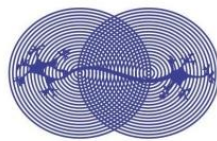


2022-2023

Bapu Foundation For Research
On Mind & Discourse



BAPU TRUST FOR RESEARCH
ON MIND & DISCOURSE



Psychosocial Wellbeing In Development, Using Arts Based Therapy
A Certificate Course
PROSPECTUS 2022-2023

Bringing Integrated Arts Based Therapy To Asia
Bapu Foundation For Learning On Mind & Discourse
July 2022-June 2023

PSYCHOSOCIAL WELLBEING IN DEVELOPMENT USING ARTS BASED THERAPY



A CERTIFICATE COURSE IN ABT FOR ASIAN REGION (2022-2023)

Since last 10 years, the Bapu group of organizations has focused on realizing the full potential of the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD), especially Article 19 (Living independently and being included in communities). We have been involved in developing social innovations for the full inclusion of persons with mental health problems and psychosocial disabilities. Bapu, working with a cross disability perspective, offers several opportunities for engagement with communities, including direct community inclusion services, research, trainings and leadership development in disability inclusion.

A yearlong "BT-ABT" Certificate Course is hosted by Bapu, in Pune. This is the course prospectus for the 5th year batch of 2022-2023.



ABT CERTIFICATE COURSE

A certificate course on Arts Based Therapy [BT-ABT] is offered by Bapu, with a key focus on mental health and disabilities, within the overall frame of disability inclusive development.

The course is open to all Asian nationals.



ABT (ARTS-BASED THERAPY)

"ABT is the evidence - based use of art forms, integrated in a way to offer choices for people with mental health problems and psychosocial disabilities, to accomplish their own individualized mental health goals within a safe, recovery oriented, and therapeutic relationship".



ORIGIN OF ABT

"ABT is primarily an art form, practiced scientifically and based on the Subtle Energy Guide (SEG), organized and consistently practiced by the World Centre for Creative Learning Foundation [WCCL Foundation] since 2005."

WCCLF invented Arts Based Therapy in its present form; and has over last 12 years (2005-2017), trained over 250+ professionals, to enable work in a number of Disability and Development areas, including de-addiction, children and women at risk, persons, especially children, with disabilities, mental health, cancer care, dementia, Parkinson's, etc. In this time, WCCLF created the evidence base of the day to day effectiveness of ABT in diverse settings among a diversity of people with needs.

ABT founding figures include Ms. Asha Pillai Balsara, Mr. Zubin Balsara, Mr. Aanand Chabukswar, and Ms. Deborah Daniels. (Visit <http://wcclf.org/> for more information.)

Bapu is hosting the course, now in its fifth year, in the format prescribed by WCCLF. Faculty of the BT-ABT course are trained and certified as Arts Based Therapy Educators by the World Centre For Creative Learning Foundation.



WHY USE ABT IN MENTAL HEALTH, DISABILITIES AND DEVELOPMENT?

The disabilities sector in India and Asia is today powered by the United Nations Convention on the Rights of persons with Disabilities. The ABT View and skill sets are congruent with the vision of the CRPD of disability inclusive development.

Our framework is interdisciplinary; including basic counseling, body psycho therapies, and trauma informed counseling, Indian psychology, philosophy, research base on arts based therapies, cognitive sciences and social justice theories.

ABT is a safe way of approaching deep-rooted habitual behaviors, building insight, empathy, compassion and connection among individuals and families.

ABT addresses low and high support needs of persons with mental health issues and psychosocial disabilities, and indeed persons with disabilities in general. ABT mobilizes social capital and support systems for the client group students work with. ABT, with other psychosocial interventions, empowers people and families to have the necessary support for feeling fully included in their homes and communities. · Support interventions using ABT can be broken down into specific actions, based on therapeutic goals, so that support can be customized to client's express needs.

ABT does help the student practitioners to achieve desired levels of self-care, clarity and compassion.

