
Correction of adverse emotional States in younger schoolchildren

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The “Destruction of Fear” technique was evaluated on a sample of 32 primary school students. The “H – T – P” technique was used as pretest and posttest. Interpretation of children’s drawings was carried out by an independent expert. The results showed that the “Destruction of Fear” technique was effective not only for fears reduction, but also for decrease of depressive tendencies and anxiety. This effect was observed in 2/3 children, and was stable during a month.

Keywords: anxiety, emotional tension, depressive tendencies, art therapy, symbolic processing experiences, elementary school age.

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