



**Institute Imago, Munich, Germany**  
**Training in BMGIM**

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Institute Imago offers a professional training in BMGIM (all levels) with special focus on systemic, solution- and behaviour-oriented techniques. The institute's offers are aimed at professionals, who want to develop on a personal and professional level, expanding their skills and competencies.

Students, applying for a BMGIM Training are supposed to be licensed psychotherapists, music therapists and therapists with a Bachelor or Master degree and at least 2 years supervised experience in different psychotherapeutic modalities, such as systemic, behavioural or psychodynamic therapies.

Depending on the participants, the trainings are usually offered bilingually (English and German).

At the institute, I also lead trainings on Mandala Assessment Research Instrument (MARI), therapeutic Sand Play, Hans Carl Leuner's Guided Affective Imagery.

### **About BMGIM Trainings**

The *training curriculum* covers three levels focusing on working with functional clients, excluding patients with alcohol abuse, psychiatric disorders or on heavy medication.

Pre- and post-sessions of the GIM journey concentrate on cognitive behavioural and solution-oriented counselling strategies and on exercises from mindful and commitment therapy (ACT).

After successful completion of level III of the BMGIM Training the trainee will be qualified to use specifically designed GIM music programmes and to guide clients, adolescents and groups. After completion the trainee will receive a certificate (issued by Institute Imago) and will be encouraged to join the European Association for Music and Imagery (EAMI) to become an EAMI registered GIM Therapist.

Participants who have completed Level I and II may only conduct sessions with clients using individual short pieces of music (MI). Only in later stages of training trainees are allowed to conduct a full GIM session for training reasons.

## General Information

The teaching content varies, depending on the knowledge base of the participants.

During the BMGIM training, each student will meet with a mentor.

### Role of the mentor:

- support to set up a personal study plan, looking at homework assignments and be available if needed (consulting ,on demand ')

## Structure of Institute Imago's BMGIM Training

The teaching units are divided in three levels: *Introductory, Intermediate and Advanced BMGIM Training*.

**Theory:** psychodynamic, existential, behavioural, systemic, solution oriented approaches and findings of the Positive Psychology.

**Didactic presentations:** key-note presentation, handouts, guided exercises to enhance own experiences, guided listening experiences, creative exercises (i.e. painting while listening to music)

**Practical skill trainings:** working in dyads, role-play, deepening theoretical knowledge thru self-experience exercises.

### **Level I 36 hrs Introductory Training 4.5 days or 2 + 2.5 days (in presence or online)**

#### **LEVEL I: Basic topics (relevant for practice)**

- structure of a session: i.e. pre-talk + intention setting
- guide and traveler: transference + countertransference
- imagery: basic knowledge about imagery as a way of self-expression
- pre-talk skills: history taking + setting an intention/creating a focus as an entry-point of the journey
- relaxation: bodily changes, alpha vs. beta waves in non-ordinary states
- after-talk: relate the material of the session to the ,everyday-life 'of the client
- the concept of music as a co-therapist
- research on Music: the ISO Principle, music as a co-therapist and as an agent for catharsis
- theory relating to GIM: i.e. C.G. Jung, H. Bonny, I. Yalom

- groups: selected pieces for groups (short introduction of modified GIM)
- Mandalas as an expression of Self (Jungian perspectives)/ Joan Kellogs (MARI Mandala Research Instrument): possible meanings of symbols and colours

**Note: Level I course is an introduction: after completion, participants have two options:**

- a. decision to stay with Level I as a *stand-alone course*
- b. applying for Level II (6 days *Intermediate training*)

### **Level II 48 hrs. Intermediate Level 6 days or 2 x 3 days (in presence or online)**

#### **Development of skills and competencies (LEVEL II)**

- components of GIM ,in more depths': enhanced skills: taking history, pre- talk, setting an intention, choice of music, guiding interventions and after-talk skills
- Music: understanding Level II music programs in theory and practice
- being able to choose single pieces (MI) for group work/ guiding groups
- exploring the Mandala: integrating Gestalt techniques
- after talk: bridge to everyday live + homework assignments.

#### **LEVEL II: Basic topics (relevant for practice)**

- theoretical Impact on grief, loss and guilt
- Musical principles: basic understanding of emotional landscapes, levels of tension and resolution, rhythm, timbre and tempo
- Level II music programmes: listening exercises und applying music interventions
- Hevner's Mood wheel: categorisation of emotions: listening to selected pieces
- body interventions: when to use/ how to use/ indications + contraindications
- Mini workshop: Short music journeys: characteristics of the supportive and holding field
- Selecting single pieces +setting an intention for group work

### **LEVEL III 182 hrs. Advanced Training six modules (in presence or online)**

#### **Overview**

1. Workshop: Advanced Guiding + Pathologies	(2 x 2 days)	<b>32 hrs. of training</b>
2. Workshop: Myth, Archetypes and Symbols	(4 days)	<b>32 hrs. of training</b>
3. Workshop: Supervision Workshop	(2 x 2 days)	<b>32 hrs. of training</b>

4. Workshop: Transpersonal Psychology	(2 x 2 days)	<b>32 hrs. of training</b>
5. Workshop Strengthen your musical mind	(3 days)	<b>24 hrs. of training</b>
6. Short Music Journeys for single and group work	(2 days)	<b>24 hrs. of training</b>
Closure: Final Project (individually discussed or in group)		<b>6 hrs. of trainings</b>

**TIMELINE:** levels need to be completed within 3 - 4 years.

**Requirements** for students before completion: finishing all levels of Training and in addition having completed all tasks set out in a personal Study Plan.

