

P-1150 - THEMES ANALYSIS & THEME THERAPY: A NEW APPROACH TO ART THERAPY

R.Johari Fard

Psychology, Islamic Azad University, Ahvaz Branch, Ahvaz, Iran

"*Themes Analysis & Theme Therapy*" theory is a new approach to prescribe art works, special musical peaces found by Reza Johari Fard (2006; 2008; 2011). In general, "*Themes Analysis & Theme Therapy*" has Three Stages:

- I) Lifetheme Analysis;
- II) Objecttheme Analysis;
- III) Prescribing.

Lifetheme, is a new concept which means, the theme or subject of life. Lifetheme is the interaction between intrapersonal and interpersonal factors. Such as interaction between needs and press in Henry Murray's Personality Theory.

In this model, we have three indexes for analyzing lifetheme:

- 1) Reaction Style;
- 2) Selection Style;
- 3) Evaluation Style.

In our research by TAT and "Lifetheme Analysis Questionnaire" (LAQ; Johari Fard, in press), we could found three below lifetheme:

- 1- Body (somatic) lifetheme;
- 2- Emotional lifetheme;
- 3- Cognitive lifetheme.

Objecttheme, is another new concept of this theory, which means the theme of every phenomena or object.

For example, nature (sea, tree) books, music, movies, and every thing in the world, has its own theme.

In this theory, we can find these themes by three indexes:

- 1) Rhythm index (AHANG);
- 2) Color (Chrome) index (RANG);
- 3) Contemplation index (DERANG) (Johari fard, 2009; 2011).

In passive music therapy, we could find three below objectthemes:

- 1- *Somatization objectthemes (Body)*; in this objectthemes, rhythm (Ahang) index is dominant.
- 2- *Mood- making objectthemes (Emotional)*; in this objectthemes, color (Rang) index is dominant.
- 3- *Relaxation objectthemes (Cognitive)*; in this objectthemes, contemplation (Derang) index is dominant.

The third stage of this model is, prescribing the particular objectthemes to particular lifethemes.