



Institute for Music, Imagination and Therapy (IMIT), Berlin, Germany Training in Guided Imagery and Music BMGIM

Prof. Dr. Isabelle Frohne-Hagemann, EAMI accredited BMGIM Trainer

The Bonny Method of Guided Imagery and Music

The postgraduate training in *The Bonny Method of Guided Imagery and Music (BMGIM)* taught at the **Institute for Music, Imagination and Therapy (IMIT)** in Berlin represents an additional qualification for (music-)psychotherapeutically active therapists who would like to gain a deeper understanding of the potential of music in order to include especially, but not only, classical music in their practical work.

BMGIM taught at the Institute for Music, Imagination and Therapy is understood as an *Integrative psychotherapeutic client-centered method* that approaches the client in his bio-psycho-socio-ecological context, culture and history.

BMGIM method can only be learned by experiencing the qualities of music and music induced self-experience before learning about applying the GIM specific techniques. Therefore, the willingness to deeply engage in the listening experience without analyzing the experience while listening is of great importance. The experience of music verbally guided by the mentalizing guide embraces a large range from somatic and psychological to spiritual experiences. BMGIM allows supportive, resource-oriented and conflict-centered ways of creative psychological and *nous* (old Greek νοῦς)¹- oriented treatment that includes existential/spiritual experiences of importance for the client's development. There is a great potential for exploring the depths of consciousness and processing its emerging material can lead to personal transformation. Thus BMGIM supports and promotes personal development by filling developmental deficits, healing traumatic experiences, working through conflicts and meeting spiritual needs.

Target groups and entry requirements

The training in both, RoMI and BMGIM, targets therapists with at least a bachelor degree in a psychotherapeutically informed training (e.g. music therapy, art therapy, Integrative therapy, Gestalt therapy), licensed psychotherapists, psychiatrists and doctors of

¹ Nous: The ancient Greek term describes the human ability to grasp something mentally. The term describes the human ability to grasp something mentally. In metaphysical and cosmological teachings that assume divine control of the world, nous also refers to a principle that is active in the cosmos, the divine world reason. (Wikipedia)

psychotherapeutic or psychosomatic medicine with previous musical training. All applicants must prove at least two years of clinical work with clients.

After 1-2 trial sessions received by an EAMI BMGIM therapist and an additional aptitude interview by the course trainer(s) it is decided on the therapeutic aptitude for RoMI and the ability to engage in an imaginative process through music.

The admission requirements are based on the Training Standards of the European Association of Music and Imagery (EAMI) and the Guidelines for MI trainings.

Structure of the Training and methodical approach

The Training in BMGIM is structured in form of a **basic**, an **intermediate level** and an **advanced level**. Total hours: ca 240 units à 45 minutes in presence time plus personal sessions, guided sessions with clients, supervisions, consultations and homework.

The **basic and intermediate level** of the BMGIM training is offered as an independent separate certificate course named **Resource-oriented Music- imagination (RoMI)** (*formerly Music-imaginative methods (MiMe)*) which is described in detail under the heading *Accredited EAMI MI methods*. If recommended by the trainer of the RoMI course the trainee can continue the further **in-depth** BMGIM training in the **Advanced level**.

The full training in BMGIM comprises a total of 240 units à 45 minutes of presence phases of several days and additional online phases plus time for personal therapy, supervisions, theoretical self-studies, clinical practice, documentation of practice, homework (e.g. analyses of music, building up a music archive, reports of reading material, designing GIM programmes).

The contents of the **Basic and Intermediate level “Resource-oriented Music Imagination (RoMI)”** are described under the heading “EAMI accredited MI-methods”: *click Accredited EAMI MI methods*)

The **Advanced Level** deepens and focusses on the development of the trainee’s identity and therapeutic attitude as a BMGIM therapist and aims to build out the necessary musical and psychotherapeutic competences and skills. These are to be able to process the musical experiences in correspondence to the client’s bodily, psychological, social and spiritual condition, to be able to uncover and process the client’s implicit conflicts and transferences hidden in the musical experience and to be able to handle non-ordinary states of mind.

Supervision of client work is always supervised by experienced extern supervisors. This can take place in different forms:

- as ,onsite’ supervision (live) and/or with the help of video material with transcriptions
- as a supervision of the therapeutic process after every 5th session with clients.

Requirements for completion:

- Completion of the basic and intermediate level with received Certificate in RoMI
- 20 BMGIM personal therapy sessions
- 85 client sessions (a minimum of *50 Bonny Method* sessions included in the 85 sessions)
- 20 RoMI sessions with clients,
- 17 supervisions (of which 8 onsite),
- Consultations by telephone
- Written assignments,
- Literature read (minimum 1.700 pages) and reports,
- Case study (5.000 - 10.000 words)
- work placements.

Graduation certificate

The training in BMGIM concludes with a **Graduation certificate in BMGIM by IMIT**. Only then graduates are entitled to independently apply *The Bonny Method of Guided Imagery and Music* in the sense of an integrative and psychodynamically oriented method with clients with various psychological disorders². The certificate entitles to apply to become an “EAMI accredited BMGIM Therapist”.

The recognition of the graduation certificate by the European Association of Music and Imagery entitles the graduate to become an „EAMI accredited BMGIM Therapist“.

