



**The EAMI accredited “Sounding circles” GIM training program
PhD Bolette Daniels Beck, Denmark.**

Background

The Sounding Circles program is designed to teach the Bonny Method of Guided Imagery and Music (GIM) for fostering resilience, profound healing, and transformation in the challenging world of today. It draws on the latest GIM and psychotherapy research and is based on an integrative framework that combines psychodynamic, humanistic, and transpersonal theories. GIM training focuses on enhancing your guiding skills, expanding your knowledge of music and imagery, and deepening your understanding of psychology and therapeutic processes in altered states of consciousness. The GIM training is conducted in Danish/Scandinavian or English.

Training seminars level I-III

Beginner

Level I (introductory) training includes 35 hours of training. Level I with Sounding Circles is a traditional introductory five days program in which the trainees are taught the fundamentals of GIM, theoretically and through exercises. The exercises include trying out to be a guide and a traveler in short GIM sessions under direct supervision; and training in supportive Music and Imagery (preparation, music choice, mandala drawing and verbal integration). The basic MI training allows the trainees to practice supportive MI formats with clients without psychiatric illnesses. Online Level I trainings consist of 2-3 weekends.

Level I is carried out yearly in January as an elective at the Music Therapy Master program at Aalborg University (in Danish) (mail to bolette@ikp.aau.dk) and yearly on a location near Amsterdam (in English) (mail to info@klankmaat.nl).

Intermediate

Level II (intermediate) training includes 50 hours of training. Level II with Sounding Circles is planned as two seminars of 3.5 days, in which the trainees are taught to carry out short supportive short GIM-sessions as well as MI with supportive and problem-oriented foci. Required homework: practicing ten MI/short GIM sessions under in vivo supervision, receiving four self-therapy short GIM sessions, and doing a heuristic music analysis of a short GIM program.

There are specific entrance requirements for the Intermediate GIM training that are assessed with a questionnaire and a zoom interview. Level II is carried out every other year in Denmark (mail to bolette.d.beck@gmail.com) and near Amsterdam (mail to info@klankmaat.nl).

Advanced

Level III (advanced training) includes a minimum of 100 hours of training and is an in-depth training that is developing on both personal and professional levels. A Sounding Circles Level III training will start in August 2025 in Denmark (English language). Unique to the Sounding Circles GIM III is the research-based training of how to apply GIM to typical issues and vulnerabilities in the daily GIM practice (family, job/life, creativity, life transitions, illness, trauma, existential themes). AS GIM typically affords transformational spiritual imagery and qualities, the training seminars will incorporate the integration of spirituality on all seminars. Apart from the basic training in music programs and guiding skills, there will be special training in GIM and trauma healing, ecological/existential themes, and musical cultural sensitivity. A combination of four on-site and three online training seminars during 1.5 years enables trainees from other parts of the world to participate. There is a considerable list of required homework tasks on the advanced training to be fulfilled within a three-year period. (Please ask for more information by sending a mail to bolette.d.beck@gmail.com).



Trainer: Bolette Daniels Beck, Denmark.

Co-trainers: Charlotte Lindvang, Julie Krøier, DK. Nanny Lauridsen, The Netherlands.

Assistant teachers: Svein Fuglestad, Ruth Liesert, Margareta Warja.

Bolette has been a GIM therapist since 2004, and a GIM trainer since 2016. She is accredited BMGIM therapist and trainer in EAMI. Bolette works as Associate Professor at the music therapy education in Aalborg/Copenhagen, Denmark. She also has a private practice with GIM therapy and supervision besides GIM level I and II trainings in DK, Germany and Holland.

She was a co-trainer and mentor in the Scandinavian level III training program 2018-20. She is a former member of the Education Committee in EAMI. She was chair of the 2nd EAMI conference: The power of music (online, 2020)

and the 3rd EAMi conference (hybrid, 2022).

Bolette is a certified music therapist and has trained in Levine's Somatic Experiencing method (level I). She has a complete Moving cycle education (Caldwell, 2013), and special training in the integrative work with persons in dissociative states in psychiatry. Specific interests in GIM are: GIM/MI and spirituality, stress, trauma, body/kinesthetic imagery, nature imagery and sustainability.