ABT as a creative modality fulfills to the maximum, the purpose and vision for which Bapu was created: "healing environments will be creative, non-hazardous, non-violent and playful; and will respect the dignity and autonomy of the person."



ABOUT THE COURSE (2022-2023)

Who Is An Arts Based Therapy Practitioner?

ABT is practiced by a credentialed professional who has completed the ABT Certificate Course. Such a practitioner would follow the value base of the Subtle Energy Guide (SEG), use integrated ABT with clarity and specificity, will devotedly engage in daily practices of compassion and wisdom and will have an enduring longing to be of use to people and the planet. ABT is a unique training of both the View and the Method, giving a profound value base to healing professionals and skill sets intended to multiply choice for the diverse needs of groups of persons with disabilities across intersectional factors of gender, disability, culture, caste, sexuality, identity, age, etc.



COURSE FLOW AT A GLANCE:

July 2022	August 2022	September 2022	October 2022	November 2022	December 2022
Learning Workshop- I Pune Assessments HBA*	Pilot Project HBA*	Pilot Project HBA*	Pilot Project Phone Viva HBA*	Learning Workshop- II Pune Assessments HBA*	Action Research Project Supervision 1 HBA*
January 2023	February 2023	March 2023	April 2023	May 2023	June 2023
Action Research Project HBA*	Action Research Project HBA*	Action Research Project Supervision 2 HBA* Submissions	Action Research Project	Report Submissions	Results and Certification

*Home Based Assignment

1. **Admission:** Enrolment into the Course for 2022-23 starts by 1st of March 2022. Applicants must submit fully completed application form latest by 30th of May 2022. BF will send confirmation after selection. Fees should be paid within 15 days after announcement of admission.
2. **Pune Learning Workshop I:** (8 full days) July 4 – July 11, 2022, in Pune.
3. **Pilot Project:** Pilot project helps to gain confidence, develop skills in ABT, self-reflect, and adopt the view & values of ABT. It is also about opening up, becoming more light and playful, becoming familiar with a new modality of communication, and to 'see' the client from an ABT perspective.
4. **Supervision interview:** Telephonic interview by Guide in October 2022.
5. **Pune Workshop II:** (8 full days) October 31 to November 7, 2022, in Pune.
6. **Action Research Project:** ARP is a vital part of learning how to systematically apply ABT over a period. The research is documented, analyzed and presented in the form of a report.
7. **Supervision and Assessment:** 2 visits by the ABT Supervisors between December 2022 To March 2023. 1st visit in early December 2022 is for supporting the student, the 2nd Visit in late March/early April 2023 is towards making a grading assessment.
8. **Home Based Assignments:** HBAs help to develop oneself and one's practice of ABT. It is to ground the practitioner in a process of self-evolution and in ABT skills application.
9. **Certification:** Students who pass the course must attend the certification ceremony in Pune in June 2023.



UNIQUE FEATURES OF THE BT-ABT COURSE

- Course Faculty of the BT-ABT course are trained and certified as Arts Based Therapy Educators by the World Centre For Creative Learning Foundation, Pune, India.
- ABT course is unique to bring arts forms (drama, music, visual arts) 'together' in an integrated manner to address diverse psycho-social and disability support needs.
- The course is based in Indian Psychology and Ethics, Cognitive sciences, studies of Social Justice and Disability inclusive Development.
- BT-ABT course is the only ABT course for the Asian region.
- The BT-ABT course brings the additional strengths of Bapu Trust's 20 years of work in community mental health and its expertise on the Convention on Rights of persons with Disabilities.

Eligibility For The Applicant:

- Asian nationals from any of the regions (West Asia, East Asia, South Asia, and South East Asia) can apply.
- Masters level or higher education could be in any of the subjects, Medical / Psychology / Counseling/Development Practice / Humanities
- Graduation with minimum four years or more field experience, and working with people
- The formal education criteria will be waived for applicants having field experience of consistently working with persons with disabilities for seven years or more.
- Applicants must have a clear understanding of lived experiences, risks and restrictions in participation, of the group that he/she will be working with.
- Applicants must be working with an organization where s/he could directly apply what s/he learns under the supervision of team leaders and peers.
- Inclination or passion for the art forms. However, prior formal training in drama, music or other arts forms is NOT mandatory.

