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## **ECO-ART-THERAPY AS A MEANS OF PSYCHOLOGICAL HEALING OF THE INDIVIDUAL IN THE CONDITIONS OF MODERN CHALLENGES**

У статті пропонується характеристика екологічного підходу в арт-терапії, що позначається як еко-арт-терапія. Представлено інноваційний метод арт-терапії, який спрямований на відновлення глибинного зв'язку людини з природою через творчу діяльність. На основі теоретичного аналізу сучасних наукових досліджень визначено основні напрями вивчення проблеми застосування еко-арт-терапії як засобу зміцнення особистості в умовах сучасних викликів, наголошено на важливості усвідомлення зв'язку між людиною та довкіллям, формування екологічного мислення і свідомості та знаходження шляхів оптимального відновлення та зміцнення особистості.

У статті представлено новий підхід до проведення арт-терапевтичних занять, пов'язаний з виходом клієнтів за рамки психологічного кабінету, їх прогулянками на природі, пошуком та використанням природних матеріалів, об'єктів, створенням на їх основі різних творчих продуктів. Цей підхід поєднує в собі природне середовище, мистецтво, творчість та терапевтичні техніки. Основна ідея такого арт-терапевтичного підходу полягає у пошуку засобів самовираження в природному середовищі, які сприяють досягненню свого способу контакту зі світом, подоланню наслідків відчуження людини від природи та вирішенню актуальних психологічних проблем.

Стаття містить теоретичні положення та практичні рекомендації щодо застосування арт-терапії в контексті взаємодії з природним середовищем. Визначено особливе місце еко-арт-терапії в розвитку екологічної свідомості особистості. Проаналізовано сучасні тенденції практичного застосування еко-арт-терапії, наведено низку еко-арт-терапевтичних технік. Виявлено основні передумови виникнення еко-арт-терапії, особливості еко-арт-терапії як методу, описано завдання еко-арт-терапії, основні умови і терапевтичні механізми еко-арт-терапії, форми реалізації та техніки еко-арт-терапії, а також представлено системні ефекти еко-арт-терапії.

**Ключові слова:** арт-терапія, еко-арт-терапія, творчість, природне середовище, середовищна творча активність, творчий продукт.

The article offers a description of the ecological approach in art-therapy, which is referred to as eco-art-therapy. An innovative method of art-therapy is presented, which is aimed at restoring the deep connection between man and nature through creative activity. Based on the theoretical analysis of modern scientific research, the main areas of study of the problem of applying eco-art-therapy as a means of personal healing in the conditions of modern challenges are determined, the importance of awareness of the connection between man and the environment, the formation of ecological thinking and consciousness, and finding ways of optimal recovery and personality healing.

The article presents a new approach to conducting art-therapy classes, which is connected with clients going beyond the framework of the psychology office, their walks in nature, the search and use of natural materials, objects, and the creation of various creative products based on them. This approach combines the natural environment, art, creativity and therapeutic techniques. The main idea of this art-therapeutic approach is to find means of self-expression in the natural environment, which contribute to the understanding of one's way of contact with the world, to overcome the consequences of alienation of a person from nature, and to solve current psychological problems.

The article contains theoretical provisions and practical recommendations for the use of art-therapy in the context of interaction with the natural environment. The special place of eco-art-therapy in the development of the ecological consciousness of the individual is determined. Modern trends in the practical application of eco-art-therapy are analyzed, and a number of eco-art-therapy techniques are given. The main prerequisites for the emergence of eco-art-therapy, the peculiarities of eco-art-therapy as a method, the tasks of eco-art-therapy, the main conditions and therapeutic mechanisms of eco-art-therapy, forms of

implementation and techniques of eco-art-therapy are described, as well as systemic effects of eco-art-therapy are presented.

**Key words:** art-therapy, eco-art-therapy, creativity, natural environment, environmental creative activity, creative product.

**Formulation of the problem.** In a time of war, when stress, trauma and emotional overload are an integral part of many people's lives, eco-art-therapy becomes an invaluable tool for restoring psychological health and healing. This approach combines the natural environment, art, creativity and therapeutic techniques to provide support and reassurance for those experiencing war trauma and stress.

