



Diploma Course in ABT (Arts Based Therapy)

SEEDS



LIGHT HOUSE

Centre For Arts In Therapy



collaboration with Nirmala Niketan College of Home Science announces
Diploma Course in ABT (Arts Based Therapy)



SEEDS

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ABT – Arts Based Therapy



ABT is the evidence-based use of art forms to accomplish individualized goals within a therapeutic relationship. Basis of ABT lies in Indian Psychology and Ethics, Studies of Human Development, Neuroplasticity and Cognitive neurosciences. ABT is a model for arts-in-healing developed by WCCLF (World Centre for Creative Learning Foundation)

ABT Model

SEG

Wisdom

Perceiving
Self Accurately

Compassion
& Secular Ethics

ABT APPROACH

Scope

Therapeutic Domains
& Goals

Intervention Design

Abt Tools & Techniques

Assessments



**EFFICIENT USE OF ABT GRID -- CHOOSING ACCURATE TD'S & GOALS -- METAPHORS
IMPROVISATIONS SUBTLE WORK**



What is ABT ???

ABT includes four separate and distinct disciplines: dance, music, theatre arts, and visual arts - each with its own body of knowledge and skills. ABT can be used not only for healing but also in enhancing creative skills, discovering our needs, awakening our talents and maximizing our inner resources. Children in schools, college going students, homemakers and caregivers, and even those in the healing field can benefit from this therapy. ABT is not a new concept. Many wise beings of the past have shared about art and healing. ABT is thus a small part of the wisdom offered by all teachers of the past, shamans of innumerable tribes, great masters of the Eastern spiritual traditions and scientists /elegant minds of the West.

The seed, so tiny and humble, is a powerful metaphor for countless interior processes. It's no surprise that countless teachers, use seeds to bring out attention to some very important aspects of life.

On the most basic level, the seed is the means by which the plant reproduces itself. In the same way it's hard to believe an entire human is contained in a zygote, it's hard to believe that entire trees are contained in tiny kernels. Something that can grow to hundreds of feet tall can fit easily in the palm of your hand. The entire tree is contained in the seed, but equally true is that the entire forest is contained in the seed, since a single tree can give rise to countless others.

The first line of the Dhammapada states, "Our life is shaped by our mind; we become what we think." The idea is that thoughts are the seeds that give rise to actions, habits, and character.

In the same way, the students who are part of the ABT course represents this journey and change of life as it unfolds; taking a labyrinth-like passage. They go through an experience to work with varied populations creating the right conditions to grow flourish and be whole. The course provides water, sun and soil, so a tiny seed can grow into a majestic tree.

Why SEEDS ?



Perspectives On ABT



Kashmira Vazifdar, ABT Practitioner

For children with multiple disabilities, ABT frees the child from the burden of trying to give the 'appropriate response'. Through what appears to be just play and fun, therapeutic goals are realised and progress is evident. ABT Course is uniquely and sensitively designed, incorporating a balanced combination of subtle energy, therapeutic techniques and an internalisation of healing concepts.



Priya Shah, ABT Practitioner

ABT has enabled me to explore uncharted territories within my soul. Using Arts Based Therapy with children with special needs has been an evolving journey; all of them seem happier and more self-aware.



Shivali Shah, Clinical Psychologist

ABT has helped with increasing attention, focus, and turn taking behaviours and reducing impulsivity. It has also helped to work with deep-rooted emotions like aggression and depressive tendencies, which are at a sub conscious level to emerge and acknowledge at a more conscious level. I believe it has helped my kids who have had emotional issues, Learning Difficulties, and Autism.



Fatima Agarkar, Co-Founder KA Edu Associates

As an educator, watching ABT impact children in different ways but with progression as a reward supports the cause tremendously. A wonderful addition for an educator seeking differentiation as a strategy!



Vandana Giri, Occupational Therapist and ABT Practitioner

I felt I was walking in a dark tunnel and ABT helped me to see the light at the end of the tunnel. It liberated me, helped me to perceive things as they are. I am very fortunate that I did this course during my pregnancy and it stood as a great support system during all the ups and downs and helped me to sail through the difficult time smoothly. The best part is before applying it on others you have to do it yourself. So "practice what you preach" helps you to unlearn lot of preconceived notions.



