



ARTS-BASED THERAPY PROSPECTUS



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PROSPECTUS



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Mind and Arts Institute

“Healing is about guiding and returning all human beings to realising their original awakened nature.”

With this vision, the Mind and Arts Institute has been founded by Arts-Based Therapy (ABT) practitioners and educators, Neha Patel and Nabhiraj Mehta. The Institute will be offering the Arts-based Therapy course, Pradnya Smriti workshops, teachings by learned masters, and various other programs.

Neha and Nabhiraj have been working in the field of emotional well-being, special needs, and mental health for over 20 years. Their personal journey of going through the Arts-Based Therapy course, by the WCCL Foundation, brought about immense enrichment to their lives. Over the last decade, they have witnessed many people of all ages benefit from their practice of ABT. They have personally and professionally experienced the depth of ABT which is integrated with the wisdom of Eastern psychology and Indian mind traditions. Their mission is to reach out to every being, knowing that they can benefit from ABT and reduce suffering.

The ABT course by Mind and Arts Institute aims to ensure that an increasing number of therapists practice ABT with integrity, so that healing can be obtained by all.

*The Course faculty is/are trained as ABT Educator/s with WCCL Foundation, Pune. They have the competency to teach ABT after an intensive two years of ABT Educators’ Programme of WCCL Foundation.





Arts-Based Therapy (ABT)

Arts-based Therapy 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, and Cognitive Neurosciences. Since ancient times, art forms have been used in well-being and health. The dynamic combination of traditional and modern artistic material, with an interdisciplinary basis of Indian Psychology, Philosophy, and Modern Science makes ABT a viable and meaningful therapeutic practice.

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.

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 ABT course offered by Mind and Arts Institute aims to collaborate with therapists and NGOs to implement ABT in areas of mental health, psychosocial and neuro-physiological rehabilitation, special education, and development disabilities.



Research on Art Forms in Therapy

- Art therapy interventions have been found to be a promising adjunctive treatment for adolescents with PTSD symptoms. (Lyshak-Stelzer, Singer, St. John, & Chemtob, 2007, Journal of the American Art Therapy Association)
- Art therapy has proven effective in decreasing internalizing behaviours, problem behaviours, and hyperactivity in children on the Autism spectrum. (Kathleen Mairie Epp, 2007, Children & Schools – A Journal of the National Association of Social Workers)
- Drama therapy program for immigrant and refugee adolescents helped in reducing the reported level of impairment due to emotional or behavioural problems. (Rousseau, Benoit, Gauthier, Lacroix, & Alain, 2007, Clinical Child Psychology and Psychiatry)
- Art therapy has been used by adults with cancer to effectively manage symptoms and facilitate the process of psychological readjustment to the loss, change, and uncertainty that are characteristic of cancer survivorship. (Michelle. J.M. Wood, Alexander Molassiotis, & Sheila Payne, 2010, Psycho-Oncology – Journal of Psychological, Social, and Behavioural dimensions of Cancer)
- Art therapy has helped to improve the quality of life for women undergoing radial therapy treatment for breast cancer. (2009, Cancer Care – Multidisciplinary Journal for Cancer Research from Prevention to Palliation, Vol. 18)



- Arts-based group therapy work has proved beneficial for children living in foster care as it led to learning of new skills, improvement in coping abilities, connecting with feelings, and overall, they reported feeling more positive. (Diana Coholic, Sean Lougheed & Julie Lebreton, 2008, *Social Work with Groups*, Vol. 32)
- Findings suggest that music therapy can alleviate depression and anxiety, and improve the quality of relationships for psychiatric patients. (Ae-Na Choi, Myeong Soo Lee, and Hyun-Ja Lim, 2008, *The Journal of Alternative and Complementary Medicine*, Vol. 14)
- Art therapy has proven to be useful in the improvement of physical symptoms associated with HIV/ AIDS. (Deepa Rao, Nancy Nainis, Lisa Williams, Daughon Langner, Audra Eisin & Judith Paice, 2008, *AIDS Care—psychological and socio-medical aspect of AIDS/HIV*, Vol.21)
- A meta-analysis revealed that dance and movement is effective for increasing quality of life and decreasing clinical symptoms such as depression and anxiety. (Koch, Kunz, Lykou, & Cruz, 2014, *The Arts in Psychotherapy*)



Testimonials

“Art takes me to a different world away from all my worries and anxieties. It is like meditation for me and gives me happiness. I love how my colours transform a white canvas into something magical.”

— **Fatima Sheikh** (A parent)

“Nabhiraj has worked extensively on Varun’s emotional stability and has guided him to become a creative, confident, compassionate, and a happy teen. ABT under his able guidance has helped Varun explore his creative side, express and regulate his emotions better. Through the medium of music, art, dance and drama, Varun has gained a better awareness of self and the environment.”

