

Music Breathing

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I offer Music Breathing as an accredited form of Music and Imagery, adapted from the Bonny Method of Guided Imagery and Music (BMGIM).

General description

Music Breathing (MB) is a method where awareness and modulation of the breathing is used to regulate arousal evoked by music listening in a non-ordinary state of consciousness. The original aim was to enable clients with a limited Window of Tolerance (WoT) for music to eventually have full Bonny Method sessions, but it has also proved to be a short-term method in its own right. The individuals Body Image of Breathing is explored via a drawing on paper and then processed verbally. The stages of an MB series are Discovery Breathing (DB), Silent Breathing (SB), Music Breathing for Grounding (MBG) and MB for Modulation (MBM). As a rule, one session is needed for DB, 1-2 sessions for SB, then followed by an adequate number of Grounding and Modulating sessions.

Music is chosen according to its ability to evoke autonomic *Activation (A)* and emotional *Modulation (M)* in six degrees (A1-6/M1-6). In MBG, music in the A1-2/M1-2 range is used and in MBM the full range of MB music can be used (A/M1-6). The client is evaluated in a stepwise manner through the stages.

The client plays an active part in MB. The person is encouraged to practice first SB and then MB between sessions and to develop a music repertoire of her/his own for future independent use. An optional Music Finding (MF) session can be added for this purpose.

Course content and literature

Theories of Imagery, neuropsychology and neurobiology.

It is presupposed that there is a common knowledgebase among GIM students, AMI Fellows, accredited BMGIM Therapists and trainers about the nature of Imagery, but they may indeed vary in scope and depth from training to training. In this training, Imagery is seen from a neuropsychological point of view as “secondary perceptions”, arising from memories. They may range from concrete and unprocessed to multilayered and symbolic, and from cognitive, psychodynamic, and archetypal dimensions. For MB training there is associated material about States of Arousal, Stress Disorders, Mental Time travel, States of Consciousness, Neural Net Profiles, Memories, Representations and Symbols.

Relevant theories about psychotherapy

Music Breathing is holistic and integrates relevant humanistic, psychodynamic, cognitive, and Jungian theories. These dimensions are complementary of each other's. The selected knowledge base is consistent with established science.

Procedure and Inductions manual

There is a manual in both English and Swedish that is constantly updated, presently at version 8.

Literature

Power Point and Zoom lectures on Music Breathing I and II corresponding to 100 Power Point Slides; Dissociation 80 Slides; Vitality Affects 37 slides and Spiritual Aspects and Emergencies 70 PP slides. These are available for students on Google Drive.

See also the literature list of Book Chapters and Journal articles at the end of this document.

Levels of training and entry requirements

Music Breathing has been divided into two levels:

1) Basic MB I (7+7 hours) open to BMGIM AMI Fellows, EAMI accredited BMGIM Therapists and advanced level trainees. Basic MB is also open for people with health care/psychotherapeutic background or Music Therapists that have taken the preparatory course (see below). These will be able to work with non-clinical clients for Affordance of Health and Resilience with Grounding and Stabilizing MB Music.

2) Discussion/Supervision Forum

An intermediate group seminar (2.5 hours) will take place after about 3 months of training, with a focus on sessions skills and music choice. Students will practice inductions in pairs in break-out rooms and then discuss in pleno. Indications and contraindications will be discussed

3) Advanced MB (7+7 hours) for BMGIM fellows and advanced students for clients with clinical issues. However, also students not qualified for clinical work will take part to learn to recognize what issues **not** to take on. These students will only be certified to work with resilience and self-development issues in non-clinical clients.

Training Staff and collaborating institutes

Training is conducted in person or worldwide on the zoom platform with the following authorized assistants and supervisors: Evangelia Papanikolaou (Greece), Angela Shum (Hong Kong) and Joyu Lee (US). All assistants are supervised.

Affiliated institutes: "SONORA" (Evangelia Papanikolaou), Abundant Wellness (Angela Shum) and Music and Your Mind (Joyu Lee).

Requirements of Training

Practice via Internet

Training is preferably delivered in person, but during Covid restrictions, the training is delivered individually or in groups via internet. All aspects of the session are treated, but special emphasis is on practice of the Music Breathing Induction, which is an MB specific intervention different from a standard BMGIM induction, following a basic protocol according in the "Process and Inductions" text. Experience shows that the induction is the most difficult part to learn. Each student must present an audio or video recording for supervision.

In the initial phase the student also learns basic Music Breathing theory in the form of recorded zoom lectures, which are then discussed on 2-3 separate occasions.