At the same time, modern studies in the field of anthropology, psychogenetics, and social psychology point to the negative impact of urbanization on the psyche, and thus on the physical condition of both an individual and entire communities. The organization and excessive formalization of space, the uniformity of the surrounding landscape, excessive crowding of people in a limited space, the unfavorable ecological condition of the habitat, the disunity of the urban community and a number of other problems determine the condition of people living in urban areas. In modern urban life, many people lose touch with nature, which can lead to stress and fatigue. Instead, scientists point to the harmonizing influence of the natural environment on humans, emphasizing the need to use the natural environment to improve and stabilize the psycho-emotional state of both individuals and entire communities. Eco-art therapy provides an opportunity to return to nature, perceive its beauty and restore emotional balance.

**The purpose of the article** is to theoretically substantiate the possibilities of using eco-art-therapy and resources of the natural environment for healing and psychological assistance of the individual in the conditions of modern challenges.

**The analysis of the latest researches and publications** proves that at the current stage, attention is paid to the study of the outlined problem by both Ukrainian (O. Voznesenska [2], [3], [4], N. Kalka [5], Z. Kovalchuk [5], T. Kurganska [1], G. Odintsova [5], L. Podkoritova [3], M. Sidorkina [4], O. Rozdorozhnyuk [7], O. Tararina [8]), and foreign ones (S. Kellert [9], S. Levine [10] R. London [11], R. Macfarlane [12], S. Peterson [13], P. Shepard [14], E. Ulman [15], E. Wilson [16], [17]) scientists.

**Presentation of the main material.** In today's world, where stress, anxiety and depression are becoming more and more common, finding methods and techniques for healing and maintaining psychological health is becoming a very important task. One effective and creative approach is eco-art therapy, which combines elements of nature, art, creativity and therapy to support personal growth and psychological healing. In times of war, when people are dealing with traumatic events and losses, eco-art therapy becomes a powerful tool for healing. This art therapy method helps to create a safe and receptive environment where people can feel supported, express their feelings and find meaning in difficult life circumstances.

Scholars define art therapy through the concept of "healing": Art therapy is a method of healing through creative self-expression, where "healing" is the client's achievement of wholeness, a sense of inner harmony, and well-being. Art therapy is a unique, extremely beautiful, ecological, safe and "soft" psychotherapeutic direction, but one that helps the client quickly and effectively realize his own problems, find a resource and create a safe space for harmonious personal growth. A sheet of paper, sandbox, clay or other toolkit is the territory of complete control of the individual, where through creativity he can realize, live, transform himself and his life [2; 3; 4; 5; 8].

Combining the possibilities of nature and art therapy is a new form of personal assistance. It arose with the appearance of land art, when total urbanization led to the actualization of the need of modern city dwellers for close communication with nature. Working in the natural environment provides new opportunities and is a powerful resource. It helps mobilize the internal resources of the individual and strengthen faith in one's own strength, develop independent thinking, the ability to make independent decisions, create one's own life, helps a person to realize possible defeats and problems associated with meeting reality, and ultimately to start a new stage of life. Working in nature provides opportunities to use new materials and means of artistic creativity, in particular, natural materials and various ready-made objects. The natural environment and materials that a person finds can become one of the factors of psychotherapeutic changes [2; 5].

Eco-art-therapy is the newest direction in the work of an art therapist, which involves holding a session outside the usual office, in a natural environment, which involves a walk and a therapeutic search and the use of found objects (cones, stones, leaves, etc.) to create art - objects. Eco-art-therapy is a form of art therapy that uses nature, art, and creativity as tools to restore mental health. It is based on the idea that nature and creativity can play a key role in supporting emotional well-being and healing. Eco-art therapy

is a current direction of art therapy, which involves the creative interaction of people with the natural environment using various types of art - visual activity, movement and dance, music, dramatization (landscape theater and rituals), narrative practices, meditation in the natural environment, and also includes activities related to nature care [8].

