

MINISTRY OF EDUCATION AND SCIENCE OF UKRAINE

NATIONAL TECHNICAL UNIVERSITY

«KHARKIV POLYTECHNIC INSTITUTE»

Department of Department of Pedagogy and Psychology of Social System
Management named after I. A. Ziaziun

SELF-STUDY GUIDELINES

for the «Psychology of Art» course

for full-time students of the first (bachelor's) level of higher education,
specialty C4 «Psychology»,
educational program «Psychology»

Author: Nataliia Sereda

Kharkiv
NTU «KhPI»
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Teaching materials for lectures

Plan of lecture classes

Topic	Number of hours
Theoretical foundations of psychology of art	2
Psychological processes of perception and understanding of an artistic image	4
Artistic activity (creativity)	6
Psychology of the creative personality	6
Practical aspects of art psychology. Art therapy	6

Topic 1: Theoretical foundations of psychology of art.

Object, subject, basic concepts and problems of psychology of art. Functions of art. Psychological methods used in the psychology of art. Social psychology of art. Culture and art. Theory of artistic communication. Art and socialization of the individual.

Recommended reading:

1. Mather, G. (2020). The Psychology of Art. Routledge, 150 p. URL : <https://doi.org/4324/9780429275920>
2. 10 Things to Know About the Psychology of Art. Online Psychology Degree Guide. URL : <https://www.onlinepsychologydegree.info/psychology-of-art/>
3. Mather, G. (2017). The Psychology of Visual Art : Eye, Brain and Art. Cambridge University Press, 211 p. URL : <https://doi.org/10.1017/CBO9781139030410>
4. Tinio, P.P., & Smith, J.K. (Eds.) (2014). The Cambridge handbook of the psychology of aesthetics and the arts. Cambridge University Press, 610 p. URL : <https://doi.org/10.1017/CBO9781139207058>

Topic 2: Psychological processes of perception and understanding of an artistic image.

The general concept of an artistic image. Features of the artistic image. The nature of the artistic image. Patterns of perception of the artistic image. Psychological mechanisms of perception of the artistic image. Factors of artistic perception. Theories of

artistic perception. Aesthetic consciousness and artistic thinking. Types of aesthetic consciousness. Psychophysiological bases of artistic thinking. Mechanisms and factors of psychological influence of art on personality. Psychological mechanisms of influence of the artistic image on the personality. Objective and subjective (personal) factors of influence of the artistic image on the personality.

Recommended reading:

1. Mather, G. (2020). The Psychology of Art. Routledge, 150 p. URL : <https://doi.org/4324/9780429275920>
2. 10 Things to Know About the Psychology of Art. Online Psychology Degree Guide. URL : <https://www.onlinepsychologydegree.info/psychology-of-art/>
3. Mather, G. (2017). The Psychology of Visual Art : Eye, Brain and Art. Cambridge University Press, 211 p. URL : <https://doi.org/10.1017/CBO9781139030410>
4. Tinio, P.P., & Smith, J.K. (Eds.) (2014). The Cambridge handbook of the psychology of aesthetics and the arts. Cambridge University Press, 610 p. URL : <https://doi.org/10.1017/CBO9781139207058>

Topic 3: Artistic activity (creativity).

Specific features of artistic activity. Artistic activity as a form of creativity. Concepts of artistic creativity. Sources of creativity. Conditions of creativity. Mechanisms of artistic creativity. Creative abilities. Stages of creativity.

Recommended reading:

1. Mather, G. (2020). The Psychology of Art. Routledge, 150 p. URL : <https://doi.org/4324/9780429275920>
2. 10 Things to Know About the Psychology of Art. Online Psychology Degree Guide. URL : <https://www.onlinepsychologydegree.info/psychology-of-art/>
3. Mather, G. (2017). The Psychology of Visual Art : Eye, Brain and Art. Cambridge University Press, 211 p. URL : <https://doi.org/10.1017/CBO9781139030410>
4. Tinio, P.P., & Smith, J.K. (Eds.) (2014). The Cambridge handbook of the psychology of aesthetics and the arts. Cambridge University Press, 610 p. URL : <https://doi.org/10.1017/CBO9781139207058>

Topic 4: Psychology of the creative personality.

Creative personality and its psychological characteristics. Features of creative thinking. Creative self-actualization. The influence of psychopathology on creative processes.