Note: Undergraduate students or fresh graduates with no other experience need not apply.

The Course Will Be Useful For:

- Professionals, Para-professionals and volunteers working in the human service sectors.
- In Disability / Development Practice with experience or interest in providing psychosocial support.
- In health, mental health, social work or other support providing sectors.
- Experienced artists working in psychosocial support role or those trained in a particular art therapy form, seeking more integrated arts based approaches.
- Experienced senior volunteers, with a life commitment to dedicate themselves to the service of people and families with psychosocial / disability support needs.

Eligibility for the Organization:

- Registered Organization working in Development or social services.
- Organizations working in disability, mental health sectors.
- Commitment to incorporate ABT in their organizational processes.



ACADEMIC DETAILS OF THE COURSE

Aims and Learning outcomes of the Course:

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

- Demonstrate understanding and specific practice in the area of each of the arts in support giving, and facilitating healing and recovery of persons with a spectrum of psychosocial needs.
- Design and implement ABT customized to individual and group needs within a range of "at risk" groups in development practice.
- Expand consciousness through realizing the full capabilities of oneself, meaningful relationships and purposeful / useful living as recovery support persons, healers, and/or as therapists.

Learning Methods:

- Highly interactive and participatory
- Seminars on ABT Theory
- Lab workshops for practice of all ABT Skills (rhythm, voice and drama, visual arts)
- Individual Assignments (Practice of Theory and Skills)
- Practical work on ABT through Action Research



MORE ON COURSE OVERVIEW

	What We Will Do?	How We Will Do It?	How Many Hours?	Assessment	Weightage On 1000 Marks
1	Values	Subtle Energy Guide	20 Hours	Written Test (1) HBAs	10%
2	Theory & Skills	Seminars And Lectures Skill Training Workshops	100 Hours	Written Tests (2) Facilitation Skill Test Viva-Voce	10%
3	Practice	Home Assignments	125 Hours	Submission	30%
4	Action Research	Pilot Project	30 Hours	Pilot Submission Guide Interview Pilot Project Viva	10%
5		Main Project	125 Hours	Project Report And Submissions Guide Supervision Visits (2)	40%
400 Hours					100%

Other useful information

- Start the application process early.
- Course faculty can support applicant's development of project ideas. However, application must contain all details of proposed works using ABT, before submission of the form.
- The 16 days of actual contact classes happen in Pune every year (Workshop I and II). **100% attendance of all 16 days is mandatory**, as the ways of learning and handling new kinds of materials requires this actual contact time.
- The course is definitely not for self-healing, though that may well be an important side effect. Join the course only if there is a robust intent to be of support to others, in their own processes of self-journeying.
- **Prepare for the cost of 3 trips to Pune city, food, accommodation, local travel, etc.. Also consider projects related expenses (pilot and ARP).** You may also be tempted to buy some materials other than what the course provides you with.
- If fees are not paid within 15 days of admission notice the seat will be given to others in waiting.



DETAILED SYLLABUS

Section I: Theory And Skills

1 Subtle Energy Guide (SEG)

- 1.1 The Foundation Of Integrated ABT
- 1.2 Wisdom, Happiness and The View
- 1.3 Perceiving The Self Accurately
- 1.4 Compassion
- 1.5 Psychosocial Context In Mental Health
- 1.6 Disability Inclusive Development
- 1.7 Code Of Ethics For ABT Practitioner

Section II: Skills

2 Artistic Skills: Level 1

- 2.1 Introduction To ABT Grid
- 2.2 Basics Of Music: Rhythm And Melody
- 2.3 Basics Of Drama: Voice, Body And Breath
- 2.4 Basics Of Visual Aesthetics: Visual Art And Compositions

