



ARTS BASED THERAPY COURSE

SYLLABUS GUIDE

SECTION I: ABT THEORY

1. SUBTLE ENERGY GUIDE (SEG)

SECTION I: WISDOM

1. REMOVAL OF SUFFERING & PURSUIT OF HAPPINESS
 - 1A. SUFFERING
 - 1B. HAPPINESS
2. ACCURATE PERCEPTION OR VIEW
 - 2A. HOW DO WE KNOW
3. THREE COMMON ERRORS OF PERCEPTION
 - 3A. SEEING PERMANENCE WHERE THERE IS IMPERMANENCE
 - 3B. SEEING INDEPENDENCE WHERE THERE IS DEPENDENCE
 - 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
 - 5A. THE FIVE AGGREGATES
 - 5B. FIFTY ONE MENTAL FACTORS

SECTION III: COMPASSION

6. EMPATHY
7. BEYOND RELIGION - SECULAR ETHICS
 - 7A. THE SIX PARAMITA FRAMEWORK FOR MIND TRAINING
 - 7B. GENEROSITY
 - 7C. DISCIPLINE
 - 7D. PATIENCE
 - 7E. DILIGENCE
 - 7F. MEDITATION (SAMADHI PARAMITA)
 - 7G. WISDOM
8. PRACTICE TRACKER



2. ARTISTIC SKILLS: LEVEL I

- 2.1 ABT GRIDS: REFERENCE MAPS TO THE ARTS IN THERAPY
- 2.2 BASICS OF MUSIC: RHYTHM AND MELODY
- 2.3 BASICS OF DRAMA: VOICE AND BODY
- 2.4 BASICS OF VISUAL AESTHETICS: VISUAL ART AND COMPOSITIONS

3. ARTS BECOME THERAPY: ARTISTIC SKILLS IN PLAY: LEVEL II

- 3.1 ADVANCED GRIDS: IMPROVS AND METAPHORS
- 3.2 IMPROVISATIONS
- 3.3 METAPHORS BASICS
- 3.4 TYPES OF METAPHOR IN THERAPY
- 3.5 READING AND INTRODUCING METAPHORS

4. THERAPEUTIC APPLICATIONS

- 4.1 ABT PRINCIPLES FOR FACILITATING GROUPS
- 4.2 SCOPE OF ABT
- 4.3 INTERVENTION DESIGN IN ABT
- 4.4 ABT SESSIONS AND DOCUMENTATION
- 4.5 ARTISTIC TOOLS AND TECHNIQUES IN APPLICATION
- 4.6 ABT ASSESSMENT DESIGN

5. ABT ACTION RESEARCH PROJECT

- 5.1 BASICS OF ACTION RESEARCH
- 5.2 PROJECT PLANNING
- 5.3 RESEARCH STUDY DESIGN

SECTION II: ABT ACTION RESEARCH

6. ACTION RESEARCH PROJECT (PRACTICAL)

- 6.1 PILOT PROJECT SESSIONS (DIRECT CLIENT CONTACT)
- 6.2 PILOT PROJECT DOCUMENTATION
- 6.3 ACTION RESEARCH DESIGN AND PLAN
- 6.4 ACTION RESEARCH IMPLEMENTATION (DIRECT CLIENT CONTACT)
- 6.5 ACTION RESEARCH DOCUMENTATION
- 6.6 RESEARCH REPORT