

Music and Imagery for Health program – the basic GIM training.

The Nordic GIM institute - In cooperation with Eino Roiha Institute

The Music for Health program is based on the receptive music therapy method Guided Imagery and Music. (GIM) is a music psychotherapeutic method with music listening in the centre, created by the American music therapist Ph.D. Helen Bonny, and the method is therefore also named the Bonny Method of GIM (BMGIM). BMGIM is a music-centred transformational and integrative psychotherapy which uses specifically programmed classical music to stimulate and sustain a dynamic unfolding of inner experiences.

Since Helen Bonny created the Guided Imagery and Music method in the early 1970s, Guided Imagery and Music (GIM) has been developed and adapted for various clientele and clinical settings by many Bonny Method practitioners. (Summer, 1981, 1985, 1990, 2010; Vaux, 1993; Goldberg, 1994; Blake, 1994; Blake & Bishop, 1994; Clarkson, 1995; Moe, 2000,2012; Booth 2005-2006; Frohne-Hagemann, 2010; Wärja, 2010; Paik-Maier, 2010)

According to Paik-Maier (Maier, 2010) Summer (Summer, 2010) identified "a flexible continuum of clinical practice" (Summer, 2010, p. 2) that encompasses the Bonny Method and its adaptations: supportive, re-educative, and reconstructive levels (from Wheeler, 1983; Wolberg, 1977) of Music and Imagery. The Bonny Method is a long term; exploratory, reconstructive approach whereas the supportive and re-educative levels have a short-term, focused approach, and therefore is suited to work with in the normal fifty minutes session. The session structure is the same as in BMGIM but shorter: Pre-talk, induction exercise, music listening, and post talk. Another difference is that the music choice is wider than in BMGIM and the therapist often starts with listening to the clients preferred music, as an inspiration to his/her own choice of music provided for the sessions.

The Music and Imagery for Health program is a part-time training program which includes four seminars of 2,5 days over a period of approximately 1,5 years. The training is certified by the Nordic GIM Institute, and run in cooperation with Eino Roiha Institute. The training also covers GIM level 1+2 training approved by the Association of Music and Imagery (AMI). The full program consists of 85 educational hours.

When finishing the training program you will have a basic knowledge of GIM and skills to direct and manage focused Music and Imagery sessions in groups and individual settings in health care institutions and private practice. In order to become a fully trained BMGIM therapist another two year of advanced training is needed.

The first seminar is a presentation of the GIM building stones and history, and the basic formats of supportive, resource oriented Music and Imagery techniques related to GIM. (See manual above).

After participation in the introduction seminar, therapist's practitioners who have sufficient basic psychotherapeutically skills, knowledge and experience according to therapy practice in Finland can apply for continuing training into the three next seminars with exit point and a certificate in Music and Imagery for Health. This part of the training is organized as three 2,5

days seminars over a period of approximately one year and includes three (3) supervision-consultations and ten (10) Music and Imagery (MI) sessions with clients and (3) personal GIM sessions directed by a trained GIM therapist.

The training in Finland will be lead by Primary GIM trainer Music therapist Ph.D. Torben Moe, FAMI, and Music therapist MA & GIM therapist Jaana Lehtikainen, FAMI. Torben Moe have leaded a number of GIM trainings in Northern Europe and work with GIM in psychiatry and private practise. Jaana Lehtikainen work with GIM in private practise and assists in GIM training in Finland.

Guest teachers and supervisors will be Music & GIM therapists Gunn Karoline Fugle from Norway, Music & GIM therapist PhD Alice Pehk, Estonia (speaks also finnish), Music therapist PhD & GIM therapist Anita Forsblom and Music & GIM therapist Jari Piippo from Finland

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Education Manual

Introduction Seminar A

Headlines:

- Core elements of GIM – mapping GIM and Music and Imagery techniques
- View of GIM - History and developments
- Short GIM – how is it organized
- Philosophical and theoretical statements
- Music and Imagery in groups
- Music and Imagery technics adjusted to your work place
- Purpose and goals

A. Knowledge of Relaxation / Induction techniques:

- ☑ Fundamentals, including importance of breath,
- Principles (conducive environment, reclining vs. lying down, eyes closed, voice tone and pacing)
- Inductions (short, progressive muscle; autogenic, autogenic with colour; mindfulness induction)
- Practice in dyads

B. Knowledge of Music

- Download the selections of music from a list provided and/or purchase CDs recommended by the trainers
- Elements of music suitable for supporting relaxation and imagery (table in Grocke & Wigram 2007)
- Demonstrating main features of music with supportive intentions
 - Consistent rhythm
 - Predictable melody
 - Consonant harmonies
 - Instrumentation
 - Repetition
 - Assessing appropriateness of various selections

C. Relaxation, imagery issues and music for children (when appropriate)

D. Knowledge of Imagery:

- ☐ An introduction to the role of imagery in therapy, including types of imagery experiences.
- Facilitating group process
- ☐ Introduction to using mandala in processing group experiences.

E. Therapy skills necessary to use group techniques, including:

- Assessing clients' suitability for group/individual work
- Ideas of how to present/use Basic GIM in your work

F. Experiential:

- During the seminar there will be group experiences, facilitated by the trainer
- ☐ Introduction to drawing mandalas.
- One training experience in pairs (music listening with partner)
- Limitations of practice with groups and individuals

G: Assignment: Conduct two group or individual sessions before seminar B. A supervisor should be contacted for a consultation if needed.

F: Assignment: One of these group or individual session are to be prepared for supervision at the “clinical forum” slot at seminar B.