Aathira Nair, ABT Practitioner

ABT's impact on my life has been multi-faceted. The experience of doing the course is empowering, rigorous and thrilling. The most precious gift I received was a very different outlook towards my own self and my life. Being certified as an ABT practitioner is a never ending journey of discovery filled with never ending avenues. Most importantly, it's not a job, it's a way of life.



Parent

Life has changed for the better for both kids and me after starting ABT. It's a form of therapy that makes kids feel they are going for a fun filled session without really feeling being treated for a problem.



Abhishek Jhaveri

ABT peels emotional layers from within.

ABT Course

The Course is designed for students and professionals working in special needs, mental health and social work/care organizations (NGOs).

Highlights

- Each year 20 to 30 applicants will be admitted for the 9 month course
- Its open for Students, Professionals & Experts from various fields - Psychologists, Therapists, Counsellors, Special educators, Social workers, Caregivers, Psychiatrists or Doctors
- ABT addresses issues in learning disabilities, intellectual challenges, autism, in mental health, in de-addiction, palliative care & pain management, in rehabilitation for trafficking, abuse, domestic violence issues, in issues around LGBT and communities affected by violence and trauma
- 30 Credit hours, i.e. it has 450 hours of Theory and Practical work
- Certified by Nirmala Niketan College, Mumbai (Recognized by Mumbai University)

Action Research Projects undertaken by students of previous year's ABT Certificate

St. Judes India Child Care Centre

Aasara

Nalanda Foundation

Vatsalya Foundation

Dakshinaya Special School

Children of the World

St. Catherine's

Adapt (Spastic Society of India)

Child n you

Autism Parent Group

Hi 5 Development Centre

Indian Cancer Society

Aasra Suraksha

Children of the World, Vikas Bal Kendra

Chembur Children's Home

Vivekananda Youth Forum

Rajendra Honeycomb Bal-Aasharam

Pragati

Goenka & Associates Educational Trust

JBCN International School

The Nalanda Foundation

The Aditya Birla Integrated School

The Family Welfare Agency

Udayan Care

Khula Aasmaan

Lakshyam Foundation

Renaissance Foundation

The Somaiya School

Uniqueness of ABT



ABT provides a non-threatening and non-demanding environment, which immediately takes the anxiety away from the client and you have won half the battle already.



There is no force to do things, but choice is given and this compassionate way of working with the clients enhances the whole process.



ABT integrates the experience of a given art form with the theories as a unique form of therapeutic intervention. ABT integrates the numerous tools and techniques of each art form with the theoretical orientation of Indian Mind Traditions, Secular Ethics & working theories of cognitive



The artistic vocabulary used in ABT provides a range of arts – painting, drawing, singing, drumming, movement, enactments, stories etc.



ABT relies on creating and seeing metaphors everywhere. Metaphors help us to see things differently. Metaphors - The skillful conversion of mundane therapeutic goals into metaphorical journeys, and their poetic descriptions creates a shift in perception (in the therapist & patient). Metaphors create small openings in the labelled box of special needs.



A range of possibilities to find some way to express one's self and communicate with others is possible. They also learn to share, help interact and play with others.



ABT compliments all conventional therapies and acts like a catalyst for faster progress of the individual.



ABT Certificate Course Details

TITLE: Arts Based Therapy - Diploma Course

ELIGIBILITY: For the Applicant:

1. Comprehension and reading skills in English.
2. Education: Post-graduation in Psychology, Social work or Humanities OR Graduation in any stream (arts, commerce or science) Applicants must have a clear understanding and experience of the 'pathology' of illness he/she will be working with.
3. Applicants must be associated with an Organization where s/he could directly apply what s/he learns under the supervision of seniors and peers.
4. Inclination or passion for the art forms. Prior training or expertise in drama, music or other arts forms is NOT mandatory.
5. Aptitude for theory and research skills, with writing skills in English or Hindi or Marathi.