Eco-art-therapy helps restore connection with nature, calm emotions and create new opportunities for self-expression. She provides support and hope, helping people to feel joy and harmony in their lives again, to find the inner strength for further development and healing, even during life's most difficult trials.

Eco-art therapy refers to the innovative directions of modern psychological practice and is "a general designation for any methods of treatment and psychophysical harmonization based on human interaction with the natural environment." Eco-art therapy includes a wide range of psychotherapeutic interventions aimed at changing a person's relationship with the natural environment [3].

One of the prerequisites of eco-art therapy is the idea of "ecological" psychology and medicine, the idea of a close, resonant relationship of the human body and psyche with the environment. Eco-art therapy as one of the aspects of "ecological" psychology and medicine can contribute to the spread of new health-preserving approaches. It helps to better understand the complex interrelationships of the human body and psyche with the environment in order to improve the human condition, as well as to change the human attitude towards the environment and its place in it. It can help specialists in the field of mental health, medical workers, teachers to better understand the complex interrelationships of the human body and psyche with the environment in order to more actively use its preventive potential, on the one hand, and take steps to weaken the destructive effects some environmental factors on a person, on the other hand [3; 7].

The ways of interaction of the individual with the natural environment can be different, assuming a variety of positions of the subject in his interaction with the natural world, starting from relatively passive contemplation and ending with acts of active influence on the environment. Environmental activism using art can be one of the vivid forms of self-realization of an individual who acts as an active agent of environmental transformations, according to the concept of S. Levine [10], and has "the basic ability and need... to shape one's living environment. Man differs from other species in that he is not dependent on the specific conditions of the environment, but can shape it himself, focusing on his needs, adapting to different natural environments. Creating the world around him, a person shapes the environment of his life and at the same time shapes himself. The formation of the environment is simultaneously the formation of oneself" [10, p. 23-24].

The direction of human interest in the world of natural objects can be partly explained by the phenomenon of biophilia [9; 16; 17]. This phenomenon explains the persistent need of most people to interact with animals, plants, minerals and other natural objects and processes, which are perceived as a source of welcome energies, vivid sensations and positive emotions, demonstrating the richness and diversity of life forms and its dynamics. The hypothesis of biophilia was first proposed by E. Wilson [16; 17] and further developed by him together with S. Kellert as a designation of "man's innate tendency to emotional response to various manifestations of natural life" [9, p. 31]. S. Kellert suggested that biophilia "is based on a person's dependence on nature, which goes far beyond his physical and material needs and affects his aesthetic, intellectual and even spiritual interests" [9, p. 18].

The pursuit of the "art of biophilia" - environmental creative activity - based on the positive emotional connection of a person with the natural world and his ability to care for it as a living subject, is quite real, because "we have not lost and cannot lose the deep intention of union with by nature It just needs an adequate expression. The task is not so much to make peace with nature, understanding the metaphysical subtleties of our relationship with it, but to find a more direct and simple way of active contact with nature, which in its own way realizes its healing metaphysics" [16, p. 40].

The goal of eco-therapy is not only to achieve curative and preventive effects (micro-level effects), but also to preserve and improve the environment (macro-level effects) based on the gradual development of the attitude component to nature. This is due to the development of sensitivity to those situations in which natural objects and the environment require active assistance from people and the readiness to provide such assistance for their well-being. Eco-therapy develops in people the perception of themselves as capable of contributing to the care of the environment. Environmental psychology uses the notion of people's participation in the organization of the environment and supports them in an active position in relations with natural objects and landscapes, involving them in planning initiatives, arranging "green areas" and maintaining them in a healthy state. Environmental art, eco-art can be one of the types of activities included in eco-art-therapy programs, along with other types of non-pragmatic activities [2; 3].

Environmental creative activity contributes to the order of the natural environment, which is often perceived as chaotic and beyond the control of man. This can be of particular importance in cases where eco-art therapy classes are organized partially or completely in a natural landscape that has not been transformed by man. Art can help maintain an optimal balance between the natural dynamics of natural processes and the static characteristic of creative products that retain their form and content.

