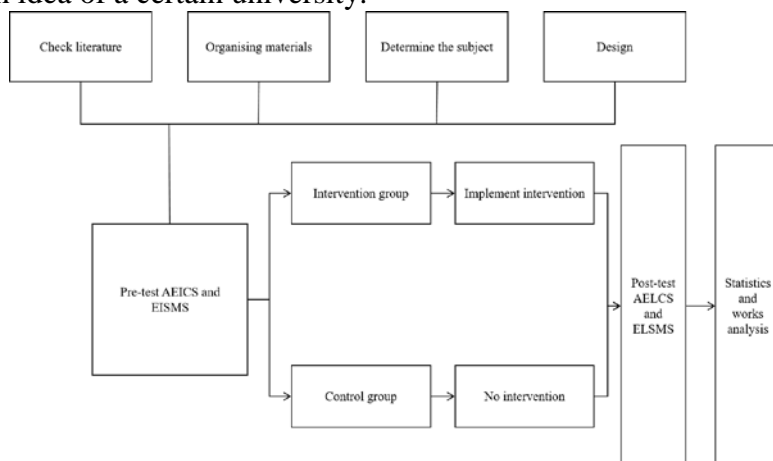


Fig.1 Research Ideas of a School

Art therapy is not only suitable for individuals, but also very suitable for groups. The combination of group counseling and art therapy has become a new trend in the development of group counseling and promoted the further development of group counseling. The original “T” is divided, the ideal “T” is often doubted, and the objective “T” is often full of contradictions. Coupled with the single campus environment and lack of social experience, some college students have

negative emotions such as anxiety and pessimism under the internal and external forces [10]. Art and emotion are connected in one vein. In the process of people receiving music signals, brain organs play a role, which can relax body and mind and relieve emotions. However, some students have discrimination and prejudice against mental illness and are unwilling to come to the counseling center for help. In the teaching practice, many colleges and universities focus on solving students' psychological problems, but ignore the cultivation of students' psychological health quality and the development and guidance of psychological potential, so that the needs of the vast majority of students' psychological development can not be met.

2.2 Emphasize Explicit Education, Ignore Implicit Education

There are many ways of mental health education, including explicit education with clear educational purpose and content, and potential educational factors. Through brushes and pigments, the treated person expresses and deals with the repressed emotions and internal conflicts of the subconscious mind, promotes the self-exploration of the treated person, relieves the bad emotions and realizes the creative transformation. When college students are faced with emotional trauma or social pressure, they may be reluctant to take the initiative to describe their situation because they are implicit and shy. If we carry out mental health education and consultation in the form of dialogue, it may affect the effect of education and consultation because of poor communication “The most distinctive feature of art therapy is “three-dimensional interactive therapeutic relationship”. As shown in Figure 2, it is the “ternary interactive therapeutic relationship”.

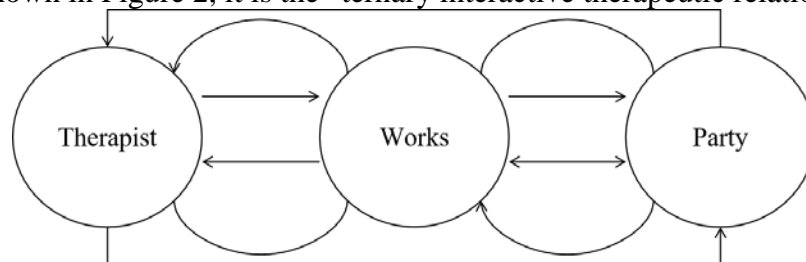


Fig.2 “Ternary Interactive Therapy Relationship”

Any mistake in cooperation or failure in details will lead to disharmony and failure, resulting in unpleasant hearing and psychology. The art therapy evaluation tool is quite different from the general psychological scale, which measures the unconscious components of individuals, hides the purpose of testing, and can better reflect the real psychological state of individuals. As an important supplement to the explicit education, recessive education has its irreplaceable function and value. The development of the education mode of the combination of explicit and implicit should be adhered to in the course of mental health education of college students.

