



**"Music and Care" Short training course:  
Music Imagery Basic level 1  
Music Imagery Advanced level 2**

by SONORA Organization for Music Therapy & Research

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The **'Music & Care'** course has been created during the covid era, out of the need to deliver a seminar online in a simpler and more comprehensive form than the typical GIM. It was also created to meet the needs of a wider range of professionals in the humanities (health/mental health professionals, educators, counsellors, etc.) who do not fulfil the criteria for the full GIM training or those who would like to make use of simpler and more versatile forms of music listening/MI as a complementary tool to their practices. It comprises of two training circles, MI Basic level 1 and MI Advanced level 2.

**Music Imagery Basic course-level 1 (supportive/resource-oriented)**

The "Music Imagery Basic level 1" course, has been created as an alternative to the traditional level I GIM training, based on the same concepts, theory, and philosophy of the original GIM method. It is a re-arrangement of the basic GIM syllabus but with a strong emphasis in the teaching of short/modified forms of Music Imagery as suggested by the literature and expertise practitioners at the first training levels before moving to the full GIM training seminars (advanced level 3).

The Basic MI is therefore designed as a "hybrid" training that combines a variety of Music Imagery approaches and techniques inspired by the GIM literature that are manageable to practice in a short-term context or within a longer therapeutic process. The session process is in line with the original MI method as described in the literature (SMI, FMI, repetitive

music listening, etc.). It involves relaxation induction with or without a focus, music listening (with eyes closed or combined with other artistic media, e.g. painting, writing, moving, etc.), and verbal processing after the end of the music (also combined with other artistic media if appropriate).

**Duration:** 30-32 hours depending on group size

### **Content**

- Introduction to receptive music therapy methods
- The history of GIM and MI Definitions
- How, why, and where to use it?
- Working with specific focus (single-focus, supportive/resource-oriented)
- Basic interventions appropriate for supportive MI inductions and processing (Theory and experiential)
- The music taxonomy system part 1: the mood wheel
- The Continuum Model of music analysis (L. Summer)
- Functions of Music/Music Examples
- Psychological theories (supportive/ resourceful psychotherapy, resilience, creativity, emotional regulation, mentalisation, attunement)
- Various techniques of MI such as:  
Music Relaxation, Focused Music Imagery Talking over the music (Goldberg, Dimicelli-Mitran), Supportive Music Imagery (Summer), Music Breathing (Körlin-intro)
- MI Demo & experientials in group and in pairs
- Online sessions-ethical considerations

### **Coursework requirements:**

- 10 MI basic practice sessions (group or individuals/clients)
- Give and receive 3 MI basic sessions with a peer colleague (role play)
- Receive 3 MI basic sessions with an accredited therapist
- Participate in two or three group supervisions (according to group size). The first group supervision (2 hours) is part of the basic training seminar, focused on music choice. The other one or two supervisions have a focus on more general practical, clinical, educational questions and observations.
- Writing or presenting a short case study (up to 6 sessions)
- Creating a music playlist of approximately 5-10 music pieces, appropriate for use in basic MI.

The MI Basic course is addressed to health professionals who may or may not fulfil the criteria for the traditional GIM training (e.g. new professionals without adequate experience) or therapists trained to GIM who wish to use MI as a stand-alone or complementary method.

The course is also addressed to professionals of other relevant humanistic fields who have an interest in adding music as a complementary tool in their practice, including psychosocial/psychoeducational, educational, or coaching settings. Participants who finish all requirements, receive a certificate of completion of this training level. MI Basic course corresponds to Level 1/traditional GIM training for those professionals who are qualified to continue forward (this is specifically noted in the certificate).

## **Music Imagery Advanced-Level 2**

MI Advanced level 2 describes all MI applications that correspond to a re-educative level of working (symptom-oriented). All mental health professionals who practice psychotherapeutically may apply for Advanced MI training level 2, as well as professionals who work in psycho/socio/educational settings (psychiatric nurses, social workers, etc). Occasionally the trainer may consider participation of other health professionals or people from the psycho/education or coaching fields, depending on working / life experience and positive affinity to music and the use of MI methods. Individual criteria may apply according to the above.

**Duration:** 32-36 training hours depending on group size

### **Content**

- Containers and music taxonomy (cont.)
- Advanced MI: re-educative levels of working
- Repetitive music listening
- Induction/focus/intention (musical or symptom/problem-oriented)
- Guiding interventions as a complementary tool at the processing of the experience
- Introduction and elaboration of different analysis models
- (e.g. summary of Bonny's analysis on musical elements
- Grocke's SMMA analysis, etc). Emphasis on Bruscia's 4-step analysis
  
- Related theory
- Tips for work with different populations Psychosomatic/ Trauma/ Cancer/psycho-socio-education/etc. and contraindications
- Experiential dyads/group work
- Introduction to the full GIM format/GIM demo session
- Group consultation

### **Coursework requirements:**

- 25 practicing sessions with clients (groups and individuals. These may include some supportive MI sessions in a process, but the emphasis must be on advanced/more complex of the 25 music and /or repetitive music listening)

- 5 of these sessions must be recorded/videorecorded and supervised
- 3 personal advanced MI sessions
- A musical analysis on a chosen piece of music according to the 4-step analysis method (Bruscia)
- Compilation of advanced MI music list
- A short, written case-study of 6 MI sessions with the same client
- A minimum of 1 consultation about 50' long (advice on non-clinical material, practical/professional issues, etc)

The Advanced MI training corresponds to Level 2 (intermediate) of the traditional GIM training. Upon completion of all requirements, the trainees receive a certificate of completion of this level of training. They may use this certificate to apply to EAMI to become "EAMI accredited MI practitioners in Music and Care". Professionals who qualify for the full GIM method (according to EAMI standards) may proceed to further training (level 3 Advanced/GIM training of 120 more hours).

### **Basic bibliography/reference list**

#### **Books**

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#### **Articles**

Dimicelli-Mitran, L. (2020). Focused Music Imagery (FMI): Pathway through the psyche. Supportive and re-educative case examples. *Journal of the Association for Music & Imagery*, 17, 37-54.

Goldberg, F. (2015). Reflections and connections: Training for Music Imagery group psychotherapy. In Grocke, D., & Moe, T. (Eds.) *Guided Imagery and Music (GIM) and music imagery methods for individual and group therapy* (pp. 349-358). Jessica Kingsley Publishers

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Seung-A. K. (2013). Stress reduction and wellness. In L. Eyre (Ed.) *Guidelines for Music therapy practice in mental health care* (pp.797-839). Barcelona.

Summer, L. (2002). Group music and imagery therapy: Emergent receptive techniques in music therapy practice. In K. E. Bruscia, & D. E. Grocke (Eds.), *Guided imagery and music: The Bonny method and beyond* (pp. 297-306). Barcelona.

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### **Mandalas**

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Kellogg, J. (1977) The use of the mandala in psychological evaluation and treatment, *American Journal of Art therapy*, 16, 123-134