— **Veena Naren** (A parent)

“Whether you are a conventional psychotherapist/psychologist, healer, therapist, educator or simply someone with an interest in Eastern Philosophy and the Arts, ABT training gives you a valuable set of tools and the theory/methodology to use them effectively for the benefit of oneself and others.”

— **Vatsal** (Male, 30 years)

“ABT really works; I have seen it do so with my son. It has filled the gap that traditional psychotherapy has had difficulty bridging so far. It focuses on centering the person by making them feel joyful and adequate through engagement with artistic and creative activities. I highly recommend this course, for it brings about a positive transformation in the practitioner and client alike.”

— **Mona Doctor** (Co-Founder, The Integral Space, Mumbai.)



“The ABT sessions that I attended with Neha ma’am more or less changed my life. I found a NEW ME. I opened up, became more confident and expressive. Now, I share everything with my parents without any fear. It was borderless fun too in the sessions. I made many friends and became more social. What I experienced will remain with me for a lifetime.”

— **Sakhi** (Student, 14 years)

“I had heard about ABT and was eager to send my son for sessions with Neha Patel. I’m happy to say that the sessions under her guidance helped to bring about a transformation in his attitude towards life! He has developed self-confidence and his concentration levels have increased. He has become more sociable and has developed positive self-esteem. The ABT sessions in every sense help children to prepare for life in a holistic manner thereby, helping them to focus and make choices consciously.”

— **Mrs. Punamiya** (parent)

“The ABT sessions with Neha have been very beneficial for me. Suffering from anxiety and depression, I have been trapped in feelings of hopelessness, low confidence, and negative thoughts. Now, I am able to manage those feelings so much better. The mindfulness meditations have brought a sense of calm within me. The deeper understanding of the errors we make in perceiving what is happiness and suffering, have put me on a path of seeing my life differently. The entire process of using colours, drumming and everything that we do in the ABT sessions helps me express my emotions and feel better.”

— **JP** (Professional, male, 34 years)



Testimonials

Mind and Arts Students: Batch 2017-18

“So all the while from my CBSE boards, my Graduation to my Masters in psychology I had always been a part of the traditional method of academics. ABT brought new light to me in terms of learning. It has got so much to it than just writing a 100 mark paper. From ethics to empathising with other people’s sufferings to having an Intention behind any journey. The innumerable creative and interesting methods of teaching and learning various forms of arts to implement them as therapy and healing has widened my thinking as a professional. The course is completely experiential and hands-on. The whole journey of one year is a therapy for yourself and it transforms you as an individual to a much comfortable space. I am lucky to have come across this course and to have been a part of this ABT journey with our teachers and am surely looking forward to practicing it on myself and all who seek for healing and therapy.” –**Mansi Sanghvi**

“Taking the ABT course gave me a better understanding of myself as an individual. It has since, helped me not only be a better practitioner and therapist but it has aided in having a wider approach to my practices. I find my work to be more organized, more goal centric and even more meditative.” –**Anaisha Shah**



“As they say, if you are destined for it, it will happen. It was at a Yoga class that I met an Arts Based Therapist, who in turn sent me directly to the Mind and Arts Institute helmed by Nabhiraj Mehta and Neha Patel. It had been a long cherished dream of mine to train to be an Arts Based Therapist, and when I spoke to Nabhiraj, I was ecstatic, because the course appeared to be everything I had wanted it to be. Beginning in June 2017, the course was exciting and stimulating, to say the least. Nabhiraj and Neha introduced me to a host of new concepts through hands-on training methods. In an environment most suited to active and participatory learning, my group and I gradually picked up the skills we needed to be ABT practitioners. By no means was the course an easy one; it was, in fact, gruelling and very tough at times, but at the same time, extremely interesting and thought provoking. I had to polish all my thinking skills to be able to gain a glimpse into the wisdom of our able and gifted teachers. Today, in April 2018, I am a practicing Arts Based Therapist, one of the first in Kochi, and I am proud of my achievement. I owe all my gratitude to the knowledge of the teachers before me, and needless to mention, directly to Nabhiraj and Neha.” –**Dipa Suresh**

“The ABT course has been like a rising sun in my life- It helped this poppy bloom! It introduced me to a completely different side of myself, helped me believe in myself, made me do things that I thought I was incapable of. I am grateful to Neha and Nabhiraj for being a constant guiding and motivating force.”– **Niyati Shah**



Arts-based Therapy — A Path

1. Registration and Admission

Applicants submit completed application form and fees. Mind and Arts Institute sends confirmation when selected.

2. Workshop I

(Time commitment: 72 hours)

Eight days workshop. It is non-residential. (Outstation participants have to make their own stay arrangements)

3. Pilot Project and Assignments

(Time commitment: approx. 30 hours per month. 3 months post workshop I)

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

4. Supervision and Assessment

ABT supervisors guide and assess students’ work.

