



## ANANTARAAA ARTS-BASED THERAPY COURSE

- A **10-month** long Certificate Course, in **Mumbai**, Online session starting **4<sup>th</sup> Aug**. Classroom sessions starting **10<sup>th</sup> Aug** & **4<sup>th</sup> Nov 2024**. Only **14 days in-person**, rest on-field and on-line
- Suitable for **working healthcare professionals** - therapists, psychologists, special educators, social worker graduates looking to add artistic tools for Therapy
- Those working with or wanting to work with **Special Needs, Mental Health, Children & Women - At Risk, Geriatrics & Palliative Care** and other vulnerable populations
- Practical Training in therapeutic applications of visual arts, drama, stories, songs, rhythm, play and movement.
- 25 Credits, 435+ hours of online & in-person teaching (150+ hours); assignments & on-field work (135 +150 hours). **50% IT Benefits** under 80G against Fees paid
- To **APPLY** Download Anantaraa ABT Admissions Form – <https://bit.ly/AABT-AdmForm24-25>
- For more **details** visit <https://anantaraa.org/abt-course/>

**Anantaraa Arts-Based Therapy (ABT) Course** has been the Flagship Program of Heal Foundation. As a force-multiplying therapeutic intervention, it has gained outstanding reputation for the rigour and quality of training in Mumbai and other parts of the country.

- 4 Batches, 53 Certified Anantaraa ABT Practitioners since 2017
- Scholarship Seats for deserving candidates

## Art Based Therapy - a holistic approach

'Arts-Based Therapy (ABT) is the evidence-based use of art forms to accomplish individualized goals within a therapeutic relationship. The basis of ABT lies in Indian

Psychology and Ethics, Studies of Human Development, Neuroplasticity and Cognitive Neurosciences. In ABT there is a concurrence of art forms (drama, music and visual arts). This enables a Practitioner to acquire a generic vocabulary of stories, songs, roles, rhythms, drawings and colours, and use appropriate combinations to address specific client needs. For Details of Anantaraa ABT Course Content & Syllabus - [https://bit.ly/AABT\\_Course\\_Syllabus](https://bit.ly/AABT_Course_Syllabus)

## FAQs – Anantaraa ABT (AABT) Course

1. What is the eligibility criteria for admissions to Anantaraa ABT Course? Pg 3
2. How is Anantaraa Arts Based Therapy Course unique? Pg 3
3. What are some of the benefits of Arts-Based Therapy / How can participating in the AABT Course benefit me professionally? Pg 4
4. I would like to apply, what is the admissions process? Pg 5
5. I have full-time job. Is it possible to take the Course? What is the commitment needed? Pg 5
6. How can I participate if I don't live in Mumbai? Pg 6
7. I am not an artist, do I need formal training in art or music ? Pg 6
8. What is the schedule at-a-glance for the 2024-25 batch of AABT Course? Pg 7,8
9. What are the Fees and what do they cover? Pg 9
10. Do you provide Scholarships for admissions to Anantraaa ABT Course for 2024-25 Batch? Pg 9



## 1. What is the eligibility criteria for admissions to Anantaraa ABT Course?

- i) Admissions given on first-come basis for those within eligibility
- ii) Experience – Working Professionals in Health Care / Mental Health
  - Counsellors, Psychologists
  - Special Needs Educators, Remedial Educators & Teachers
  - Occupational Therapists, Speech & Language Therapists etc.
  - Social Work Graduates
- iii) Education: Post-graduation in Psychology, Social Work, Humanities or Medicine  
OR Graduation in any stream (arts, commerce or science) with minimum two years or more field experience of working with special needs group, at-risk and ill-health populations
- iv) Applicant must have a clear understanding and experience of the 'pathology' of illness/ disability/ special needs s/he will be working with.
- v) Applicants must be working with an Organization where s/he could directly apply what s/he learns under the supervision of seniors and peers.
- vi) Prior training or expertise in art forms like visual art, drumming or theatre etc. NOT mandatory. Interest, enthusiasm and passion for art forms is very welcome!

## 2. How is Anantaraa Arts Based Therapy Course unique?

Anantaraa ABT Course integrates the various artistic modalities – including visual arts, drama and theatre and rhythm to enable the ABT Practitioner to acquire a generic vocabulary of stories, poems, rhythms, songs, drawings, paintings and creations to address specific therapeutic needs of clients.

It integrates principles of Human Development, Neuro-biology and Cognitive Neurosciences.

What sets it apart is the foundational view for Practitioners that is lies in studies of Indian Psychology and Ethics.

The Course itself is experiential in nature. The in-person Studio-Seminars focus on practical application orientation based on robust theoretical frameworks proprietary of ABT. Assignments and assessments are curated to deepen the ABT Practitioners experience of arts as healing tools.