A significant place in environmental psychology is occupied by the concept of environmental personalization, which can be used to justify certain types of creative activity within the framework of environmental and ecological approaches in art therapy.

The personalization of the environment is understood as its individual structuring by a subject or group. Through acts of personalization of the environment, the individuality of subjects and groups is expressed in their spatial and temporal relations with the environment. The concept of personalization of the environment determines the nature of the interaction of the participants of classes with the surrounding natural environment within the framework of environmental art therapy projects. It makes it possible to substantiate the ways of solving such tasks of eco-art therapy as ecological socialization, ecological education, correction of disturbed relations of the individual with the environment, formation of a healthy, mature "I", ecological identity as one of its aspects, improvement of adaptive behavior models based on creative interaction with the environment, acquisition of existential, spiritual orientations and meanings of existence [14; 15].

Within the framework of eco-art therapy, the personalization of the environment is achieved on the basis of artistic and creative activities focused on self-expression in the form of creative interaction with the environment. In the process of creative personalization of the environment, there is objectification ("materialization") of one's individuality in space, active identification with the surrounding space as a result of its creative understanding and transformation. Due to the personalization of the environment, it not only captures the already formed qualities of a person's personality, but also their further growth, development and transformation.

Thus, in the process of creative activity, there is a certain transition from subjective reality, that is, from the individual himself, to objective reality - the surrounding world, and vice versa. "This transition," says V. Rybalka, "occurs in the form of objectification and deobjectification. In the course of objectification, the surrounding objective reality is actively transformed, the objective world is created, in fact, it is psychologized. During the deobjectification of the psychologized objective world, the opposite process takes place - the change of the subject itself, the personality, due to the person's "absorption", "absorption" of an increasingly wide volume of the objective world into himself" [6, p. 61]. So, in creative activity, the creation of both the surrounding world and the personality itself is carried out.

The personalization of the environment can be associated with the introduction of personal markers in the form of images, landscape sculpture, the creation of a "personal space", a personal work area, planting plants that act as symbols of "I". However, the personalization of the environment is not always connected with its physical changes. It can be carried out in the imagination, on the basis of the formation of stable associations and the internal connection of the subject with the natural environment and objects, as well as with the help of creating photographs, preparing and performing personal and group rituals, dance-movement and narrative activity, using landscape, music therapy, which allows you to introduce your own sound into the sound natural landscape [14].

The peculiarities of eco-art-therapy are that, firstly, eco-art therapy is associated with the search by clients for eco-art therapy sessions and the subsequent use of natural or man-made (also found in the environment) objects as the main material and means of artistic and creative activity; secondly, eco-art therapy provides an opportunity to return to nature, perceive its beauty and restore emotional balance. When using eco-art therapy, a certain part of the sessions is related to work in the natural environment, which is outside the art therapy room. At the same time, free or organized movement of clients in this environment can take place, accompanied by the study of its sensory and artistic-aesthetic characteristics, activation of imagination, cognitive and emotional processes based on interaction with objects located in it. Involvement of clients in creative activities allows them to express their feelings and emotions, which may be difficult to express in words [8].

The main conditions and therapeutic mechanisms of eco-art-therapy are:

1. Inclusion of a person or a group of people in the system of defined methods of representation, structuring and symbolic display of the environment.
2. Mastering various types of creative activity.

3. Bodily and emotional living of art, landscape and practical activities in nature with their awareness and understanding in relation to the individual experience of the subject of life activity.

4. Cyclical influence: changes in time of day, season, weather phenomena and emotional states, stages of biological growth and psychosocial development, development of natural communities and human relations.

