

The European Association for Music and Imagery (EAMI)



Guidelines for Training in MUSIC AND IMAGERY (MI) METHODS

Education Committee

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The guidelines for MI methods (Music and Imagery) act as an ‘umbrella’ best-practice information source of common elements for all methods. Because of the variety of MI methods currently being EAMI endorsed and employed, it is not feasible or appropriate to produce or implement a set of binding regulatory rules to cover all at this time. Further development and amendments to the guidelines may be added, as required, over time.

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1. General Descriptions

GIM is an umbrella term for The Bonny Method of Guided Imagery and Music (BMGIM) and adaptations and modifications of it. The primary role of EAMI, as an association, is to promote and support the discipline of BMGIM. However, Music and Imagery (MI) methods are of high value in their own right. They are based on recognized psychotherapeutically informed background theories and practices. These methods focus on the therapeutic use of music listening and imagery within a specific short format and provide an additional resource for BMGIM practitioners.

1.a. Background to MI methods

A range of specialist Music and Imagery (MI) methods have been developed as both stand-alone therapeutic techniques and as complementary tools for BMGIM practitioners. Many of these are used extensively in both dyadic and group settings and have wide-ranging clinical and/or social applications.

Whilst most BMGIM training courses have traditionally taught trainees how to modify and adapt Individual BMGIM to meet client needs, Music and Imagery (MI) methods are increasingly being taught in their own right. MI methods and approaches may be taught depending on different therapeutic orientations or goals.

Some MI trainings which are delivered separately from a BMGIM training have been EAMI endorsed and EAMI accredited. Certificates of attendance or completion are awarded allowing graduates to practice MI independently. (see EAMI website "Trainings", e.g.

- *Music Breathing* (Körlin).
- *Resource-oriented Music Imagination (RoMI)*, formerly *Music-Imagination-Methods (MiMe)* (Frohne-Hagemann).
- *KMR/Brief Music Journeys* (KMR - Wärja).
- *Engaged Music Listening with Guided breathing (EMLGB)* (Leslie)
- *Music and Care* (Papanikolaou)
- *The Music and Imagery for Health Programme* (Moe)

- *Supportive and Re-Educative Music and Imagery* (Summer - Continuum Model).

2. Guidelines

As we are in a position to offer guidelines, rather than enforceable regulations, it will not be within our brief to dictate standards to incorporate all methods.

Because of the ever-expanding range of MI methods, with significant differences between each one, the EAMI Education Committee believes the following elements need to be the responsibility of each MI designer to decide upon and to implement:

- Certification of the method
- Selection of trainers, with appropriate qualification levels
- Trainee entry requirements
- Course content
- Training programme hours
- Trainee sessions, supervisions, consultations, personal sessions, self study, etc.
- Literature /music study requirements

MI methods may be used in settings such as psychotherapy, self-development, coaching, organisational, education, spiritual settings, and as a complementary intervention in medical, psychological and spiritual care. MI sessions can be applied individually or in groups. The client can be sitting or lying down and have open or closed eyes, as appropriate. The state of the client's awareness may be along a spectrum of consciousness going from ordinary to non-ordinary states of consciousness.

It should be noted that in MI methods imagery can be spontaneous and naturally occurring, e.g. while simply listening to recorded music, or can be evoked as part of a therapeutic process. Therefore, only a trained MI therapist should facilitate MI sessions.

The experience may include some verbal guiding, where necessary, by the therapist as part of the session, e.g. talk-overs or interventions.

MI methods may apply one or more pieces of music. Music for MI would be of different qualities depending on the client's state of mind and the focus of the session, e.g. a supportive, a re-educative, a perceptual, an energizing or a spiritual oriented quality. The music selections are not restricted to the classical BMGIM repertoire.

The experience may include some verbal guiding, where necessary, by the therapist as part of the session, e.g. talk-overs or interventions.

A typical MI session may include a preliminary discussion with the client, a short, guided induction, a music listening experience, with or without verbal intervention from the

guide, a return to normal consciousness, processing of the experience with or without mandala drawing and a post conversation/processing focused on integration of the experience. The process may include an integration of the music and imagery experience through artistic expression.

3. Competency descriptions

Different modes of application may be taught as a part of the practical training content within each individual MI method. Competency descriptions depend on the psychotherapeutic or pedagogical orientation of the MI programme taught. Therefore, each MI method designer/s or trainer is responsible for creating clear competency descriptions.

The following minimum standards of competencies define the knowledge and skills that trainees should possess.