DURATION: Over 9 months, divided over 2 semesters where contact classes will be held in Mumbai, Maharashtra. Rest of the period, practical work will be done in one's institution

COURSE RATIONALE: In the West, therapies that were based on art forms mostly started from the 1930s, consolidating as drama, music, and art therapy by 1950s/60s. In the brief span from then till now, there are universities offering training, journals, research material, teachers, and various certification bodies. India is a land of rich cultural heritage and a home to many art forms. It has a unique diverse culture, philosophy and ancient traditions of the arts in healing. However, this has not been systematically and consistently developed into an indigenous Practice in the contemporary times. ABT bridges that gap. It brings the much-needed artistic language into therapy, while retaining a firm basis in well-researched and scientific understanding of mind and reality. This course will address the above-mentioned need by equipping the students with newer methods and interventions in the field of healing and arts Based therapy. After completing this course, the students will be able to use these approaches in their personal and therapeutic practice making the process of therapy more meaningful and creative.

INTENTIONS & OUTCOMES: The student is certified as ABT Practitioner when s/he is able to:

1. Show understanding and specific practice in the area of the arts and healing
2. Design and implement ABT with specific population group, and
3. Develop awareness through realizing capabilities of self, meaningful relationships and purposeful living

TEACHING-LEARNING METHODS:

- Workshop Seminars on ABT Theory and Laboratory work with ABT Skills;
- Individual Assignments (Practice of Theory and Skills);
- Practical work on ABT through Action Research

Course Design



1. Registration and Admission



2. Semester I

9 Days workshop in Mumbai. It is non-residential. Outstation participants have to make their own stay arrangements.



3. Pilot Project and Assignments

The purpose of pilot project is to be playful and get familiar to the new medium of communication & to 'see' the client from an ABT perspective. Students must practice ABT with clients in their organization.



4. Supervision and Assessment



5. Semester II

7 days workshop in Mumbai. It is non-residential. Outstation participants have to make their own stay arrangements.



6. Action Research Project

These projects are vital parts of learning how to systematically apply ABT over a period of time. Students plan and conduct ABT sessions at their organizations. The research data is documented, analyzed and presented in the form of a report.



7. Supervision and Assessment

8. Certification

Students who have passed must attend the certification ceremony in Mumbai.

Academic Details

COMPONENTS

Section I:

ABT Theory & Skills

Section II:

ABT Action Research

TEACHING- LEARNING

Theory Seminars

Skill Laboratories

Assignments

Practical

On-field Supervision

HOURS

240 Hours

210 Hours

450 HOURS

Semester I: 81 Hrs.

Semester II: 54 Hrs.

Assignments: 105 Hrs.

Pilot Project: 30 Hrs.

Action Research
Project: 120 Hrs.

(includes direct client contact and documentation)

Supervision 1 & 2: 60 Hrs.

EVALUATION

50%

50%

100%

- Written Tests
- Skill Tests
- Viva Voice
- Assignments

- Viva Voice
- Hours done
- Research Re-port
- Supervisor's Assessment



Curriculum

SECTION I: THEORY AND SKILLS

1. Subtle Energy Guide (Seg) - Theoretical Orientation Of Indian Mind Traditions, Secular Ethics, Cognitive Neuroscience

Section I: Wisdom

Section II: Perceiving the Self-Accurately

Section III: Compassion

2. Artistic Skills: Level I

3. Arts Become Therapy: Artistic Skills in Play, level II

4. Therapeutic Applications

5. ABT Action Research Project

SECTION II: PRACTICAL

6. Pilot and Action Research Project (Practical)

SECTION III :

A) Understanding Our Client Population

B) Understanding Qualitative Data Analysis

ASSESSMENT:

- > Written papers, Viva Voce & Assignments for Concept and Skill testing: 50%
- > Action Research Project including research report, Supervision and feedback: 50%

Course Admissions

SCHEDULE, APPLICATION FORMS & FEES

For details including upcoming course dates, venue, fees and downloadable application forms –

Log on nirmalaniketan.com and look for Diploma in ABT in the Section- Courses offered. Or log on

lighthousecentre02.wixsite.com/artsintherapy and look up links "ABT Application Form and Prospectus"

Send an email to lighthousecentre0203@gmail.com with your name, contact number and a brief note on your background

To apply, send completed application forms to Lighthouse address. Admissions are processed within 15 working days after receipt of completed forms and fees.