5. Workshop II

(Time commitment: 64 hours)

Seven days workshop. It is non-residential. (Outstation participants have to make their own stay arrangements)





6. Action Research Project

(Time commitment: approx 30 – 35 hours per month. 5 months post workshop II)

These projects are a vital part 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

ABT supervisors guide and assess students' action research.

8. Certification

Students who have passed must attend the certification ceremony.

*Time commitment is based on assignments and sessions.





Course Highlights

The Institute aims to provide participants with a holistic experience of learning to use and integrate various art forms therapeutically, and applying this knowledge for self-growth and for healing of populations you work with.

- An optimum group size of 25 to 30 applicants will be enrolled for the course ensuring maximum sharing, connecting, contributing, and more impactful learning.
- This course is open for Professionals and Experts from various fields – Psychologists, Therapists, Counsellors, Special educators, Social workers, Caregivers, Psychiatrists, Doctors, and other deserving candidates based on their experience and commitment.
- ABT addresses issues such as learning disabilities, intellectual challenges, autism, problems in mental health, de-addiction, palliative care & pain management, in rehabilitation for people affected by trafficking, abuse, domestic violence, issues surrounding LGBT, and communities affected by conflict and trauma.
- 25 Credit hours, i.e. the course has 375 hours of Theory and Practical work.
- The course offers theoretical and experiential understanding of all art forms in a therapeutic setting.
- The format of the course is well-grounded in research. It is based on a deep and insightful grasp of the Indian study of the mind.



- The ABT course provides a hands-on experience of using art, drama, movement, and rhythm in an integrated manner.
- Completion of the course and its requirements certifies one as a practitioner of Arts-based Therapy.

Course Rationale

In the West, therapies that are based on various individual 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.

On the other hand, India's unique and multifarious culture embodies a culmination of these individual art forms, along with its strong roots in philosophy and longstanding 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. ABT integrates the use of art forms as therapeutic modalities with a deep-seated insight into the Indian study of mind. This combination offers a more holistic approach to healing as compared to the individualistic approach of the West.



Academic Details — 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



Course Logistics and Criteria

Eligibility Criteria

Individuals

1. Comprehension and reading skills in English.
2. 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.
3. The Graduation criteria will be waived for applicants having field experience of working with special needs group for seven years or more.
4. Applicant must have a clear understanding and experience of the ‘pathology’ of illness/ disability/ special need s/he will be working with.
5. Applicants must be working with an Organization where s/he could directly apply what s/he learns under the supervision of seniors and peers.
6. Inclination or passion for the art forms. Prior training or expertise in drama, music or other art forms is NOT mandatory.
7. Aptitude for theory and research skills; comprehension in English with writing skills in English or Hindi.



Organisations

1. Registered Organisation working with special needs groups.
2. Commitment to incorporate ABT in their organisational processes.

Course Duration

Over 9 months, a total of 15 contact classes i.e. two workshops of 8 days and 7 days respectively. Rest of the period, practical work is done in one's institution.



Aims and Learning Outcomes

The student is certified as an ABT Practitioner when s/he is able to:

1. Demonstrate understanding and specific practice in the area of the arts and healing,
2. Design and implement ABT with a specific population group,
3. Expand consciousness through realizing capabilities of self, meaningful relationships, and purposeful living, and
4. Utilize the holistic approach of ABT to understand clients as human beings separate from the ‘problem’, and empower them to discover their inner resources for self-healing and growth.

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 Projects



Admission Details

Course Schedule, Application Form, and Fees

1. For further details, including course fees and application form, log on to www.artsbasedtherapy.com and look-up the link 'ABT Course Application Form' on the Home page; OR

Send in an email to artsbasedtherapy@gmail.com with your name, contact numbers, a brief note on your background and your vision for applying ABT in your practice.

2. To apply for the course, send the completed application form, other required documents (mentioned in the last page of the form), and the course fees to:

For Mumbai Course

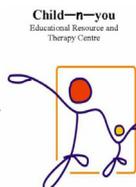
Mind and Arts Institute

Flat No. 3, Amber, First Floor, 10th Road
Above Kromakay Salon, Juhu Scheme
Mumbai 400056

3. For any doubts, to clarify eligibility, or any other information regarding the ABT Course, write to us at artsbasedtherapy@gmail.com
4. Admissions are processed within 8 working days after receipt of completed forms and fees.

*The faculty of this ABT course reserves the right to select and reject applicants.

