

Abstract

The Diploma Thesis “Utilization of art therapy methods and techniques in social services for mentally disabled people” deals with topic of art therapy and its elements which are used while working with mentally disabled people. The thesis defines the term art therapy and describes art therapy methods and techniques which are used in social services for mentally disabled people. Object of the thesis is to ascertain to what extent art therapy methods and techniques are utilized while working with mentally disabled people and whether these methods and techniques help to develop mentally disabled people.

The theoretical part of the thesis defines the term art therapy and its position in a system of coordinated rehabilitation. It also describes the history of art therapy, its forms and possibilities of utilization of colors in art therapy. The other part of the theoretical part defines mental retardation and its classification and social services for mentally retarded people are described here as well. In the end, the theoretical part is devoted to art therapy methods and techniques.

The practical part of the thesis deals with two researches. The quantitative one which was performed with mentally retarded people ascertains whether mentally retarded people like using art therapy methods and techniques and which one of those methods and techniques mentally retarded people like the most. The qualitative one which was performed with specialists ascertains whether art therapy methods and techniques help to develop mentally retarded people and what kind of areas in.