



# Bonny Method of Guided Imagery and Music BMGIM

## Level I Training GIM 1

Thursday, March 21 (18:00)  
to Monday, March 25 (17:00)  
2019

42 credits Stichting Register  
Vaktherapeutische Beroepen (SRVB)

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**Training location:**  
Studio Fresh Tracks  
Eerste Helmersstraat 102 1/2  
1054 HZ Amsterdam  
The Netherlands

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## Bonny Method of Guided Imagery and Music

“The Bonny Method of Guided Imagery and Music (GIM) is a music-centred form of integrative psychotherapy. Specifically programmed music is used to facilitate a dynamic exploration of consciousness and inner experiences in support of physical and psychological transformation and well-being.” (Definition by the European Association of Music and Imagery)

GIM 1 is an introductory course and anyone interested in music, consciousness and psychotherapy can participate, after approval of the trainer. Please note that it is a course for therapists and not a therapy course.

GIM 1 is also the first level in the full GIM training program. If you wish to continue the training and enter the GIM training program phase II-III, please read the requirements that must be met further down.

The training at level 1 consists of thirty-five hours of theoretical, practical and experiential tuition, following the standards of the Association for Music and Imagery (AMI). It will be facilitated by AMI-approved Primary Trainer Bolette Daniels Beck (DK) and BMGIM Level III trainee Nanny Roed Lauridsen (DK/NL).

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The course will be taught in English.

After the training the participant can use Music and Imagery group and individual formats – without guiding during the music – with healthy clients or clients familiar to the participant.

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## The programme includes

### Basic knowledge of

- imagery as a form of mental representation and a basic human cognition mode
- the therapeutic potential of music in terms of working with inner images and different music formats including various therapeutic levels and music formats (taxonomies)
- receptive methods of music listening including home exercises used in individual and group formats
- selected psychological theories, including theories of consciousness, as well as international research that illustrates the therapeutic potential of working with music and imagery
- theory, practice and ethics of receptive music therapy in general and the Bonny Method of Guided Imagery and Music (BMGIM) in particular

### Skills

- to orient oneself in and reflect on scientific theories, methods and tools to work with music listening and imagery
- to understand basic relaxation techniques and inductions
- to understand basic guiding techniques
- to experience short GIM journeys as guide and traveler
- basic understanding of music choice
- using basic verbal forms of guiding
- using mandala and other forms of creative expression in the processing of the therapeutic experiences
- verbal processing of the experience in the post-conversation

### Competencies

- using music accompanied relaxation techniques
- to start building a repertoire of music with supportive potential
- to continue the GIM training at intermediate level (level II)

### Requirements for entering the advanced training (GIM II-III)

Before admission to the training program, the applicant must: either have a Master's degree (or equivalent level academic qualification) in a recognized individual psychotherapeutic modality, or have a Bachelor' degree (or equivalent level academic or professional qualification) in complimentary therapy, nursing, occupational therapy, psychology, social work, teaching, or in a similar helping profession. In the second case (Bachelor), the applicant must, in addition, have also completed a training in a recognized individual psychotherapeutic modality of at least one years' duration full-time (equivalent to 60 ECTS points), or two to three years' part-time. This should have been undertaken at a recognized training institute, approved society or through official state registration. (A trainee can enter the training if such an education will be fulfilled while being in GIM training, if the primary trainer agrees). The applicant must have two years' post-qualification experience, working as a therapist, under supervision. The applicant must have a sufficiently well-developed relationship with music.

#### Costs

Training, including manual, coffee, tea etc.	€ 575
Early Bird, registering and paying before January 2019	€ 525
Discount for music therapists registered at the NVvMT	€ 50

**Bolette Daniels Beck:** PhD, music therapist, associate professor at the music therapy program and graduate school at Aalborg University, Denmark. GIM-therapist and trainer. Researcher in GIM with refugees.

For Dutch (arts) therapists: The Stichting Register Vaktherapeutische Beroepen (SRVB) awards 42 credits for successful completion by Dutch (art) therapists.

#### Number of participants

Minimum of six, maximum of ten

#### Organization

Klankmaat: Nanny Roed Lauridsen

**For more information and/or registration:**  
[GIM\\_Amsterdam@klankmaat.nl](mailto:GIM_Amsterdam@klankmaat.nl)

*Please note that your participation is only confirmed after your payment has been received and your participation has been approved by the trainer.*

Organized in cooperation with the Dutch Association for Music Therapy, NVvMT



**Association for Music and Imagery**  
[www.ami-bonnymethod.org](http://www.ami-bonnymethod.org)

**European Association of Music and Imagery**  
[www.music-and-imagery.eu](http://www.music-and-imagery.eu)

Nanette Hoogslag beeld | Philip Leussink vormgeving