The Faculty



Nabhiraj Mehta

Nabhiraj Mehta is the Founder and Trustee of a special needs school, Child-n-you, based in Mumbai. He comes with more than a decade of experience of working in the field and has been using Arts-Based Therapy (ABT) for more than 8 years with special needs children and mental health. He is a trained Arts-Based Therapy (ABT) Practitioner and Educator. He has worked with various organizations such as Chico State University California, Ambuja Cement, The Akanksha Foundation, JBCN School for special children, & Manuprem School for slow learners and children with learning disability. Nabhiraj has been trained in Autism Intervention under the guidance of Dolores Sheelan from Oregon, USA and Ummeed Child Development Centre, Mumbai.

“Nabhiraj exemplifies a wonderful capacity to organize and sequence different elements of the course together. He has the ability to integrate his thoughts, percepts, and creative ideas in a structured format that can be effectively delivered. To top it all, Nabhiraj is extremely warm and compassionate that creates such a lovely balance for me as a co-facilitator. He truly embodies the practice of ABT. He walks the talk!”

— Neha Patel



Neha Patel

Neha Patel is a clinical psychologist and psychotherapist with an experience of 22 years. She is the founder of Sharnam Therapy and Healing, a counselling centre based in Juhu, Mumbai. She is a trained Arts-Based Therapy (ABT) Practitioner and Educator. Neha has designed many emotional well-being programs for children and adolescents which incorporate ABT, such as the Little Buddha and Teenage Buddha programs. She also runs 'Aashayein' - an ABT group to empower adults dealing with depression and anxiety. On a global level, she has co-founded an NGO based in the United States called RENEW - Reform Education for a New World which works in the field of bringing about awareness and change in the style and content of education. Neha is affiliated to various other counselling centres, hospitals, schools, and colleges in Mumbai.

"The energy and the ability to think out-of-the-box that Neha brings on board, in many ways complement and add different facets to this emerging gem which is the modality of Arts-based therapy. Like a cartoonist is able to convert a serious situation in a manner that enables us to have a laugh and lighten the load - I believe, Neha offers a similar ability to the experience of therapy and healing. She is able to handle pressures extremely well and dissipate them while still maintaining her vibrant energy."

— Nabhiraj Mehta



Their Journey

Nabhiraj Mehta

“My personal struggles with reading and writing drove me to begin this work – alongside the days when I feel exhausted; there are days when I am simply overwhelmed by the way ABT affects children and their families positively. When I was in Germany studying Management, a professor made me realize that my issues with reading and writing, and my abilities, had less to do with my consistently poor performance through my school years and more to do with the system. Today, I have chosen this work above all other options that were open to me, choosing a path of wisdom over conventional ‘common sense’, serving as some medium through which the children can find their inner anchors.

I started my ABT journey in 2009. I choose to work with special needs children. During my work with them, I found that ABT offers more than the desired effect. These children are always being told what to do by others, so when they come to us we ask them what it is that they want to do. Kids love art, drama, and music. We let them have fun. They might throw paper, punch the air, hit things, and throw paint everywhere. We let them. The therapy enables them to communicate things that they might not ordinarily be able to say.”

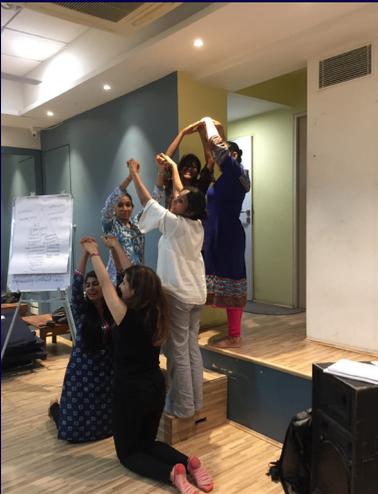


Neha Patel

“My journey into the world of Arts Based Therapy started in 2007. A few years into my practice as a psychologist, I started feeling that a deeper level of healing for those who come to me was possible. I was searching for means and ways for my clients and in the process for myself too, to get greater awareness and ease. At that time, I came across Arts Based Therapy (ABT) being taught in Pune, India. It felt like this was the answer I was looking for. So, I enrolled for it and I can easily say that it has been one of the better things that have happened in my life. ABT unlocked a treasure box for me and I was introduced to The Indian studies of mind and Eastern Psychology, mindfulness, meditations, different art forms, quantum mechanics - the list is extensive. I also met the most amazing teachers with the highest possible level of dedication and benevolence. Over the years, as I put my learning into practice working individually and in groups, the true essence of ABT touched all those who experienced it. I believe that art forms are the true healers, paired with the wisdom that is intrinsically integrated into the sessions – this is what makes ABT unique. I have seen so many obvious and subtle shifts in people’s lives, be it children or adults. ABT has helped me make many positive and realistic personal changes in my own perception of life and continues to do so. It has been a humble privilege to be one of the practitioners that our teachers invited to train to become an ABT educator and take their work forward.”

ABT Batch 2017-18 Gallery





ARTS-BASED THERAPY



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