Recommended reading:

1. Mather, G. (2020). *The Psychology of Art*. Routledge, 150 p. URL : <https://doi.org/4324/9780429275920>
2. Robert Gray (2019). *Art Therapy and Psychology : A Step-by-Step Guide for Practitioners*. Taylor & Francis Inc, 166 p.
3. 10 Things to Know About the Psychology of Art. Online Psychology Degree Guide. URL : <https://www.onlinepsychologydegree.info/psychology-of-art/>
4. Mather, G. (2017). *The Psychology of Visual Art : Eye, Brain and Art*. Cambridge University Press, 211 p. URL : <https://doi.org/10.1017/CBO9781139030410>
5. Tinio, P.P., & Smith, J.K. (Eds.) (2014). *The Cambridge handbook of the psychology of aesthetics and the arts*. Cambridge University Press, 610 p. URL : <https://doi.org/10.1017/CBO9781139207058>

Topic 5. Practical aspects of art psychology. Art therapy.

The concept of art therapy. Possibilities of art therapy. Tasks of art therapy. The history of art therapy. Types of art therapy. Features and benefits of art therapy. Forms and methods of art therapy work.

Recommended reading:

1. Robert Gray (2019). *Art Therapy and Psychology : A Step-by-Step Guide for Practitioners*. Taylor & Francis Inc, 166 p.
2. 10 Things to Know About the Psychology of Art. Online Psychology Degree Guide. URL : <https://www.onlinepsychologydegree.info/psychology-of-art/>
3. Tinio, P.P., & Smith, J.K. (Eds.) (2014). *The Cambridge handbook of the psychology of aesthetics and the arts*. Cambridge University Press, 610 p. URL : <https://doi.org/10.1017/CBO9781139207058>

Methodological materials to ensure students' self-study

Students' self-study (SSS) occupies a leading place in the system of modern higher education. Of all the types of learning activities, the SSS largely ensures the formation of independence as a leading trait of a student's personality.

Independent work completes the tasks of all other types of learning activities. After all, knowledge that has not become the object of one's own activity cannot be considered a person's real property. Therefore, SSS has educational, personal and social significance.

Learning activity is characterized by subjectivity, activity, subject matter, purposefulness, structure and content.

Special features of independent learning activities are the following:

- changes in the subject itself;
- dependence on the student's level of development and reliance on the achieved level of development;
- mastering general methods of action and scientific concepts;
- precedence of general methods of action to solving problems;
- dependence of changes in mental properties and behavior of students on the results of their own actions.

Performing self-study involves:

1. Study of educational literature using the university library and the Internet.
2. Study of educational material given for self-study.
3. Mastering knowledge, types and methods of activity in a particular subject area.
4. Self-checking of the acquired knowledge with the help of the questions presented.

If necessary, you can get individual advice from a teacher on how to perform self-study. To do this, the department develops a schedule of teacher consultations each semester.

Questions for self-study

1. Describe the problems of psychology of art.
2. Describe the psychological methods used in psychology of art.
3. Explain the problem of interaction between art and socialization of the individual.

4. Describe the psychological mechanisms of perception of the artistic image.
5. Describe the psychological mechanisms of influence of the artistic image on the individual.
6. Reveal the specific features of artistic activity.
7. Reveal the features of creative thinking.
8. Choose one of the types of art therapy. Analyze the forms and methods of art therapy.

Literature for self-study:

1. Mather, G. (2020). *The Psychology of Art*. Routledge, 150 p. URL : <https://doi.org/4324/9780429275920>
2. Robert Gray (2019). *Art Therapy and Psychology : A Step-by-Step Guide for Practitioners*. Taylor & Francis Inc, 166 p.
3. Tinio, P.P., & Smith, J.K. (Eds.) (2014). *The Cambridge handbook of the psychology of aesthetics and the arts*. Cambridge University Press, 610 p. URL : <https://doi.org/10.1017/CBO9781139207058>.

Methodological recommendations/teaching materials for conducting practical classes

Plan of practical classes

Topic	Number of hours
Theoretical foundations of psychology of art	2
Psychological processes of perception and understanding of an artistic image	2
Artistic activity (creativity)	2
Psychology of the creative personality	2
Practical aspects of art psychology. Art therapy	4