3 Arts Becomes Therapy: Level 2

- 3.1 Advanced Grids: ABT Grid
- 3.2 Mental Health Domains For Intervention
- 3.3 Metaphors In Theory And Therapy
- 3.4 Improvisations

4 Therapeutic Applications

- 4.1 Principles For Facilitating Groups
- 4.2 Scope Of ABT
- 4.3 ABT Sessions And Documentation
- 4.4 Key Concepts And Cultivating Virtuous Habits

5 Research

- 5.1 Intervention Design
- 5.2 Assessment Protocols

6 Section Iii: Action Research

- 6.1 Pilot Project Sessions
- 6.2 Pilot Project Documentation And Learning's
- 6.3 Action Research Design And Plan
- 6.4 Action Research Implementation (Direct Client Contact)
- 6.5 Action Research Analysis And Documentation
- 6.6 Research Report



FEES STRUCTURE FOR THE COURSE:

Application and processing fee: INR 500/- (compulsory and non-refundable, to be paid at time of applying to the course)

Course Fee: A subsidized cost of **INR 53000/-** inclusive of ABT kit, classroom resources, student resource materials, on-call supervision by guides, training fee, lunches and refreshments during the workshop days and certification.

There are no discounts or concessions on fees. The course is highly subsidized, with so many services and kit provided.

Options for fee payment:

Payment of fee can be initiated soon after the announcement of admission is made. Fee payment details can be obtained by writing to abtcourse.baputrust@gmail.com

In case a student drops out, the fees will not be refunded.

What is not covered by the course fee?

Accommodation, food during the workshop or contact days, supervisor's travel and stay, any additional costs incurred by the student in doing the assignments or the projects is not covered by the course fee.



ABOUT THE ORGANIZATION HOSTING THE COURSE

The Bapu Foundation was established with the idea of spreading and scaling its vision to other states, to the Asia Pacific region; and reaching our message of inclusion of persons with psychosocial disabilities to the policy makers and other stakeholders.

Bapu group of organizations works with multiple stakeholders within the Development sector on the inclusion of persons with mental health issues and psychosocial disabilities, including:

1. Disabilities	2. Community Development
3. Policy and Law	4. Health
5. Poverty	6. Social Justice
7. Gender	8. Livelihoods
9. Marginalization	10. Human Rights
11. Urbanization	12. Education

Bapu works with DPOs and Development agencies through partnerships for capacity building on psychosocial health and wellbeing. Our experiences in training context, suggests a diversity of training situations, adaptability of our training materials to different training needs, covering a variety of integrated topics from human rights to linkage with Development to skillful psychosocial service delivery. These trainings are drawn from a decade long experience of applying the Convention on the Rights of Persons with Disabilities (CRPD) and the Community Based Inclusive Development (CBID) models, in low income communities, and vulnerable groups, through direct service delivery.

Bapu has always straddled two universes of practice - non-medical healing practice and social justice practice. In building synergy across these two dynamic universes, the Bapu group of organizations has been strongly grounded in the two pillars of contemporary healing arts and disability thinking - Arts Based Therapy [ABT] and the United Nations Convention on the Rights of Persons with Disabilities [UNCRPD].

We aspire to bring innovations in capacity building; within the Disability-Development context, drawing from long established models within integrated service approaches, and a decade of engagement in Mental Health from Disability Inclusive Development (DID) framework. This led us to developing contemporary and refreshed curricula for capacity building in psychosocial wellbeing and disability inclusion.

Our trainings have the broad purpose of creating more and more communities, organizations and individuals who bring a community inclusion perspective to their work with people; who have necessary skill sets to practice support giving and care giving for persons with psychosocial disabilities; who address caring for self and others; and who would like to regain

their personal aspirations, peace of mind, autonomy and negotiate their terms of independence and interdependence, within their immediate social and life contexts.

The culmination of 2 decades of work experience, engaging with DPOs, CBOs, the Government and Non-Governmental sector, led to firming up our Training Vision Mission and Strategy (2020-2023), found here: <https://baputrust.com/trainings/>



FACULTY ON THE COURSE

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