

 **Arts Based Therapy - Course Progression & Content**

<u>MILESTONE</u>	<u>SESSION TYPE</u>	<u>COURSE CONTENT</u>	<u>DURATION</u>	<u>DATE</u>
<b>1</b>	<b>APPLICATION &amp; ADMISSIONS</b>	Prospective participants & NGOs apply and undergo selection process Admitted candidates' complete admission procedures including selecting client groups / organization for on-field study; payment of fees etc.	Up to end April	30 <sup>TH</sup> APR 2024
<b>2</b>	<b>STUDIO SEMINAR 1</b>	Theory and Skills ABT Grids – Reference Maps to Arts in Therapy Basics of Music; Drama; Visual Arts Subtle Energy Guide – Introduction to Indian Mind Studies	6.5 DAYS	18th - 24th MAY 2024
		Therapeutic Applications Principles of Facilitation, Intervention Design, Session Planning and Documentation		
		Assessments		
<b>4</b>	<b>ON-LINE SESSIONS</b>	Session Planning, Assignments, Case Study Discussion, Project Report Planning – Throughout the Course	1 SUN/ Month – 4 hrs	
<b>5</b>	<b>PILOT PROJECT &amp; SUPERVISION (ON FIELD)</b>	Get playful and familiar with ABT Tools, Techniques and Perspective. Practice ABT with Clients in the organization of work / volunteer Pilot ABT Supervision	10 -11 WEEKS	End May – 12 <sup>th</sup> AUG 2024
	<b>ASSIGNMENTS</b>	Strengthen understanding of SEG concepts with self-experience, Skills Training		

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<b>6</b>	<b>STUDIO-SEMINAR 2</b>	<p>Theory and Skills Clinics ABT Advanced Grids – Improvs &amp; Metaphors Application of Artistic ABT Tools Therapeutically - Music; Drama; Visual Arts Subtle Energy Guide</p> <p>Therapeutic Applications using ABT Formats Applying Improvisation &amp; Metaphors, Tools &amp; Techniques with Pilot Project Experience, Research &amp; Study Design and Documentation Practice of SEG</p> <p>Assessments - Written Tests and Viva Voce, Skill Tests</p>	6.5 DAYS	15 <sup>th</sup> Aug 21 <sup>st</sup> Aug 2024
<b>7</b>	<b>ACTION RESEARCH PROJECT</b>	<p>These projects are a vital part of learning how to systematically apply ABT. Students plan and conduct ABT sessions at their organizations. Research data is documented, analyzed and presented in the form of an ARP report.</p>	22 WEEKS	End-Aug to end Jan 2025
<b>8</b>	<b>SUPERVISION &amp; ASSESSMENT</b>	Anantaraa ABT Supervisors guide and assess students' action research sessions	FROM Wk 4 OF ARP	Sep—Nov 2024
<b>9</b>	<b>CERTIFICATION CEREMONY</b>	Students who have been successful attend the certification ceremony	SUNDAY	Mar 2025