

 **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 JULY 2024	END JULY 2024
<b>2</b>	<b>COURSE BEGINS - ONLINE ORIENTATION</b>	Orientation & and Introduction to Modules	6 HOURS	4 <sup>th</sup> Aug '24
<b>3</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	7 DAYS	10 <sup>th</sup> -16 <sup>th</sup> Aug 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/ Mn – 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	AUG – OCT 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</p> <p>Application of Artistic ABT Tools Therapeutically - Music; Drama; Visual Arts</p> <p>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>	7 DAYS	4 <sup>th</sup> – 10 <sup>th</sup> NOV 2024
		Assessments - Written Tests and Viva Voce, Skill Tests		
<b>7</b>	<b>ACTION RESEARCH PROJECT</b>	<p>These projects are a vital part of learning how to systematically apply ABT.</p> <p>Students plan and conduct ABT sessions at their organizations.</p> <p>Research data is documented, analyzed and presented in the form of an ARP report.</p>	22 WEEKS	NOV – MAR 2025
<b>8</b>	<b>SUPERVISION &amp; ASSESSMENT</b>	Anantaraa ABT Supervisors guide and assess students' action research sessions	FROM Wk 4 OF ARP	DEC- FEB 2024
<b>9</b>	<b>CERTIFICATION CEREMONY</b>	Students who have been successful attend the certification ceremony	SUNDAY	APR 2025