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THERAPY AND EDUCATION: INTEGRATED APPROACHES.

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Abstract: This article discusses the development and improvement of verbal speech of preschool children based on moral values. It analyzes the concept of therapy, its main types, integration into the educational process and practical approaches. In particular, the role of play therapy, art therapy, speech therapy and music therapy in the development of children's speech is shown. Also, ways to achieve moral education, social adaptation and emotional development of children through therapy-based teaching methods are revealed. The article contains practical recommendations for effective pedagogical activities that combine education and upbringing.

Keywords: therapy, verbal speech, moral values, preschool education, integrated approach, art therapy, play therapy, speech development, education and upbringing, child psychology.

The modern educational process is aimed not only at providing knowledge, but also at ensuring the individual development of each student. In this process, along with traditional pedagogical approaches, the use of therapeutic methods is becoming increasingly relevant. Therapy is a practical activity aimed at improving the mental, emotional, psychological and speech state of a person. By integrating it into the educational system, it is possible to develop social adaptability, self-awareness and communication skills in children.

The combination of therapy with education plays an important role in eliminating obstacles to the development of students, increasing their motivation for learning and strengthening their psychological health. Especially at the preschool and primary education stages, methods such as play, art, speech and psychotherapy can become an integral part of the educational process.

This article examines the theoretical foundations, practical possibilities of integrated approaches between therapy and education, and their impact on the development of students. It also analyzes the effectiveness of the use of therapeutic methods in educational institutions.

The term "therapy" is derived from the Greek word "therapeia", which means "treatment", "care". This concept, which was first used in medicine, is now widely used in the fields of psychology, pedagogy and even art. Therapy is a form of systemic influence that serves to stabilize the mental, emotional and social state of a person.

Therapeutic approaches used in education are becoming more effective in working with students individually, solving their personal problems and achieving positive changes. The following are the main types of therapy that are often used in the education system:





Speech therapy (logopedics)

This type of therapy is aimed at correcting speech disorders. Preschool children are often characterized by incorrect pronunciation of sounds, a lack of vocabulary, and grammatical shortcomings. These problems are gradually eliminated through logopedic exercises.

Psychological therapy

Serves to reduce imbalances in the child's psyche, such as fear, stress, aggression, shyness. This therapy includes individual conversations, group classes, relaxation and emotional support.

Art therapy

A healing and developmental approach through art. The child expresses his inner world through drawing, painting, sculpting. Through this method, the child's feelings, needs and stress states are identified and worked through.

Play therapy

Working with children through play is one of the most effective forms of therapy. Games not only give the child pleasure, but also play an important role in identifying and solving his problems, mastering social roles.

Music therapy

It is used to calm the child's psyche, regulate his emotional state and restore internal balance. Music reduces the child's stress level, increases his concentration and attention.

The use of therapy methods in education

The use of therapy methods in the educational process plays an important role not only in imparting knowledge, but also in balancing the mental and emotional state of students, forming social skills, and ensuring an individual approach. The integration of therapy and education is a new pedagogical approach aimed at the comprehensive development of the child.

The following is a brief description of the practical application of therapy methods in the educational system at different stages:

In preschool educational institutions

Therapy methods are the most widely used area in working with preschool children. Because at this age, the child actively develops physically, mentally and verbally. With the help of speech therapy, play therapy, art therapy, music therapy, children's vocabulary expands, emotional balance is created, and their ability to express themselves is strengthened.

For example: Through the game on the theme of "Polite Words", children not only increase speech activity, but also learn moral values.

In primary education

Some psychological barriers, speech restrictions or problems with social adaptation may also be observed in primary school students. In these cases, the lesson process is organized in a comfortable and trusting environment with the help of psychological

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conversations, group therapy, role-playing games. Also, lessons become more lively and effective through art therapy and dramatic expression.

When working with children with special educational needs

Individual forms of therapy are very important when working with children with speech therapy needs, psychophysiological delays, and autism spectrum disorders. Working with each child individually, correctly assessing their condition, and choosing the appropriate method are the main conditions for this process. Therefore, therapy methods have become an integral part of special pedagogy.

The use of therapy methods in education creates a positive social and emotional environment for students. This not only increases the effectiveness of education, but also plays an important role in maintaining the psychological health of children and instilling moral values. Through the integration of therapy into education, each child feels comfortable, their self-confidence increases, and their interest in learning increases.

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