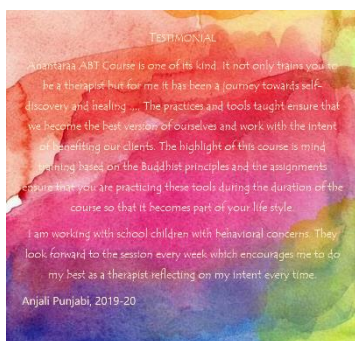
On-Field and On-Line support from experienced, senior ABT Practitioners / Educators helps the ABT Practitioner navigate the challenges of the Course with grace and inspiration.

Further, the Course trains its Practitioners in compassionate practices with clients. ABT Practitioners “facilitate” sessions with clients as co-participants, encouraging dialogue. They view the client as a whole mind-body-sense individual rather than based on client’s impairments. Clients are enabled to express themselves, and be empowered to realise their highest potential.

### 3. What are some of the benefits of Arts-Based Therapy / How can participating in the Anantaraa ABT Course benefit me as a professional?

The Arts-Based Therapy Course is designed to provide **complementary artistic tools / adjunct** to existing professional skills of professionals such as Counsellors, Psychologists, Psychiatrists, Special Needs & Remedial Educators, Occupational & Speech Therapists, Physiotherapists, Nurses, Anthropologists and Social Work Graduates. It is however robust enough to be **practiced independently**, should the AABT Practitioner choose to.

The process of using multiple arts forms such as painting, drawing, stories, play and drama in creating a therapeutic relation can be healing in a deep way, touching upon areas in the psyche that language



often cannot access. ABT is effective because arts allow the processing and integration of deeper issues, often resulting in enhanced well-being, self-awareness and self-expression for the client. ABT Practitioners are trained to attune with and respond to non-verbal expressions in Therapy, to navigate artistic cues, invite in the imagination & be comfortable with the silence. The training imparts skills so ABT Practitioners acquire newer perspectives and deeper insights as they

view their clients holistically rather than based on their impairments. It is possible to elicit client’s lived experiences through compassionate interventions and meet individual therapeutic goals even in a group setting.



An ABT Practitioner can use ABT by itself or in conjunction with other therapeutic interventions like ABT in Counselling or ABT with Occupational Therapy or for Special Needs.

#### 4. I would like to apply, what is the admissions process?

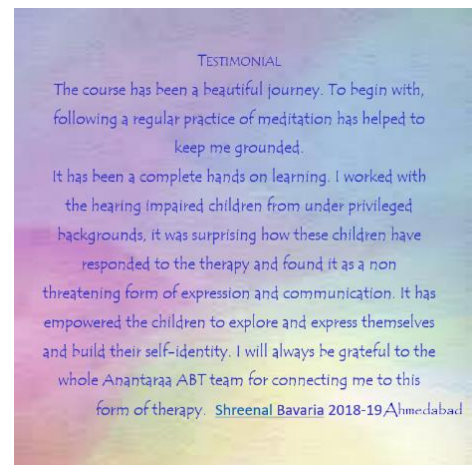
After checking if you match the eligibility criteria to participate (See above), follow these steps below

- 🕒 Step 1. Download the Anantara ABT course Application form - <https://bit.ly/AABT-AdmForm24-25>
- 🕒 Step 2. Print out, Fill & Send the completed application form at the address mentioned on the form. Attach the required documents (checklist on the last page).
- 🕒 Step 3. Once we have received the completed application forms, we will schedule an interview at a mutually convenient time.
- 🕒 Step 4. Payment of Fees in order to confirm your seat for the 2024-25 batch.

#### 5. I have full-time job. Is it possible to take the Course? What is the commitment needed?

The Course is designed especially for working professionals. You would need to take off for 6 days, twice over 10 months for the in-person Studio Seminars (experiential workshops) in Mumbai. For the rest of the time, you will be facilitating sessions you will be working with clients on-field. Often, these clients are chosen from your place of work – the organisation / NGO you are working at. In this way, the organisation too benefits from your participation in the Course. These sessions need to be held at regular intervals but this schedule is flexible and you are free to work out convenient slots with the organisations.

Assignments are curated for so you may gain maximum from the Course. They require an additional average commitment of 1-2 hours per week for the duration of the Course.



## 6. How can I participate if I don't live in Mumbai?

Absolutely, you can! The ABT Course format is uniquely designed for working professionals. Your physical presence in Mumbai is only needed for the 2 x 7 days in-person Studio Seminars (experiential workshops) in Mumbai. And one more half-day for the final Certification Ceremony when you pass out. The rest of the Course is on-field with your client group under the guidance of an ABT Supervisor appointed by us.



