

SEEDS DIPLOMA IN ABT CURRICULUM

Section I: ABT Theory

1. Subtle Energy Guide (SEG)

Section I: Wisdom

1. Removal of suffering & pursuit of happiness
 1. 1A. Suffering
 2. 1B. Happiness
2. Accurate perception or view
 - 2A. How do we know
 3. Three common errors of perception
 1. 3A. Seeing permanence where there is impermanence
 2. 3B. Seeing independence where there is dependence
 3. 3C. Seeing whole, generalising; when all is made of parts

Section II: Perceiving The Self Accurately

4. New frontiers in study of mind 4A. Indian mind studies
5. The self
 1. 5A. The five aggregates
 2. 5B. Fifty one mental factors

Section III: Compassion

6. Empathy
7. Beyond religion - secular ethics
 1. 7A. The six paramita framework for mind training
 2. 7B. Generosity
 3. 7C. Discipline
 4. 7D. Patience
 5. 7E. Diligence
 6. 7F. Meditation (samadhi paramita)
 7. 7G. Wisdom
8. Practice tracker

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2. Artistic Skills: Level I

1. 2.1 ABT grids: reference maps to the arts in therapy
2. 2.2 Basics of music: rhythm and melody
3. 2.3 Basics of drama: voice and body
4. 2.4 Basics of visual aesthetics: visual art and compositions

3. Arts Become Therapy: Artistic Skills In Play: Level II

1. 3.1 Advanced grids: improves and metaphors
2. 3.2 Improvisations

3.3. Metaphors basics

4. 3.4 Types of metaphor in therapy
5. 3.5 Reading and introducing metaphors

4. Therapeutic Applications

1. 4.1 ABT principles for facilitating groups
2. 4.2 Scope of ABT
3. 4.3 Intervention design in ABT
4. 4.4 ABT sessions and documentation
5. 4.5 Artistic tools and techniques in application
6. 4.6 ABT assessment design

5. ABT Action Research Project 5.1 Basics of action research

2. 5.2 Project planning
3. 5.3 Research study design

Section II: ABT Action Research

6. Action research project (practical)

1. 6.1 Pilot project sessions (direct client contact)
2. 6.2 Pilot project documentation
3. 6.3 Action research design and plan
4. 6.4 Action research implementation (direct client contact)
5. 6.5 Action research documentation
6. 6.6 Research report