Practical tasks for the classes

1. Prepare a report and presentation on one of the topics:
 - Subject and tasks of psychology of art;
 - S. Freud on the psychology of art;
 - C. Jung on the psychology of art;
 - V Solovyov on the psychology of art;
 - L. Vygotsky on the psychology of art;
 - Art history: styles and epochs;
 - Symbols and archetypes in art.
2. Conduct a psychological analysis of an art work. The field of art is chosen by the student: fine arts; literature; music. Prepare a report and presentation.
3. Select and analyze the diagnostic tools for the study of creativity and creative abilities of the individual. Conduct a self-diagnosis of creativity and creative abilities. Analyze the results obtained.
4. Draw up a psychological portrait of a creative personality, an artist (the biographical method is used; in analyzing the artist's personality, it is necessary to apply knowledge of general psychology and personality psychology – temperament, character, imagination, fantasy, subconscious, the process of creativity, mental accentuation and deviations, etc.) A student chooses a creative personality: writer/poet/playwright; composer/performing musician; artist/sculptor; actor/director. Prepare a report and presentation.

5. Describe one of the methods of art therapy. The methodology of art therapy is chosen by the student: art therapy with music; psychodrama; art therapy with drawing; dance art therapy; art therapy with poetry; bibliotherapy; fairy tale therapy; mask therapy, MAC (metaphorical association cards).

Recommended reading:

1. 10 Things to Know About the Psychology of Art. Online Psychology Degree Guide. URL : <https://www.onlinepsychologydegree.info/psychology-of-art/>

2. Mather, G. (2020). The Psychology of Art. Routledge, 150 p. URL : <https://doi.org/4324/9780429275920>

3. Robert Gray (2019). Art Therapy and Psychology : A Step-by-Step Guide for Practitioners. Taylor & Francis Inc, 166 p.

4. Tinio, P.P., & Smith, J.K. (Eds.) (2014). The Cambridge handbook of the psychology of aesthetics and the arts. Cambridge University Press, 610 p. URL : <https://doi.org/10.1017/CBO9781139207058>.

Methodological instructions/recommendations for completing an individual assignment

General requirements for the abstract

- Language – English.
- Style – scientific.
- Sequence – logical.
- Page format – A4.
- Font and size – Times New Roman, 14.
- Line spacing – one and a half.
- Margins: left margin – 30 mm, right margin – 15 mm, top and bottom margin – 20 mm.
- Simple outline – 1-2 sections.
- The list of references should include about 10 titles.
- Section headings are written in CAPITAL letters.
- Subsection titles are written in lowercase letters (except for the first one).

The length of an abstract is usually 7-15 pages, in some cases up to 20-30 pages. A standard abstract traditionally consists of several parts: title page; table of contents; introduction; main body; conclusion; and references.

The table of contents contains a list of sections, subsections, and page numbers to them. Often, instead of the table of contents, you are required to write an outline. The plan can be simple, when you need to list the names of the paragraphs of the essay in a numbered list, and complex, when in addition to the paragraphs, you also indicate their subparagraphs.

An introduction usually lasts a page and a half. Its main purpose is to introduce the reader to the essence of the problem. The introduction justifies the choice of the topic (why it is important) and its relevance. We outline the goals and objectives of the work. If necessary, make a brief review of the sources used. If you can't write an introduction at first, you can do it after writing the conclusion, when all your thoughts are systematized and finalized.

The main part. Before you start writing the main body, you need to decide on the titles of chapters and paragraphs – the basic requirements for an essay. Next, you should build a chain of presentation so as not to disrupt the sequence of thoughts and not to deviate from the given topic. Highlight the main aspects as much as possible; the main part of the essay should outline the main concepts set forth in the sources. Be sure to cite the author if you use quotations: this is an indicator of your academic integrity. When citing, make references. There are several options for their design, for example, footnotes can be placed at the end of the page, or they can be indicated briefly in square brackets with the number of the source in the bibliography and the original page of the quote like [10, p. 355], so it is better to specify their design in advance.

Conclusion. The conclusion summarizes the main topic in a concise form and presents your own view of the problem and its solution.

A list of references or bibliography is a systematic compilation of a list of sources used. In other words, it is the information that even an outsider can use to find a particular book. The list is compiled in alphabetical order on the last page.

The topic of the abstract can be chosen by the student in accordance with the principle of academic freedom, in consultation with the teacher, and within the framework of the educational component.

Approximate topics of an abstract:

1. Creative thinking as a psychological basis for the perception of an artistic image.
2. Fantasy in artistic perception.
3. Empathy as a mechanism for comprehending an artistic image.
4. Psychological features of the perception of visual arts.
5. Psychological features of the perception of musical art.
6. Psychological features of the perception of dramatic art.
7. Psychological features of the perception of fiction.
8. Personal and authorial information in the visual arts.
9. Personal and authorial information in musical art.
10. Personal and authorial information in fiction.
11. Psychoenergetic impact of artistic creativity on a person.
12. Structure and mechanism of the creative process.
13. Reproductive and productive in creative activity.
14. Creative potential and personal characteristics of a creative person.
15. Conscious and unconscious in the creative process.