## 7. I am not an artist, do I need formal training in art or music?

No, not at all. ABT uses arts as tools for Therapy. We however do ask that you carry with you an open, curious mind, an avid interest or passion for the arts and a creative spirit! Your Therapy sessions during the Course and later as an ABT Practitioner require you to employ artistic skills. The course provides you with tools and formats to dip into your own inner world of artistic experiences so this can become possible. Studio-Seminars are designed to provide basic skills in visual arts, drama & theatre, rhythm and movement so get you started and be on your way to being a compassionate Anantaraa ABT Practitioner.



8. What is the schedule at-a-glance for the 2024-25 batch of Anantraa Arts Based Therapy Course?

<u>MILESTONE</u>	<u>SESSION TYPE</u>	<u>COURSE CONTENT</u>	<u>DURATION</u>	<u>DATE</u>
1	<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
2	<b>COURSE BEGINS - ONLINE ORIENTATION</b>	Orientation & and Introduction to Modules	6 HOURS	4 <sup>th</sup> AUG 2024
3	<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 Therapeutic Applications Principles of Facilitation, Intervention Design, Session Planning and Documentation Assessments	7 DAYS	10 <sup>th</sup> - 16 <sup>th</sup> AUG 2024
4	<b>ON-LINE SESSIONS</b>	Session Planning, Assignments, Case Study Discussion, Project Report Planning – Throughout the Course	1 SUN/ Mn – 4 hrs.	
5	<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		

<u>MILESTONE</u>	<u>SESSION TYPE</u>	<u>COURSE CONTENT</u>	<u>DURATION</u>	<u>DATE</u>
<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>	7 DAYS	4 <sup>th</sup> – 10 <sup>th</sup> NOV 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	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

## 9. What are the Fees and what do they cover?



Donations of **Rs. 59,000** to Anantaraa ABT Course can avail of **50% Benefit under 80G of the Income Tax Act**. You can avail of & receive an **Anantaraa ABT Edu & Learning Kit worth Rs. 25,000 included in the Fees**. In effect, your cost of the Course is almost nominal.

The fees cover:



1. Teaching in-person & on-line, personalised Supervision support on-field, individual feedback on assignments and project-work
2. Lunch & Tea during in-person workshops
3. Anantaraa ABT Learning & Edu Kit (value **Rs 25,000~**) including ABT proprietary reference manuals and books, djembes & other percussion instruments, theatre props, range of arts materials like paints brushes, crayons, clay etc
4. Certification Ceremony for successful Anantaraa ABT Practitioners



*Donations to HEAL Foundation can avail 50% IT benefits under 80G*

## 10. Do you provide Scholarships for admissions to Anantraaa ABT Course for 2024-25 Batch?

Like every year since we began, we have dedicated a few seats for deserving Scholarship Candidates. This year we are offering *partial scholarships* and criteria include:

- Candidates with at least 3 work experience and those who are currently working for the disadvantaged / vulnerable populations such as dis-abled, special needs, mental health, geriatrics and palliative care, women's & children's health and safety etc.
- Candidates who come from lower social / economical backgrounds
- Such candidates who are keen to utilise Arts Based Therapy in their work going ahead to benefit their current and future client base.

If you qualify for **Scholarship**, we welcome your request - <https://bit.ly/AABT-Scholarship-Request-24-25>

Upon receiving all applications, you will be notified on first-come-first served & merit basis. If you do qualify for Scholarship, you will be notified within a few weeks of receiving your application and a Scholarship Application Form sent to you. The rest of the admission process is the same as for regular participants (see Q4, in FAQs; step 2 onwards)

Anantaraa ABT Course is managed by **Vanashree Ghate – Founder, Director, HEAL Foundation.**

A healer at heart, Vanashree has a holistic approach to living. Vanashree is an Arts Based Therapist from WCCL Foundation, Pune; an Arts Based Therapy Educator for Anantaraa Arts-Based Therapy Course conducted in Mumbai. She is a Certified Mindfulness Meditation Teacher and conducts Mindfulness & Mind Training Workshops for professionals and teachers, parents and children. She also Facilitator for Socio-Ethical-Emotional (SEE™) Learning & Cognitively Based Compassion Training (CBCT®); both developed by Emory University.

She is a Vipassana practitioner since 2004 under Shri S.N Goenkaji, a student of Mingyur Rinpoche and Geshe Dorji Damdul. Vanashree is a life-long learner of Buddhist Psychology & Philosophy and brings decades of insights and experiences into her Teaching.

In her earlier avatar, Vanashree is a Masters in Management Studies from S.P. Jain Institute of Management and Research. She has over 15 years of corporate experience working at FCB-Ulka, Faber Castell India and Pennzoil-Quaker State India before following her true calling.

