



Institute Imago's

LEVEL I Training EAMI accredited

2,5 x 2 days

Live Training 2 days

**28. th. - 29 th. of October
2023**

**2 1/2 more days will be arranged
together with the participants**

480 Euro: only Training

**490 Euro: Training and
accommodation**



IMAGINATION CREATES REALITY

R. Wagner (1813 - 1883)

The Bonny method of *Guided Imagery and Music* (BMGIM) is a music-centred psychotherapy in which classical music is specifically used to evoke images, feelings and sensations. In combination with selected pieces of music and qualified guidance, a client finds access to meaningful images, memories, body feelings and intuitive insights.

During a *GIM* session, the music acts as a co-therapist. The pre-selected Music can provide security and support, promote healing and insight. Embarking on Level I is like an adventurous journey: the images that arise are surprising, leading to unknown inner worlds

Level I : Professional Training

36 hrs.

Content of Level I

- history + relevant theories relating to *GIM*
- music as a co-therapist and as an agent for catharsis
- the 'art of guiding': pre-talk/ intention setting /relaxation/ choice of music/ after-talk
- Mandalas as an expression of self
- understanding the power of imagery
- ISO-Principle: how to choose your music well
- developing after-talk skills to process a session

Development of skills and competencies

- learning how to guide imagery
- discovering the world of symbolism
- experiencing the music as a guiding force
- using Mandalas and creative ways to explore the inner world of yourself and your traveller

Level I: Form of presentation

Lecturing thru slides, verbal instruction, demonstrations, videos, mind-maps, case studies, study of scientific articles, listening experiences and group work

Practical input through demonstrations, dyad experiences, role-play, team-work and home work assignments

Number of participants

minimum 6 - maximum 8

Level I course is an introduction.

After completion, participants have two options:

- a. to take Level I , as a learning experience
- b. to apply for Level II - Intermediate Training (6 days)

Target group + entry requirements

Students, applying for BMGIM are supposed to be psychotherapists, musictherapists or therapists with equivalent level of academic training

.Applicants need clinical experience in different therapeutic modalities.

Institute Imago offers professional trainings on various topics:

BMGIM, MARI Coaching (www.MARI-Coaching.eu) and Guided Affective Imagery according to Hans Carl Leuner .

Being the founder of Institute Imago, my trainings are aimed at

professionals who want to develop on a personal and professional level, expanding their skills and resources

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MUSIC GIVES A SOUL TO THE
UNIVERSE, WINGS TO THE MIND,
FLIGHT TO THE IMAGINATION AND
LIFE TO EVERYTHING

Plato (427 - 337 B.C.)