The main tasks of eco-art-therapy are [2; 3; 4; 5; 8]:

- providing polysensory stimulation and integration of activities of different sensory systems of the body; development of natural sensitivity and self-knowledge;
- voltage relief; many eco-art therapy practices include elements of meditation and concentration, which helps relieve stress and improve mental health;
- activation and development of imagination, creative thinking and intuition. The familiar environment can be perceived by a person in a new way, become a source of discoveries and bright impressions;
- strengthening and deepening of self-awareness, sense of one's own "I";
- expanding the range of artistic and creative possibilities of clients, overcoming stereotyped ideas about the content and direction of the artistic and creative process;
- development of a sense of beauty, enrichment of aesthetic experience;
- improvement of self-regulation skills through active interaction with the environment and its health-preserving resources;
- development of communication skills (including creative communication skills), cohesion and systemic transformation of groups and communities (in group therapy), overall increase in social orientation and activity;
- correction of broken relationships between the individual and the environment, formation of a sense of responsibility for the environment; development of environmental awareness.

Eco-art therapy is implemented through [5]:

- visual and plastic forms (work with space and objects) - assemblages (technique of visual art, which uses three-dimensional details or whole objects that are combined into a picture on a plane), installations, mini-projects, organization of the environment, artistic activity using found objects; drawing pictures on sand using natural elements for decoration: leaves, sticks, flower petals, stones, grass, pine cones; creating sculptures and figures from natural materials such as clay, sand, stones or wood; making mandalas from natural materials.

- poly- and bimodal forms (visual-narrative techniques (creation of artistic texts during or after walks, illustrative "sketches"), work with space and objects of the environment with the participation of music and dance, drama, performance).

Eco-art-therapy can be used in work with children, teenagers and adults, including the elderly. There are various forms of implementation and techniques of eco-art-therapy. This is in particular [5; 8]:

- walks in the natural environment to experience strong emotions and search for associations with further discussion and creation of new creative products;
- the use of certain natural objects both for manipulation and research of their sensory characteristics, and for the creation of new creative products;
- creation of "travel notes" and other artistic texts based on interaction with found natural objects or the natural environment, creation of "road sketches", that is, drawings created directly during walks, when participants of classes go out into nature;
- preparation and conduct of rituals with a specific therapeutic function using found natural objects or in a specific, specially selected natural environment;
- photo and video recording of natural objects and the environment;
- planting plants, creating and arranging gardens, parks, and flowerbeds in order to create a comfortable and safe natural environment.

Eco-art-therapy classes may include various options for working with visual-plastic forms, space, natural and man-made objects that are in it [5; 7; 8]:

- with the use of found objects as symbols and metaphors of the experience and aspects of the self of the participants of the classes, the creation of various compositions from these objects, the creation of personal and group creative products;
- with the implementation of environmental organization projects, for example, with the construction and construction of various objects under the open sky, planting plants, landscape design, etc.;

- with the creation of various narrative products (poems, prose in the form of essays or travel notes) during walks or on the basis of found objects, as well as with the illustration of various narrative material - fairy tales, myths, personal, family and family stories - with the help of found objects.

Eco-art-therapy can include various projects related to the organization of the environment, for example, with the construction and construction of various objects under the open sky, planting plants, landscape design, creating gardens and parks, including landscape sculptures in their environment, and others types of activities.

One of the options of eco-art therapy can be some types of visual-narrative practice, associated, for example, with the creation of various narrative products (poems, prose in the form of essays or travel notes) during walks or based on found objects, as well as with the illustration of various narrative material - fairy tales, myths, personal, family and family stories - with the help of found objects, as well as the creation of so-called "road sketches", that is, such drawings that are created directly during walks, when the participants of classes go out into nature .

Eco-art-therapy is successfully combined with any forms of work. The easiest way is to use natural material to create a herbarium, bouquet, ikebana, oshibana (planar compositions of dried flowers and leaves), installations, etc. Thus, in the process of eco-art therapy, the lived experience is reinterpreted, and objects found in nature serve as material for creating new images. Thus, an autumn leaf picked up in the park often serves as a metaphor for loss or withering, but when transferred to a sheet of paper and surrounded by bright gouache strokes or a composition of dried flowers, it can receive a "new life" and turn into a vivid image that symbolizes rebirth.