**Level III 32 hrs. GIM in the treatment of various pathologies**  
**2 x 2 days = 4 days (in presence or online)**

**Skills and competencies that should be achieved at the end of Level III**

- dealing with intensive emotions, facilitating insight and self-awareness
- gaining knowledge about pathologies and knowing own boundaries
- working with the inner child: the importance of self-caring exercises
- Music: the emotional and physiological effect of music
- Mandala: practicing Gestalt techniques during after-talk

**Advanced Guiding: basic topics (relevant for practice)**

- characteristics of various pathologies and other psychological difficulties (ICD-11 Codes: F 32.0 F 32.1. - F 40.0 - F 4)
- resource and solution focused guidelines in the treatment of psychological difficulties
- GIM for clients with a mild depressive episode (F 32.0) and fears and anxieties (F41.1)
- abuse and traumatic experience can show up spontaneously: skills for working with challenging imagery
- guidelines for the treatment of mild depressions, anxieties, existential crisis and burnout
- the impact of childhood in later life: biographical aspects
- changing music according to needs/ fragility of the clients
- Introduction to a variety of Bonny music programmes
- short music journeys continued: building up strengths, enhancing personal well-being
- working in clinical groups / other therapeutic environment, using selected pieces of music
- listening experiences: music applied during the training

### **Level III: Myths, Archetypes and Symbols**

**2 x 2 days = 4 days (in presence or online)**

**Training hrs. 32**

#### **Skills and competencies that should be achieved at the end of Level III**

- looking at personal experiences thru the lens of mythic, archetypal and symbolic meaning
- understanding archetypal symbology and the significance in certain life stages
- being aware of the appearance of archetypes in imagery, dreams and synchronistic events
- reflecting upon significant archetypes in your present life/ in past life situations
- experiencing archetypes in self-guided music journeys while diary writing

#### **Myth and archetype: Basic topics (relevant for practice)**

- function of myth in ancient times, in life and in society
- meaning of archetypes: relating to C.G. Jung and C. Pearson
- John Campbell: model of the hero's journey updated for present life situations
- archetypal concepts and images during GIM journeys
- Guiding the hero's journey and asking a variety of questions
- symbolism and the possible meaning of symbols (i.e. labyrinths, gardens, mountains)
- rituals and their relevance during GIM journey
- archetypal symbols in Mandalas

### **Level III: Spiritual and transpersonal module**

**2 x 2 days = 4 days (in presence or online)**

**Training hrs. 32**

#### **Skills and competencies that should be achieved at the end of Level III**

- identifying the client's conflicts identifying and strategies of repressing and strategies of resistance/d
- Processing conflicts by supporting solution-oriented strategies
- Identifying the characteristic of a transpersonal states
- after psychodynamic work: support the client to connect with ,the bigger picture '
- symbolic content of spiritual / transpersonal sessions

#### **Spiritual and transpersonal module: Basic topics (relevant for practice)**

- concept of transpersonal psychology: R. Assagioli, S. Grof, Ken Wilber
- main theories: Ken Wilber (integral theory) and implications for GIM work
- Helen Bonny on Spirituality and exploration of the spiritual self
- Lisa Summer's model of transpersonal potentials in GIM

- the role of a guide: do's and don't's during a transpersonal journey
- Positive Psychology: the scientific study of resources and strengths
- spiritual emergency situations: characteristic/ how to recognise ,the dark night of the soul'
- listening to select pieces of music: Music as a transpersonal experience

**Level III Supervision Module**  
**4 days (or 2 x 2 days (in presence or online))**  
**Training hrs. 32**

**Development of skills and competencies**

- working ,in front of the group': playing different roles: re-talk, relaxation skills, guiding and after-talk
- awareness about personal guiding skills through feedback and group exercises
- organising your musical library
- enhancing your tool box: integrating solution oriented technique and cognitive exercises

**Supervision Module: Basic topics (relevant for practice)**

**Note:** The Supervision workshop I and II are designed as an in-depth learning and feed-back lab to become a proficient BMGIM therapist, to enhance professional skills, to learn more about latest research and new music programmes

Each Supervision Workshop (2 days) will include practical units

- one dyad** (traveller, guide and observer) and
- one group supervision** (with different roles: a client, a guide for the pre-talk/ for the induction/ the guiding/ the Mandala and the after talk
- Interactive Group ,journeys'** (after having chosen an intention).

Evaluation of the process will be done in team-work after the journey i.e. intention of the group/ hidden needs/ interaction between group member/ feelings/ outcome

**Strengthen your musical mind**  
**3 days Training 24 hrs. (live)**

**Basic topics (relevant for practice)**

- exploration of the function of music in BMGIM
- music as your co-therapist: exercises in group
- musical epochs, genres, styles and periods

- A-B-A and other forms
- Question and answer Quiz: test your knowledge

### **Short Music Journeys for single and group work**

**2 days Training 16 hrs. (live)**

- specific description will follow (once participants have finished the Supervision workshop)
- the work-shop is based on exercises (listening to short pieces at home, analyzing and testing them in the group environment)

#### **Final project:**

shared in group or individually discussed with your mentor