Lighthouse and Nirmala Niketan College of Home Science reserves the right to select and reject applicants.

DOUBTS, CLARIFICATIONS, COMMUNICATIONS

For any doubts, to clarify eligibility or any other information regarding ABT Course, write to us at lighthousecentre0203@gmail.com

Core Facilitator

Zill Botadkar is a certified ABT (Arts based therapy) Practitioner and a certified AMT (Autism Movement Therapy) Provider. She is a Counsellor and an EQ Educator, based in Mumbai. Zill has served for more than a decade in the field of special needs and mental health. She is an expert in behaviour interventions and designing plans for children with special needs in individual and group therapy. Currently, she is the Heads and manages Lighthouse, a Creative Arts and Therapy Center in Mumbai. A Graduate in Bachelors of Arts in Single Major Psychology, and a Post Graduate Diploma holder in Psychological Counselling. Empowering children and parents is her vision and creates various programs and techniques to achieve the same.



Resource Facilitators

Swetha Veeraraghavan - An active student of the mind training studies and a qualified Arts Based therapy practitioner. Her expertise lies in the amalgamation of the conventional psychotherapeutic interventions with the traditionally rich source of mind training in our Indian traditions. Her formal education includes a Masters in Clinical Psychology, and has been in active practise since 8 years. She is also a qualified EMDR practitioner, and a therapist specialising in Applied drama with Autism.



Dr. Nivedita Chalil – She is a trained psychiatric social worker, counsellor and Arts Based Therapist, with nearly 20 years of experience in the area of mental health. She has her M.A in Medical Psychiatric Social Work, M.Phil and Ph.D from the Tata Institute of Social Sciences (Mumbai). She currently runs a mental health centre called ARTH in Mumbai which offers Counselling and Arts Based Therapy for adults; she also runs ‘The Bodhi Tree’, a part-time course in Buddhist Psychology.

Resource Experts

Indrajit Deshmukh = Indrajit is an ABT Practitioner and Founding member at “Practical Life Skills” residential treatments center for male and female patients living with mental health issues, this program is successfully running since 2011. His academic experience adds humanistic and experiential flavor to his work. He completed his Masters Level in Buddhist Psychology & Ethics from Pune University, Certificate course in Arts Based Therapy from World Centre for Creative Learning, Masters Level in Neuro-Linguistic Programming and Hypnotherapy. He is a trustee and an active member of an NGO named “Santulan” in Pune Area

Dr. Aditya Tiwari - Founder of Tattva Health Foundation Mumbai, India. And is a Consulting Homoeopathic Psychiatrist & Art Based Therapist

Kashmira Vazifdar - MA in clinical psychology from Mumbai University. Working at SPJ Sadhana School for students with intellectual disabilities, since 1994. Work involves therapy, Counselling and assessment. Arts Based Therapy practitioner since 2009. Speech and Drama Teacher since 1991. Training students for the Trinity College of London Exams for subjects such as Speech and Drama, Communication Skills, Performance Arts, Individual Acting Skills, Group Drama and others. Worked in English Theatre. Done voice overs and dubbing for radio spots, advertisements, television serials and feature films in English. Currently pursuing PhD from SNDT University.

Timira Gupta - Timira is a trained Arts-Based Therapy practitioner and uses different forms of art like music, movement, drama, story-telling and visual art to work with children from different backgrounds. She has spent six years working with children with severe disability with an NGO called TULIP Children, which works towards inclusive education and rights of children with disability. She has been working with St Catherine of Siena Orphanage and Welfare Centre with children-at-risk since 2009.

Yamini Suvarna – PhD on provisions for children with special educational needs from Coventry University. Her areas of expertise include training, qualitative research and documentation. She works as a monitoring and evaluation consultant for UNICEF and Global Compact India. She is also on the Ethics Committee at the college of Home Science, Nirmala Niketan and on the editorial board for their journal “Research Reach”