In addition, eco-art-therapy classes can be associated with photo and video shooting in a certain environment. To rethink one's own life roles and place in the world - or simply to reflect more thoughtfully on the lessons of nature - allows photo and video therapy methods. It can be a series of pictures or videos, the author of which is the client himself. Or, for example, a photo shoot or a video shoot against the background of one or another landscape. To conduct a session of eco-art therapy in conditions in which a walk in nature is physically impossible (for example, if the client is confined to bed), photos and videos that show certain landscapes or their details can help. This format of work can involve sensory perception to a lesser extent, but, nevertheless, it gives many other possibilities: for example, you can create a collage or a photo book from ready-made photos, and you can use a series of photos to create a story or a fairy tale, etc.

By the way, fairy-tale therapy is also actively used in combination with eco-art-therapy, allowing to "populate" a certain space with new characters or plots. So, for example, you can just walk through the park, take a walk and admire the scenery of the environment, or you can invent a fairy tale, the characters of which will be various objects of nature that you will meet on the way during the walk, with which you can compose an interesting and exciting plot of a fairy tale that will help for the client to find in himself new forces for life and struggle.

Walks in the open air develop in a person - both a child and an adult - the spirit of heroism and adventure, the spirit of creativity, encourage the creation of new creative products. Joint walks of a group of people, accompanied by creative activities, can contribute to their cohesion, restoration of their connection with nature, a connection that is often distorted or lost. Such walks are a way of resuscitating the abilities to communicate with the "spirits of the earth", the "natural cosmos", abilities that are immanently present in the inner spiritual and physical organization of a person.

Walking in search of something interesting - objects, shots, impressions, ideas, fantasies - can also be a way of developing natural sensitivity, the ability to feel the environment, its "field effects", to perceive it as a kind of mirror that reflects the inner properties of a person. Thus, a person develops the ability to notice in the environment, first of all, what resonates with his internal processes, and therefore can contribute to self-knowledge.

For people experiencing stress, walks in the open air help relieve tension, feel the life-giving effect of the natural environment, its healing energy. They can become a factor of emotional awakening and healing of apathetic, closed off from the world, immersed in their protective "shell" patients who were previously unable to feel the beauty and generosity of the surrounding world.

During a palliative art therapy program with cancer patients, C. Peterson recommended that they take pictures of the most and least attractive places and objects while walking around the hospital, after which, after returning to the office, they print out the photos and create based on them photo collage [13].

Art-therapy work in nature adds the possibility of using new materials and means of artistic creativity, in particular, natural materials and various ready-made objects. This is a type of art therapy aimed

at working with the client outdoors: walks in the fresh air, in the park, a trip to the mountains. In the process, there is always a therapeutic search (and then use) of found objects (leaves, branches and other things of branches, cones, stones, leaves) to create art objects. Working with found objects can explore themes of trauma and coping. Found objects can acquire a new life, transform into something new thanks to the creative process. Various forms of interaction with found objects are essentially what artists have always done, giving new life to materials, objects and images.

Working with natural materials, their content, color, form, the client expresses his unconscious in the language of images and symbols, embodied in metaphors. Intuitive creative activity leads to self-discovery, integration and understanding of oneself and others. Also, working in natural conditions provides space for creativity, individual and group work, expressive and symbolic activity, various forms of relaxation and actualization of images of the unconscious.

Eco-art-therapy is especially effective in working with crisis clients. Since walking reduces the level of mental tension and stress in the body, it gives a feeling of unity with nature through emotional fulfillment and self-discovery. The use of eco-art-therapy in working with apathetic clients is effective, as contact with nature allows you to experience aesthetic feelings, fill yourself with energy and a sense of beauty, and accordingly establish a connection with the environment.

Activity in the natural environment can be associated with the creation of diaries (including diaries illustrated with drawings and photographs of the natural environment and objects), biographical essays with increased attention to the description of significant places, the creation of stories, poems based on walks with their subsequent illustration.

The choice of a natural environment for eco-art-therapy is determined by the tasks facing the art therapist when providing psychological assistance to clients.

Usually, natural environments are divided into two types [5]:

- open - sea, river space, steppe, etc.
- closed - forests, mountains, etc.