Knowledge

- theories of imagery and its potentials
- relevant theories of psychotherapy, neuropsychology and neurobiology
- philosophical theories
- psychological, sociological theories, coaching and personal development
- knowledge of various music taxonomies and music for certain purposes
- models of music analysis
- the ethical dimension of therapeutic work with music and imagery

Skills

- ability to plan and deliver MI sessions and series for individual clients and groups
- ability to adapt the method to meet the client's or group's need
- ability to perform relevant assessments and to evaluate clinical work with music and imagery
- ability to facilitate the preliminary discussion and preparation for the MI experience
- ability to prepare inductions and verbal interventions for therapeutic and self-developmental issues
- ability to intonate inductions and verbal interventions
- ability to use a range of induction techniques
- ability to make an informed choice of music and draw on an extensive repertoire of music
- ability to utilize guiding interventions to facilitate the client's or group's imagery experience

- ability to guide the client's or group's processing of the music and imagery experience, including through mandala drawing and other creative techniques
- technical skills to deliver a high-quality music experience
- skills to facilitate an online MI experience for individuals or groups, where necessary

Professional practice

- ability to work autonomously as an MI therapist within clinical, psychosocial and (if appropriate) pedagogical contexts
- maintain continuous supervision of one's work
- ability to follow ethical guidelines
- ability to deliver presentations, lectures & workshops about MI

4. Entry Requirements

It is imperative that designers/trainers of MI methods accept only appropriately qualified trainees onto their MI training programs. MI trainees and practitioners must only practice at their qualified, professional level of competence.

Where standalone MI training methods are offered, entry requirements are dependent upon the respective target trainee group e.g. psychotherapeutically informed therapists, as per EAMI/AMI training standards, or non-therapists such as teachers, other health professionals, carers etc.

5. Best Practice Guidelines

Certain MI methods may be included, as an adapted form of BMGIM, as part of a BMGIM training program, at the discretion of each trainer. For example, supervisions for such MI methods could be included as adapted supervisions.

In all circumstances required supervisions, consultations, personal sessions, experiential and didactic material must be set out for each training programme by the method designer and trainer.

It is recommended that there be no more than eight trainees per trainer in a group. Assistant trainers, who are qualified or experienced MI therapists, should be used for larger groups.

If the guide is not professionally qualified in an appropriate psychotherapeutically informed discipline, imagery should not be processed by the guide. In such a case it may be necessary to refer the client for professional help. **This is a key ethical and professional principle in the employment of all MI methods.**

In a setting where imagery occurs naturally the guide must decide if it is appropriate to allow this to continue, e.g. if the imagery becomes disturbing or traumatic for the client.

Where imagery is evoked as part of a session, this may be acknowledged, but not processed, unless the trainee has an appropriate psychotherapeutically informed background and qualification, e.g. by a qualified music therapist, where an MI method is employed as a receptive music therapy technique. However, where imagery is evoked as a part of an advanced level MI process, this employs the use of a therapeutically informed technique and should only be guided and processed by a qualified BMGIM therapist or an advanced level 3 BMGIM trainee, under supervision.

6. Contractual and other information

Before commencing a training in MI, applicants should be provided with:

- information about the Training Programme, (e.g. its schedule of training seminars, its curriculum, requirements and complaints procedure), and
- the terms and conditions of the Training Programme (e.g. information about fees and payment).
- Specific national regulations and laws governing therapy practices
- the EAMI Standards or guidelines for Training in MI and BMGIM,
- the EAMI Code of Ethics and Standards of Practice

7. Certification

- Where a *Music and Imagery method* is conducted as an independent training programme, certificates of attendance/completion may be awarded by the trainer or the training institute.
- Where an MI method has been integrated into a BMGIM training programme, certification may be awarded by the trainer, on completion of the whole programme.

- Certificates or accompanying documentation should clarify:
 - The MI method(s) and approaches in which the trainee has completed training.
 - The MI training hours, sessions, supervisions, client work and other requirements completed, where appropriate.

Any additional requirements may be set as relevant to the MI method(s) taught at the discretion of the trainer.

8. EAMI Accreditation

Students who have completed an EAMI endorsed separate MI Training programme, are entitled to become an EAMI professional member and apply to become EAMI accredited MI Therapist. The title must include the name of the MI Method, e.g. *“EAMI accredited Therapist for Resource-oriented Music Imagination (RoMI)”* which lies in the responsibility of the MI designer.

9. EAMI accredited Music and Imagery Methods

1. Music Breathing (Körlin).
2. Resource-oriented Music Imagination (RoMI - Frohne-Hagemann), formerly Music-Imagination-Methods (MiMe).
3. KMR/Brief Music Journeys (KMR - Wärja).
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