

ANANTARAA ABT COURSE SYLLABUS

STUDIO- SEMINAR 1

1. **SUBTLE ENERGY GUIDE (SEG)**
SECTION I: WISDOM
 - I. Removal of Suffering & Pursuit of Happiness
 - II. Accurate Perception or View
 - III. Three Common Errors of Perception
2. **ARTISTIC SKILLS: INTRODUCTION**
 - 2.1 ABT Grids and Gradations in ABT
 - 2.2 Introduction to Rhythm and Melody
 - 2.3 Introduction to Drama Voice, Body, Movement
 - 2.4 Introduction to Visual Aesthetics
3. **BASICS OF IMPROVISATION & METAPHORS**
 - 3.1 Understanding Improv & Metaphors
 - 3.2 Improvs, Metaphors and Artistic Skills
4. **ABT SESSIONS PLANNING & PILOT PROJECT**
 - 4.1 Planning & Documenting ABT Sessions
 - 4.2 ABT Sessions Documentation
 - 4.3 Pilot Project Planning
 - 4.4 Pilot Project – On-Field

ASSESSMENT:

Written paper, Viva Voce, Case-Study & Assignments for Theory & Application - 50%

STUDIO- SEMINAR 2

5. **SUBTLE ENERGY GUIDE (SEG)**
SEC II: PERCEIVING THE SELF ACCURATELY
 - IV. New Frontiers in Study of Mind
 - V. The Self**SECTION III: COMPASSION**
 - VI. Empathy
 - VII. Beyond Religion - Secular Ethics
 - VIII. Practice Tracker
6. **APPLIED ARTISTIC SKILLS – ARTS BECOME THERAPY**
 - 6.1 Improvisation and role in Therapy
 - 6.2 Metaphors in Therapy
 - 6.3 Combining Artistic Skills using Metaphors
7. **THERAPEUTIC APPLICATIONS**
 - 7.1 Principles of ABT in Facilitation
 - 7.2 Intervention Design
 - 7.3 Application of Artistic Tools and Techniques
 - 7.4 ABT Assessment Design & Evaluation
8. **RIGHT VIEW AND ABT**
 - 8.1 Key Concepts and Cultivating Virtuous Habits
 - 8.2 ABT Tools for Assessment and Evaluation
9. **ACTION RESEARCH PROJECT**
 - 9.1 ARP Planning, Format, Design
 - 9.2 ARP On-Field Implementation
 - 9.3 ARP Documentation & Analysis
 - 9.4 ARP Report

Pilot & Action Research Project including design, format, Supervision, Report - 50%