Advanced level:

The **contents** of the training are experienced and taught in a *theory-practice interweaving*. The method is taught by experiencing the method and reflecting its therapeutic dimensions (e.g. transferences and counter transferences, personal psychodynamic issues, group dynamic developments and implicitly operating reference theories).

Contents of the modules of the advanced level (online teaching where appropriate).

➤ *GIM from a psychodynamic perspective*

Theory-practice-related teaching of basics

- **BMGIM as a method of psychotherapy;**
 - BMGIM in the context of scientific theoretical perspectives:
 - Developmental psychology,
 - Attachment theories,
 - Theories of mentalisation,

² All German therapists or those who work in Germany who are not licensed psychotherapists or medical doctors need to have passed successfully the exam to become a “Heilpraktiker for Psychotherapy”, if they are working in private praxis

- BMGIM in the context of clinical practice
 - Diagnostics according to (Operational Psychodynamic Diagnostic (OPD);
 - Phenomena of transference and countertransference in BMGIM sessions,
 - Phenomena of resistance and defense mechanisms in BMGIM sessions,
 - Indication and contraindication,
 - Gender and socio-culturally specific aspects.
- **BMGIM as a method of personal development.**
 - The role and functions of music in BMGIM
 - Existential necessities (importance of listening, being heard, being held and being challenged)
 - Music as a mediator of human emotions, feelings and relationships
 - Music as a projection screen for feelings, relational issues and memories
 - Music as an expression of social, cultural and historical traditions and developments
 - Music as the mystery of the unconscious, area of the spiritual
 -
 - The role of the therapeutic relationship between guide and client
 - The relation Guide, Client, Music and its meaning for personal development.
 - The Art of advanced Guiding
 - Mutual transferences and Counter transferences
 - Non-ordinary states of mind

Methodology: Structure and processing of a BMGIM session

- Structure elements of a session: Preliminary talk, induction, transition, music listening phase with transcript of the verbal dialogue, processing: Resonance images, (mandalas) and follow-up talk.
- The Art of Guiding: Intonation as a transmission of cultural values and emotional styles; Verbal and onomatopoeitic expressions of the guide; Timing of linguistic interventions; Music-, imagery and body related guiding; Intentions and contents: behavioural aspects, mentalisation, depth psychology.
- Guiding and travelling in non-ordinary states of mind.

Methodology: Music programmes in BMGIM

- Insight into the historical development of Bonny's core - music programmes;
- Aspects of music compositions: Music epoch, instrumentation, dynamic profiles, etc;
- Psychodynamic aspects of transfer potential to music: dynamic contours, peaks, instrumental and vocal profiles, etc.;
- Knowledge of the construction of 6 BMGIM programmes of different requirement profiles.

Self-experience:

- Experiential dyads with core BMGIM programmes with subsequent processing by the trainer and followed supervision of the guide.
- Cases studies with BMGIM programmes in the treatment of clients with poorly integrated psychological structure with subsequent processing by the trainer and followed supervision of the guide.

➤ **Consciousness and imagination. Supervision**

Theory-practice-related basic teaching

- Theories of consciousness
- Imagination as primary process
- Imagination and symbol formation
- Transpersonal psychology
- Importance of depth of induction in BMGIM
- Potential and risks in experiencing non ordinary states of consciousness.

Methodology: Music programmes in BMGIM (Part 2)

- Due diligence in the selection of music programmes;
- In-depth aspect: importance of the interpretation of music pieces (selection criteria);
- Introduction to the BMGIM programme category 'working program';
- Presentation of working programmes in BMGIM, parameter analysis of the music pieces used in them, analysis of imagination potentials;
- Indication and contraindication.

Group supervision

- Hermeneutic interpretation of resonance images (Mandalas),
- Supervision of a BMGIM session with Reflecting Team.

Self-experience:

- Experiential dyads with mixed-challenging and challenging BMGIM programmes with subsequent processing by the trainer and followed supervision of the guide.
- Cases studies with BMGIM programmes in the treatment of clients with low or well integrated psychological structures.

➤ ***Spirituality and Psychotherapy, Archetypes and Myth. Supervision.***

Theory-practice-related teaching of basics

- Explanation of terms used in religious studies: Religion, myth, spirituality, mysticism, esotericism, etc.;
- Historical and culturally specific aspects of the topic;
- Psychotherapy school-specific understanding of dreams, dream images and symbols;
- The archetype concept;
- Contraindications, spiritual pathologies.

Methodology: Music programmes in BMGIM (Part 3)

- Introduction to the BMGIM category transformative programme;
- Presentation of transformation and spirituality related music programmes in BMGIM, parameter analysis of the music pieces used in them;
- Existential questions of meaning in GIM journeys
- Indication and contraindication;

Supervision

- Discussion and processing of the concerns brought along for supervision by the trainees.
- Presentation of prepared phenomenological analyses of BMGIM programmes by the trainees.

Self-experience:

- Experiential dyads with transformative BMGIM programmes with subsequent processings by the trainer and followed supervision of the guide.
- Cases studies with BMGIM programmes in the treatment of clients with spiritual emergencies and/or pathologies.

➤ ***Conclusion***

- **Outlook**
 - Overview of the international state of research on GIM;
 - European and global organisational structures of the GIM field.
- **Ethics;**

- **Presentation of the final projects**
- **Final colloquia about achieved knowledge, personal and professional competences**
- **Interactive group GIM session on entire group process**
- **farewell.**