



ARCH Foundation Course: The SEEN™ Keystones

Information Details

Course description

This self-paced online course introduces participants to the ARCH framework—a trauma-informed, story-centered facilitation model grounded in social constructionist therapies, including Narrative Therapy, Collaborative Therapy, and Solution-Focused Therapy. The framework is built around four core elements known as the SEEN™ Keystones: Sense of Self, Empowering Mindset, Externalizing Story, and Natural Flow. Each keystone draws upon evidence-based principles to enhance emotional safety, psychological flexibility, and client empowerment.

Participants will gain practical intervention tools designed to help clients explore, reshape, and transform their personal narratives. Emphasis is placed on establishing a trauma-informed and emotionally safe environment as the foundation for meaningful therapeutic engagement. The course includes demonstrations and guidance for applying the SEEN framework across a variety of settings—including telehealth and utilizing equine and nature-based environments.

This course is the foundational training and required prerequisite for professionals seeking certification through Arenas for Change (ARCH).

Target Audience

This course is designed for licensed mental health professionals, including social workers, counselors, marriage and family therapists, psychologists, and related practitioners. It is also appropriate for facilitators incorporating experiential or equine-assisted and nature-based methods within their professional scope of practice.

Learning Objectives

Upon completion of this course, participants will be able to:

1. Describe the theoretical foundations of the ARCH framework and its integration of narrative, collaborative, and solution-focused approaches.
2. Identify and apply the four SEEN Keystones (Sense of Self, Empowering Mindset, Externalizing Story, and Natural Flow) in therapeutic and facilitative contexts.
3. Demonstrate how to create an emotionally safe, trauma-informed environment that supports psychological safety and engagement.
4. Apply story-based intervention tools that support clients in exploring and shifting personal narratives.
5. Adapt the ARCH framework for use in telehealth, nature-based, and equine-assisted environments.

Course Format

- **Delivery Method:** Self-paced, asynchronous online course
- **Content Includes:** Engaging video and reading-based learning, downloadable worksheets and informative links, practice and reflective exercises, and application in real-world examples
- **Course Creation:** This course was originally created in 2021 and updated in 2025. Course Instruction Coordinator: [Lynn Thomas, LCSW](#)
- **Instructional Level:** Intermediate
- **Total CE Hours:** 9 clock hours
- **Time averages for course sections:**
 - Introduction (*30 minutes*)
 - Chapter 1: Mindset (*5 minutes*)

- Chapter 2: Sense of Self (SOS) (*30 minutes*)
- Chapter 3: Empowering Mindset (*30 minutes*)
- Chapter 4: Externalizing Story (*2 hours*)
- Chapter 5: Natural Flow (*30 minutes*)
- Chapter 6: SEEN in Action (*5 hours*)

Course Access & Accessibility

This course is included with your ARCH monthly or annual membership, which provides ongoing access to a growing library of self-paced courses and professional development resources.

The course is best experienced on a desktop or laptop computer but can also be accessed via mobile browser or the Arenas for Change app, available on the Apple App Store and Google Play Store.

A stable internet connection is required to access course videos and materials.

To support accessibility and meet ADA compliance standards, closed captioning is available for all video content. If you have additional accommodation requests or specific accessibility needs, please contact us—we're happy to support you.

Please note: Membership fees are nonrefundable. You may cancel at any time, and access will continue through the end of your current billing cycle.

Contact Us

If any questions, please contact ARCH at info@arenasforchange.com or 1-719-501-2724.