In terms of psycho-emotional impact, natural environments can be:

- useful-stimulating- cause creative inspiration;
- useful-exciting - cause cheerfulness and optimism;
- useful and protective - they introduce a person into a state of dreaminess and self-absorption;
- useful-inhibiting - immersion in a state of relaxation and complete peace.

Restorative effects are associated with three main types of contact with the natural environment:

- when customers contemplate natural landscapes or objects (including images of nature in paintings, photographs or videos);
- when they are directly immersed in the natural landscape, but occupy a passive position;
- when they are actively involved in a certain activity, interacting with the natural environment.

R. Macfarlane noted; "It seems important to me to ask the following questions about any natural environment that acquires special meaning for an individual: 'What do I understand when I am in this place, what can I not understand when I am in any other place?' and 'What does this place know about me that I don't know about myself?' [12, pp. 26-27].

Eco-art-therapy is a type of therapy that combines the healing power of nature and art. This type of therapy is particularly effective in dealing with depression, anxiety, and trauma.

In simple words, it is self-knowledge and healing of deep questions in co-creation with nature. Contact with nature returns the psyche to its initial, harmonious state of union with the world, groundedness, and a sense of support.

A number of practices are used in eco-art-therapy [7]:

"Grounding" technique. Instructions: "Find a pleasant natural area for you and pay attention to the ground. Feel your feet touch the ground. Touch the earth with your hands, feel its support and strength. Take a handful of earth in your hands, inhale its smell. Close your eyes: what feelings, memories, associations come to you in contact with the earth?"

"Patterns of nature" technique. Instructions: "Take a photo of the bark of a tree and examine its natural pattern. What symbols and images can you find? What are they about to you?"

"Care" technique. Instructions: "Look around (you can also at home, but better outside) and find a natural object that you can take care of. Perform this act of caring and track your feelings afterward. Which object did you choose? How is he similar to you? How could you take care of yourself?"

"Therapeutic Garden" technique. Creating special therapeutic gardens where people can interact with nature through garden plants, water bodies and sculptures, creating a calm and safe environment for reflection and restoration.

"Ecological rehabilitation" technique. Eco-art therapy can also include ecological projects aimed at restoring damaged natural ecosystems after war. It empowers people to feel part of the recovery process and promotes psychological healing through a sense of meaning and collective action.

After creating a creative product from eco-materials, or in a natural environment (photos, videos, travel notes, etc.), the art therapist can conduct a reflection and discussion session where the client can share his experiences, associations and feelings that appeared in the process of eco-art-therapy.

The systemic effects of eco-art-therapy include [2; 3; 4]:

1. Integration of biological, mental and social factors for the acquisition of integrity, restoration of positive communication with the surrounding world and formation of a sense of security.

2. Increasing the ability to control the environment and responsibility, filling life with meaning based on the ability to consciously and responsibly create the "environment of one's life", where the natural world begins to be understood as a reflection of inner reality.

3. Improving the work of sensory systems, their ability to concentrate intensively, developing sensitivity to the signals of one's body, preventing the occurrence of a possible illness or physical threat, sensitivity to one's own and other people's emotions, expanding perception and vision of the beauty of the world.

4. Formation and reconstruction of family, female/male, professional, group and cultural identity. Existential self-determination with the possibility of obtaining answers to such questions as "Who am I?" "What is/which I? Whose self? Who am I with?". This allows you to realize yourself and your roles in the family, your purpose, place in the team, involvement in cultural values.

5. Development and maintenance of the ability to be creative, to get satisfaction not only from the result, but also from the process itself.

6. Disclosure of creative potential and development of emotional intelligence.

7. Social integration of the individual and the group.

8. Education of tolerance.

9. Development of individual self-expression and the language of constructive communication with nature.

**Conclusions.** Eco-art-therapy is a powerful tool for healing psychological health in the face of modern challenges. This method combines the natural environment, art, creativity and therapeutic techniques to provide psychological support and recovery for those who need it.

When used correctly, eco-art therapy can become an important component of a healthy and balanced life in today's world.

**Prospects for further exploration in this direction.** Questions related to the research on identifying the impact of other art therapy methods on the psychological healing of the individual in the conditions of modern challenges require further study.

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