Seminar B

A: GIM Knowledge

- Overview of applications of GIM
- Application of GIM in groups or individual setting over time
- Feedback on group/individual practice sessions. (Clinical forum)

B. Therapy Skills:

Therapy skills necessary to use group/individual GIM techniques, including:

- Contraindications
- Relaxation induction skills
- Levels of consciousness
- Understanding clients 'responses
- Facilitating discussion of imagery experiences
- An introduction to basic interventions in individual work.
- Theoretical reference orientation

C. Ethics

- Limitations of practice in group and individual GIM – adjusted to the one hour session.
- Ethical rules concerning therapy in your country and professional organization

D. Knowledge of Music:

- Therapeutic potential of music, including:
- Appropriate selection of music fore basic GIM / Music and Imagery Program

E. Knowledge of Imagery:

- A basic understanding of symbolism in imagery.

F. Experiential:

- During the seminar there will be GIM dyads, i.e., trainees work in pairs
- One demonstration of a GIM session conducted by the trainer
- Processing

G. Assignment for trainees going on to next Module (seminar C + D):

- Four basic GIM sessions individual or groups before seminar C – one (1) of these must be supervised by a trained GIM therapist.
- One (1) individual short GIM personal session by a trained GIM therapist

H: Written Assignment: One session that seemed 'challenging' are to be written up before Seminar C, and brought to the seminar fore supervision purposes.

Seminar C + D “ Music and Imagery for Health” - Exit with Certificate in Basic GIM training.

Seminar C

A. GIM Knowledge:

- The individual form of BMGIM
- Applications and case studies
- Case material from practice sessions – clinical forum

B. Knowledge of Music:

- Music and Imagery Programs, basic GIM programs in short versions
- How to create a short program

C. Therapy skills:

- Development of intervention skills
- Eliciting a focus for the session
- Observation and understanding of client responses
- Facilitating discussion of imagery experiences
- Integrating the components of a session
- Advanced understanding of states of consciousness
- Development of processing skills, including mandala painting
- Theoretical reference orientation
- Processing including Journaling and Mandala

D. Knowledge of Imagery:

- A basic understanding of metaphor in imagery.
- Theoretical orientation

E. Experiential:

- ☑Group GIM and dyads
- ☑Group Training dyads with observers – “switch roles” - training format.

F. Assignment:

- Four individual or group GIM sessions before seminar D.
- A trained GIM Fellow recommended by the trainer must supervise one (2) of these
- Two (2) individual (short) GIM sessions lead by a trained GIM Fellow/therapist prior to seminar D.

Written Assignment:

- Reflect on the five session you have done, do a written evaluation; focusing on issues you want to bring forward and discuss in the “clinical forum” slot in seminar D.

Seminar D

A. GIM Knowledge:

- ☑ Case material from practice sessions.

B. Knowledge of Music:

- Selecting appropriate music for use in the 1-hour session
- An overview of music programs used in BMGIM.

C. Therapy Skills:

- Incorporating Basic GIM experiences into existing practice
- Transference (to therapist and music) and counter-transference
- Short inductions suitable for the 1-hour session
- Recognizing contraindications to continuing GIM with clients.
- Theoretical and philosophical orientation

D. Knowledge of Imagery:

- ☑ A basic understanding of transpersonal and spiritual experiences.
- Understanding of connections between psychodynamic and transpersonal/spiritual experiences

E. Experiential:

- Group GIM and practice GIM dyads of the one hour session – “switch roles” format with observers. This session serves as group supervision.

F. Ethics:

- Limitations of practice in individual GIM and interactive GIM groups
- Following laws and rules of psychotherapy practice in your country

G. Closure of the course

- Evaluation done by trainer(s) and student from a written format.
- *Certificate in Music and Imagery for Health – Basic GIM Training (covering GIM training level 1+2 approved by AMI) can be issued.*

Advanced Training: The Bonny Method of Guided Imagery and Music

Students who have fulfilled the basic GIM Training, and received a certificate in Music and Imagery for Health, can apply for the advanced training Program in The Bonny Method of Guided Imagery and Music, approved by the American Association of Music and Imagery (AMI). The student must have as a BA or MA in a relevant field, a minimum of two years practice in a mental health field, and match the legal standards of practicing as a

psychotherapist or music-psychotherapist in the country he/she want to practice in. The study is a part time postgraduate training program over a period of 2,5 years consisting of five 3,5 days seminars each with a specific focus. During the program students must have a minimum of 15 personal sessions with a trained BMGIM Therapist, 15 supervisions with a trained BMGIM Therapist recommended by the trainer, and have offered a minimum of 75 sessions to clients/patients, of which the majority must be full 1,5 hour BMGIM sessions, and minimum 10 sessions of the shorter GIM sessions must be with groups. The study includes as headlines a heuristic music analysis of a whole GIM music program (30-45 min.), knowledge of the variations of GIM programs, a case study and a final project. During the training the student will gain competencies in how to work with a variety of different psychotherapeutic issues and themes in different levels of consciousness.

Detailed information can be found in the "Education Manual of BMGIM Level III (Advanced training)", please contact moe.torben@gmail.com.

Tables:

Personal sessions:

Date:

Therapist:

Music:

Supervisions:

Date:

Supervisor:

Music:

	(individual)	
	(individual)	
	(included in group sem. D)	

Client sessions:

Date:

Client initials:

Music:

Key Images:

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Writing report(s) delivered:

Date:

Title:

List of relevant literature connected to the Music & Imagery/GIM

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Can be continued....