16. General and special ways of overcoming barriers to creativity.
17. Destructive and constructive in creativity.
18. Art therapy in working with children and adolescents.
19. Art therapy in the system of psychocorrectional assistance to a child with special educational needs.
20. Art therapy in the correction of child-parent relationships.
21. Psychotherapeutic work with fears using art therapy methods.
22. Art therapy in working with psychosomatic disorders.
23. Art therapy in working with trauma and crisis states.
24. Art therapy in the context of addictions.
25. Working with a group in art therapy.

Teaching materials for current, intermediate and final control

1. Define the object and subject of psychology of art.
2. Name and briefly describe the basic concepts of psychology of art.
3. Analyze the problems of psychology of art.
4. Name and briefly describe the functions of art.
5. Analyze the psychological methods used in the psychology of art.
6. Analyze the relationship between the concepts of «culture» and «art».
7. Evaluate the theory of artistic communication.
8. Analyze the problem of interaction between art and socialization of the individual.
9. Describe the concept of «artistic image».
10. Analyze the features of the artistic image.
11. Analyze the nature of the artistic image.
12. Identify the patterns of perception of the artistic image.
13. Analyze the psychological mechanisms of perception of the artistic image.
14. Name and briefly describe the factors of artistic perception.
15. Name the theories of artistic perception. Analyze one of them.
16. Evaluate the concept of «aesthetic consciousness».
17. Evaluate the concept of «artistic thinking».
18. Describe the types of aesthetic consciousness.
19. Analyze the psychophysiological basis of artistic thinking.
20. Identify and characterize the mechanisms and factors of psychological impact of art on the individual.
21. Analyze the psychological mechanisms of influence of the artistic image on the individual.
22. Describe the objective and subjective (personal) factors of influence of the artistic image on the individual.
23. Name and describe the specific features of artistic activity.
24. Explain the essence of artistic activity as a form of creativity.
25. Name and briefly describe the most famous concepts of artistic creativity.

26. Name and analyze the sources and conditions of creativity.
27. Explain the mechanisms of artistic creativity.
28. Analyze creative abilities.
29. Name and describe the stages of creativity.
30. Describe the creative personality and identify its psychological characteristics.
31. Analyze the features of creative thinking.
32. Explain the essence of the concept of «creative self-actualization».
33. Analyze the impact of psychopathology on creative processes.
34. Explain the essence of the concept of «art therapy».
35. Analyze the possibilities of art therapy.
36. Define the objectives of art therapy.
37. Describe the history of art therapy.
38. Name the types of art therapy. Analyze one of them.
39. Analyze the features and benefits of art therapy.
40. Name and briefly describe the forms and methods of art therapy.

Sources for trainig:

Basic literature

1. Mather, G. (2020). *The Psychology of Art*. Routledge, 150 p. URL : <https://doi.org/4324/9780429275920>
2. Schultz, W.T. (2021). *The Mind of the Artist: Personality and the Drive to Create*. Oxford University Press, 210 p.
3. Robert Gray (2019). *Art Therapy and Psychology : A Step-by-Step Guide for Practitioners*. Taylor & Francis Inc, 166 p.

Supplementary literature

1. Selby, Edwin, Shaw, Emily & Houtz, John. (2005). The Creative Personality. *Gifted Child Quarterly*. 49. 300-314. <https://doi.org/10.1177/001698620504900404> .
2. 10 Things to Know About the Psychology of Art. Online Psychology Degree Guide. URL : <https://www.onlinepsychologydegree.info/psychology-of-art/>
3. Mather, G. (2017). *The Psychology of Visual Art : Eye, Brain and Art*. Cambridge University Press, 211 p. URL : <https://doi.org/10.1017/CBO9781139030410>
4. Tinio, P.P., & Smith, J.K. (Eds.) (2014). *The Cambridge handbook of the psychology of aesthetics and the arts*. Cambridge University Press, 610 p. URL : <https://doi.org/10.1017/CBO9781139207058>

Information resources

1. <https://arttherapy.org/>
2. <https://baat.org/>
3. <https://psychologer.com.ua/art-terapiia/>
4. <https://psyart.org/>
5. <https://www.psychologyofvisualart.com/>