

## THE ROLE OF ISOTHERAPY IN ART THERAPY

Mirzayeva Sayyora Rustamovna\*; Rakhmanova Dilfuza Uchkunovna\*\*

\*Associate Professor,  
Department of Psychology,  
Chirchik State Pedagogical University,  
UZBEKISTAN

\*\*Teacher,  
Department of Psychology,  
Chirchik State Pedagogical University,  
UZBEKISTAN

Email id: rakhmanovadilfuza2@gmail.com

DOI: **10.5958/2249-7137.2022.00782.0**

---

### ABSTRACT

*In this state, art therapy, chto takoe isoterapia, komu neobhodima isoterapia, formy isoterapii, osnovnye etapy isoterapii are rassmatrivatsya. A perfect drawing, that is, artistic ability, can interfere with the process. Because the correct technical execution of the image can hide real feelings. This direction appeared in psychology in the middle of the 20th century, and soon 'passed into the arsenal of teachers. Isotherapy for children can be used to affect negative emotions. To deal with frustration, a teenager can draw anything he wants. In this way, it will be easier to calm down and understand your feelings.*

**KEYWORDS:** *Art therapy, isotherapy, pedagogical isotherapy, art therapy.*

---

### LIST OF USED LITERATURE:

1. General psychology F.I.Khaydarov N.I.Khalilova
2. L. D. Lebedeva "Arthotherapy In Pedagogy" BBK 88.4 LZZE-learning resources:
3. <https://gujum.uz/?p=30883>
4. <https://uz.drunkentengu.com/izoterapiya-kak-4564>
5. <https://fayllar.org/art-terapiya>