3. How to Play the Role of Expressive Art Therapy in the Mental Health Education of Vocational Students

3.1 Carry out Campus Cultural Activities with the Theme of Artistic Expression

Rich forms of campus cultural and artistic activities can create a harmonious and full campus atmosphere. It plays an important role in the formation of harmonious interpersonal relationship, the release of students' mental pressure, the rapid adaptation to the environment, the establishment of outlook on life and values, etc. It is an important platform and space for students' physical and mental growth. Painting is a symbolic expression without value judgment. Through painting, visitors can break through the defense of language and morality and express subconscious conflicts

and emotions freely. When repressed conflicts and emotions are recognized and accepted by visitors, it is beneficial to promote the solution of visitors' problems and self-acceptance. Then, this requires us to start from the students themselves, take the students as the standard, and deeply grasp the psychological problems existing in college students' study and life. And through some appropriate form to solve these problems, and art therapy is the most appropriate carrier to solve these problems. It takes painting as the center, connects the members of the group, makes them re-examine and reflect on themselves, and gradually gives birth to a kind of cohesion. Group art therapy provides a clear direction for all members and helps them form empathy and relevance. If the theory of psychology and art therapy can be infiltrated into the course teaching at the same time, it will be more easily accepted by students.

3.2 Open Public Art Education Courses to Promote the Integration of Art Education and Mental Health Education

The State Council emphasizes that it is imperative to carry out public art education in colleges and universities in order to carry out Chinese traditional excellent culture throughout national education. Painting therapy takes the defensive mechanism of psychoanalysis as a foundation. These defense mechanisms include repression, projection, identification and sublimation, and this defense mechanism will spread to our interpersonal relationship and make us feel suffocated. Painting therapy is conducive to the establishment of a relaxed and happy group atmosphere, which has been widely used in group counseling with college students as the main object, and is a kind of expression that college students are willing to accept. It can be said that the power of emotion and emotion is instinctive and extremely powerful, even irresistible. In short, painting therapy can help the parties to relieve emotional stress, and also provide a platform for the communication between the client and the therapist. As shown in Figure 3, the communication platform is constructed by painting creation.

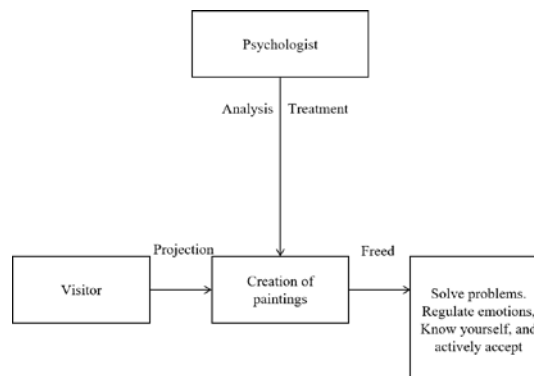


Fig.3 A Communication Platform Constructed by Painting Creation

Secondly, these paintings show the deep personal experience, and also show the relationship among members. The atmosphere of warmth, trust and support created in the process of group activities encourages college students to open themselves, accept others and self-examine. So as to further deepen self-awareness, learn to accept others, and provide support and strength for others. Of course, the main way of implementation and the focus of education is not only to increase knowledge and improve morality, but also to cultivate interest and enrich soul. Through public art education, students' cultural accomplishment and spiritual realm can be improved, and the quality of life can be improved.

4. Conclusions

In the era of rapid transformation of information technology, the pace of life is accelerating, and people are generally under greater psychological pressure. Compared with traditional psychotherapy, the interest, safety and freedom of art activities are more favored by students. Infiltrating the concept of art therapy into psychological counseling and mental health education and publicity in colleges and universities not only enhances students' awareness of maintaining their own mental health, but also makes mental health publicity activities more vigorous and energetic. However, expressive art therapy has been developed in China for only a few decades, and people's understanding and application of this method are not extensive. Expressive art therapy has great potential and space to explore, has a broader scope of application, but also has a more innovative development prospects. From the perspective of art therapy, the course of College Students' mental health education adheres to the popularization and popularization of teaching methods. In the process of teaching, it takes solving the actual problems of students as the starting point. It can also provide thinking for mental health education and counseling, so as to better serve students, promote their mental health level, and make them establish a positive attitude towards life.

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