Bolette holds a PhD (2012) in which she investigated GIM as a treatment model for persons on stress-related sick leave, with mixed methods. Download thesis here: <https://vbn.aau.dk/en/publications/guided-imagery-and-music-gim-with-adults-on-sick-leave-suffering->

Other GIM related publications (for a complete list of publications, see <https://vbn.aau.dk/da/persons/100013>) :

Messell, C., Summer, L., Bonde, L. O., Beck, B. D., & Stenbæk, D. (2022). Music programming for psilocybin-assisted therapy: Guided Imagery and Music-informed perspectives. *Frontiers of psychology*, 13, 1-13.
<https://doi.org/10.3389/fpsyg.2022.873455>

Beck, B. D., Lindvang, C., & Bonde, L. O. (2022). Guided Imagery and Music (GIM) in the Aalborg Therapeutic Training Programme. In I. N. Pedersen, C. Lindvang & B. D. Beck (Eds.), *Resonant Learning in Music Therapy. A Training Model to Tune the Therapist* (pp. 301-320). Jessica Kingsley Publishers.

Beck, B. D., Meyer, S. L., Simonsen, E., Søgaaard, U., Petersen, I., Arnfred, S. M. H., Tellier, T., & Moe, T. (2021). Music therapy was noninferior to verbal standard treatment of traumatized refugees in mental health care: Results from a randomized clinical trial. *European Journal of Psychotraumatology*, 12(1). DOI: [10.1080/20008198.2021.1930960](https://doi.org/10.1080/20008198.2021.1930960)

Beck, B. D., Lindvang, C., Krøier, J. (2021). Svanen fra Tuonela – GIM som sorgpraksis. *Nordiske Udkast*, 49(2), 53-71. <https://tidsskrift.dk/nu/article/view/143992>

Beck, B. (2019). GIM in mental illness and mental health conditions. In D. Grocke (Ed.), *Guided Imagery and Music – The Bonny method and beyond*, 2. ed. (pp. 137-153). Barcelona Publishers.

Bonde, L. O. & Beck, B. D. (2019). Imagining nature during music listening. An exploration of the meaning, sharing and therapeutic potential of nature imagery in Guided Imagery and Music. In E. Pfeiffer & H.-H. Decker-Voigt (Eds.), *Natur in psychotherapie und künstlerliche therapie*, band 2 (pp. 147-168). Psychosozial-Verlag.

Beck, B. D. (2019). Sacred moments in Guided Imagery and Music. *Approaches*, 11(1), 1-15. <https://approaches.gr/beck-a20191124/>

Beck, B. D., Lund, S. T., Søgaaard, U., Simonsen, E., Tellier, T., Cordzt, T. Laier, G., Moe, T. (2018). Music therapy versus treatment as usual: Protocol of a randomized non-inferiority

study with traumatized refugees diagnosed with posttraumatic stress disorder (PTSD). *Trials*, 19:301. <https://doi.org/10.1186/s13063-018-2662-z>

Beck, B. (2017). En neuroaffektiv forståelse af musikterapi med stressramte. In C. Lindvang & B. Beck (Eds.), *Musik, krop og følelser - neuroaffektive perspektiver på musikterapi* (pp.211-228). Frydenlund Academics.

Papanikolau, E. & Beck, B. (guest editors) (2017). Guided Imagery and Music: Contemporary European perspectives and developments. *Approaches*, special issue, 9(2). <https://approaches.gr/special-issue-9-2-2017/>

Beck, B., Hansen, Å.M., & Gold, C. (2015). Guided Imagery and Music (GIM) on perceived stress, mood and job return in adults on stress-related sick leave. Randomized controlled trial. *Journal of Music Therapy*, 52(3), 323-352.
<https://vbn.aau.dk/en/publications/guided-imagery-and-music-gim-with-adults-on-sick-leave-suffering->

Beck, B. (2015). Guided Imagery and Music (GIM) with clients on stress leave. In D. Grocke & T. Moe (Eds.), *Guided Imagery and Music (GIM) and music imagery methods for individual and group therapy* (pp. 131-140). Jessica Kingsley Publishers.