



Bonny Method of Guided Imagery and Music BMGIM 2023

Level I Training GIM 1

Wednesday, March 22 (18:00)
to Sunday, March 26 (17:00)

Level II Training GIM 2

Part 1 Thursday, March 30 (16:00)
to Sunday, April 2 (17:00)

Part 2 Thursday, August 17 (16:00)
to Sunday, August 20 (17:00)

40 credits Level I and 75 credits Level II

[Register Vaktherapie](#)

Training location

AerreA
Engewormer 18a
1531 MV Wormer
The Netherlands

Bonny Method of Guided Imagery and Music

"The Bonny Method of Guided Imagery and Music (GIM) is an integrative form of music-centred 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)

Level I

Level I (introductory) training is a traditional introductory five days program in which the trainees are taught the fundamentals of GIM (including GIM experiences). Basic individual and group MI training is included. 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.

The training at Level I consists of thirty-five hours of theoretical, practical and experiential tuition, following the standards of the European Association for Music and Imagery (EAMI).

After having fulfilled Level I the participant can carry out:

- Short individual and group Music and Imagery sessions with clients that the trainee knows from professional work, colleagues and/or other therapists.
- Short workshops / presentations as an introduction for therapists, mental health staff and others with an interest in GIM or related techniques such as imaginative journeys, Music and Imagery etc.

Number of participants Level I

Minimum of six, maximum of eight.

Level II

Level II (intermediate) training is planned as two seminars of 3.5 days, in which the trainees are taught to carry out short supportive GIM-sessions as well as MI with supportive and problem-oriented foci. Homework: ten client sessions under supervision, receiving four self-therapy sessions, and doing a music analysis of a GIM program. See the next column for the requirements for participating in this training.

The training at Level II consists of fifty hours of theoretical, practical and experiential tuition, following the standards of the European Association for Music and Imagery (EAMI).

After having fulfilled Level II the trainees can call themselves “trainee GIM therapist” and can carry out the following types of sessions under supervision, following the ethical guidelines of EAMI:

- Individual and group Music and Imagery sessions;
- Individual “short GIM” journeys: one-hour sessions with 20 minutes of music (short GIM programs).

Target groups: Clients with problematics that the trainee knows from professional work, healthy clients, colleagues.

Number of participants Level II

Minimum of four, maximum of eight.

Both trainings will be facilitated by EAMI registered trainer Bolette Daniels Beck (DK) and EAMI registered GIM therapist Nanny Roed Lauridsen (DK/NL).

The trainings will be taught in English.

Requirements for entering the full program (including the intermediate training, level II) (EAMI standard)

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’s 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 year’s 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 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 Level I

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| Training, including food first evening, lunch, coffee, tea, snacks | € 775 |
| Discount for music therapists registered at the NVvMT | € 50 |

Costs Level II

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| Training, including food first evening, lunch, coffee, tea, snacks | € 1.350 |
| Discount for music therapists registered at the NVvMT | € 50 |

Regarding Level II, please take into account additional costs for books & music, own sessions and supervision.

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 various populations.

Organization

A cooperation between Sounding Circles, Bolette Daniels Beck (DK) and Klankmaat, Nanny Roed Lauridsen (NL)

For more information and/or registration, please contact us at

klankmaat.nl | info@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



European Association of Music and Imagery

music-and-imagery.eu

Association for Music and Imagery

ami-bonnymethod.org

Training Location

AerreA
Engewormer 18a
1531 MV Wormer
aerrea.nl

AERREA zorg voor zorgverleners