

Play vocal therapy as a tool for social and psychological adaptation and general recovery

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Strengthening the psychological and physical health of a child is the primary task of the state, since it is known that 75% of all human diseases are laid in childhood.

The World Health Organization has defined health as a state of "complete physical, mental and social well-being, and not just the absence of disease and physical defects" [2].

The Research Center for Music Therapy and Restorative Technologies is now actively pursuing innovative activities to develop health-preserving and developing technologies.

One of the methods of strengthening children's physical and spiritual health is played by vocal therapy (IVT) - a method of music therapy, in which three therapeutic and health-improving components, previously used separately, are synthetically combined: vocal therapy + role-playing games + musical archetypes.

Vocal therapy (VT) is a medical method that induces health-improving adaptive reactions in the body as a response to vocal training load, a special mode of operation of the respiratory system and vibrational vibrations of internal organs [5].

Musical archetypes are special musical expressions that awaken the experience of the collective unconscious. For example, the "archetype of the game" evokes optimism, an increase in the general tone. The "archetype of meditation" leads to emotional calm, muscle relaxation [3].

Role-playing games help to master new behavioral models necessary for socio-psychological adaptation [1, 4].

The mutual reinforcement of all three elements of this technology significantly increases the effectiveness of health-improving measures. Therefore, the use of IWT allows in a relatively short time to stabilize the psychophysiological state, to master socially acceptable models of behavior and to activate worthy interpersonal interaction. In addition, this method awakens motivation for creative cognition and development. A special advantage of IWT is that as a result of its implementation, in addition to improving the indicators of psychosomatic health, a new, "socially positive dominant" appears in the mind, which contributes to the development of the personality and the correct orientation in life [1].

All of the above makes IWT a promising method in the general system of medical and recreational measures aimed at reducing morbidity and strengthening children's health.

Literature

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