

Music therapy and art prevention of neurotic disorders
in pregnant women

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The period of pregnancy and the postpartum period is generally recognized as a time of increased risk of developing mental disorders. Many researchers believe that pregnancy and childbirth can become provoking factors in the development of already existing hidden disorders (Spivak L.I., Shcheglova I.Yu., 1998; Roy M., Pitkin MD, 1980). However, there is a point of view that a normal pregnancy and childbirth can have a positive effect and, even, stop some manifestations of premorbid symptoms. (Arkhangelsky A.E., 1996).

It is very important to understand that serious psychological and physiological changes occur in the first months of pregnancy. Anxiety, anxiety, fears cause biochemical changes in the body of the expectant mother. Hormonal changes during pregnancy bring a number of characteristics to many areas of life.

Sensitivity manifested by changes in different sensory areas (acoustic, visual, kinesthetic, olfactory, gustatory), due to an increase in the general sensitivity of the body.

Emotional lability, expressed by sudden mood swings, to which almost all pregnant women are exposed.

The contradictory affect is manifested by a feeling of joy and optimism - without the one hand, and on the other hand, with a wary expectation, uncertainty about their ability to give birth, fears for the health of the unborn child, etc.

Anxiety, determined by "homeostatic expediency" (according to PC. Anokhin, 1980), namely, the birth of healthy offspring.

Alexithymia is expressed in the difficulty of defining and describing one's own feelings (Osepaishvili M.N., 2005).

The above mental features and a change in gender role identification of pregnant women are stress factors that predispose to the development of neurotic disorders. These disorders are often aggravated by the lack of harmonious relationships in the family, leading to a decrease in the level of acceptance of the unborn child (Lasaya E.V., 2003).

The prevalence of borderline mental disorders in pregnant women varies, according to different authors, from 10.0 to 79.3%.

Of the clinical forms of borderline mental disorders, asthenia (49.2%) prevails in this contingent and, less often (21.8%), depressive-hypochondriacal states (BE Bennedsen, PB Mortensen, AV Olesen, 2001).

It is now generally accepted that mental disorders during pregnancy have a detrimental effect on its course and outcome.

Since a response to the release of adrenaline hormones "run-and-run" during this delicate period is impossible, a tension is created that

negatively affects the work of the circulatory system: narrowing of the arteries and reduced blood flow to the internal organs.

Considering that at a certain stage the child is connected with the mother by general blood circulation, everything that the mother experiences through the hormonal system affects the child as well. An expectant mother should learn to cope with fear and anxiety, so she needs timely and competent psychological support.

In this regard, the question of the optimal options for correcting such disorders and ways of their prevention is urgent. Since none of the psychotropic drugs can be considered completely harmless, the most acceptable option for the treatment of neurotic disorders during pregnancy is non-drug methods. It is recommended to use psychotherapeutic influence (Ryzhkov V.D., 1992; Ruzhenkov V.A., Kuliev R.T., Zhernakova N.I., 2015). There are recommendations (Tyutyunnik V.L., Mikhailova O.I., Chukhareva N.A., 2015) on the use of herbal preparations that have practically no side effects (drug Persen, valerian extract).

Among non-drug remedies for the correction of neurotic disorders in pregnant women and their prevention, music therapy and art prevention, as highly effective and safe methods, can and should occupy a special place, which makes their use especially attractive and valuable for this contingent of patients.

Works on the use of music therapy as a correction of neurotic disorders during pregnancy are extremely few: "Music therapy for neuroses" (Petrushin V.I., 1997), "Music in psychological accompaniment of pregnancy" (Lazarev M.L., 2001; Yusfin A.G. , 2003); "Music therapy in the field of perinatal psychology" (Cain J., 1992; Durham L., Collins M., 1986; Whitmore B., 1997); "The dynamics of the mental state of pregnant women in the process of music therapy" (Tolchinskaya EA, 2010).

In these studies, music therapy is presented only by receptive methods.

It is also known that in working with this contingent, the choice is always limited, because it is necessary to take into account not only the current state of a woman carrying a child, but also the environmental friendliness and safety of the methods used. They should be as soft and comfortable as possible.

An integrative approach is also important, since, as practice shows, it works much more efficiently than mono-methods.

Effective is a differentiated approach to the use of receptive MT methods, taking into account S, T, HR algorithms (S.V. Shushardzhan, 2015), and active (music-puppet therapy, play vocal therapy).

Music-puppet therapy (MCT) is a complex medical and health-improving method that combines vocal therapy, background anti-stress musical influences and an art-therapeutic process of creating dolls, including the development of an image, design of clothes, etc. spiritual

personality development (Shushardzhan S.V., Eremina N.I., 2015).

MKT refers to active methods and involves participation in the creative process of expectant mothers, who, learning to create a variety of dolls, from the simplest to the most complex, characteristic, are gradually involved in the healing process, gaining invaluable experience of communication and expression of feelings. To provide in the classroom and at home, in the family, an anti-stress musical eco-environment, a set of certified musical and therapeutic receptive programs "Music of Health" is used (Shusharjan S.V.,2005).

This method has shown high efficiency in working with pregnant women in prenatal and postnatal support. It is noticed that in MCT, as in a child's play, a special comfortable and safe space of the therapeutic process is provided, where anxiety and tension are replaced by interest and enthusiasm, and background music helps to harmonize the internal state, gain a sense of confidence. The method has practically no restrictions and contraindications. With the help of this method, it is possible to effectively carry out psychological correction of neurotic disorders and behavioral reactions; develop communication and creativity; intensify adaptation responses and improve the health of pregnant women.

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