Supervised client work

Supervision takes place in person or via secure video conferencing, e.g. zoom or doxy.me as agreed with the Trainer to be data protection (GDPR) compliant. Before supervision background material is sent to the Trainer via secure internet connection including client information, life history, capacity of work and relations, psychiatric/psychotherapeutic history, client's reason for seeking treatment and content of the session/s including mandalas

The session and supervision requirements to complete the training and receive the certificate of Independent Practitioner of Music Breathing:

AMI Fellows and EAMI accredited BMGIM Therapists

- deliver 6 sessions with clients as agreed with the Trainer.
- receive 6 individual video conferencing supervisions with the Trainer.
- the Trainer will discuss with the trainee if further sessions and supervisions may be helpful.

Trainees

- deliver 6-10 sessions with clients as agreed with Dag and training collaborators/assistants.
- Please also make sure to check with your Trainer about what you agree with Dag and trainer assistants and if necessary, also consult with your existing GIM supervisor, e.g. should you be using MB with a GIM client.
- receive 6-10 individual supervisions with Dag and /or training collaborators
- Dag and the training collaborators will discuss with you if they feel further sessions and supervision may be helpful

Music requirements

The music requirement is to find 6 new MB pieces in any Activation/Modulation (A/M1-6) category. The report should be about 2000 words and contain 6 pieces for Music Breathing.

The description should name 1) composer, musical genre and any intentions described by the composer. 2) Describe basic music parameters like melody, dynamics, harmony, rhythm/tempo, and structure (aba etc.). 3) The students subjective experience: A travel story or poetic image of the piece is welcome (no more than 10 lines). 4) Describe the potential for grounding as well as for expanding and modulation of the breathing. Discuss if these parameters are constant or change over the piece. Describe the degrees of repetition, frustration, support, and pleasant surprises as well as conflicting or challenging elements. Hypothesize about possible issues and emotional reactions 5) As a sum up, discuss what level of Activation (A) and what degree of Modulation (M) of the breathing that the piece affords.

Clients finding of music repertoire (optional)

The task is for client to find 3-6 pieces of music for MB.

The purpose is to give the client the cognitive tools to increase her/his repertoire and encourage continuation of MB practice after therapist sessions have concluded.

This element can start after third session, to make room for follow up in a short series of six sessions.

Preparatory course (7 hours)

To make more people eligible for Basic Music Breathing training, there is a preparatory course containing two personal BMGIM sessions and an update of the didactic content covered in my book chapter “Neuropsychological Theory of Imagery in GIM”. This can be found in Denise Grocke’s “Guided Imagery and Music – the Bonny Method and Beyond”, where there also is a chapter on Music Breathing.

Book Chapters and Articles

Körlin, D. (2002). A neuropsychological theory of traumatic imagery in the Bonny Method of Guided Imagery and Music (BMGIM). In K. E. Bruscia & D. E. Grocke (Eds.), *Guided Imagery and Music: The Bonny Method and Beyond*. Gilsum, NH: Barcelona Publishers.

Körlin, D. (2004). The Spectrum GIM Group Therapy. In: Frohne-Hagemann, I (Ed). *Receptive Music Therapy-Methods, Theories and Praxis*. Ludwig Reichert Verlag, Wiesbaden, Germany.

Körlin, D. (2005). *Creative Arts Therapies in Psychiatric Treatment. A clinical application of the Bonny Method of Guided Imagery and Music*. Karolinska Institutet. Stockholm 2005.

Körlin, D. (2008). Music Breathing: Breath grounding and modulation of the Bonny Method of Guided Imagery and Music. (BMGIM): Theory, method, and consecutive cases. *J Association for Music and Imagery*, 11, 79–113.

Körlin, D. (2019a). A Neuropsychological Theory of Traumatic Imagery in the Bonny Method of Guided Imagery and Music (BMGIM). In K. E. Bruscia & D. E. Grocke: *GIM the Bonny Method and Beyond*. Gilsum: NH. Barcelona Publishers.

Körlin, D. (2019b). Music Breathing. In K. E. Bruscia & D. E. Grocke: GIM the Bonny Method and Beyond, second edition. Gilsum: NH. Barcelona Publishers.

Körlin, D. (2020). Silent and Music Breathing: Procedures and Inductions [Unpublished training manual] (revised ed., 15 April 2020). Available on request on Google Drive

Körlin D. (2019). Music Breathing Practicum Requirements. Available on request on Google Drive.

Körlin D. (2019). Power Point and Zoom lectures on Music Breathing, Dissociation, Vitality Affects and Spiritual Emergencies. Available by request on Google Drive.