

Training for the Certificate Course in Guided Imagery and Music – Introductory Level

The Certificate Course in Guided Imagery and Music – Introductory Level, is offered through the Music and Imagery Association of Australia (MIAA) Inc. and it is equivalent to the level 1 & 2 courses under the Association for Music and Imagery (AMI) in the USA.

The Certificate Course is offered over four seminars held in February, May, August and November in a year. These seminars are held from Friday evening to Monday afternoon and are residential.

Course Content:

Seminar #1

1. GIM Knowledge
 - Definitions of the Bonny Method of GIM (BMGIM) and group GIM
 - History and development of GIM
 - Brief overview of applications of GIM and BMGIM
 - Overview of the BMGIM session.
2. Knowledge of Music:
 - An introduction to the elements of selected pieces of music that is conducive to evoking imagery.
3. Therapy Skills:

An introduction to therapy skills necessary to use group GIM techniques, including:

 - Assessing clients' suitability for group GIM; recognising contraindications to its use
 - Relaxation induction skills
 - Levels of consciousness
 - Facilitating group process in group GIM sessions
 - Introduction to using mandala in processing group GIM experiences.
4. Knowledge of Imagery:
 - An introduction to the role of imagery in therapy, including types of imagery experiences.
5. Experiential:
 - During the seminar there will be group GIM experiences and dyads.
 - Introduction to drawing mandalas.

Seminar #2

1. GIM Knowledge:
 - Applications of GIM in groups, including retreat work and group GIM short series
 - Feedback on group practice sessions.
2. Knowledge of Music:

Therapeutic potential of music, including:

 - Appropriate selection of music for groups
 - Music and Imagery Program #1.

3. Therapy Skills:
 - Relaxation inductions for BMGIM sessions
 - Understanding clients' responses
 - Facilitating discussion of imagery experiences
 - An introduction to basic interventions in individual work.
4. Knowledge of Imagery:
 - A basic understanding of symbolism in imagery.
5. Experiential:
 - During the seminar there will be group GIM, dyads and a demonstration BMGIM session.
6. Ethics:
 - Limitations of practice in group GIM.

Seminar #3

1. GIM Knowledge:
 - The individual form of BMGIM
 - Applications and brief case studies
 - Contraindications
 - Case material from practice sessions.
2. Knowledge of Music:
 - Music and Imagery Program #2.
3. Therapy skills:
 - Development of intervention skills
 - Eliciting a focus for the session
 - Observation and understanding of client responses
 - Facilitating discussion of imagery experiences
 - Integrating the components of a session
 - Further understanding of states of consciousness
 - Using creative media in processing experiences, including mandala, clay modelling and journaling.
4. Knowledge of Imagery:
 - A basic understanding of metaphor in imagery.
5. Experiential:
 - Group GIM and dyads
 - One demonstration of a BMGIM session.

Seminar #4

1. GIM Knowledge:
 - Case material from practice sessions.
2. Knowledge of Music:
 - Selecting appropriate music for use in the 1-hour session
 - An overview of music programs used in BMGIM.
3. Therapy Skills:
 - Incorporating GIM experiences into existing practice
 - Transference (to therapist and music) and counter-transference
 - Short inductions suitable for the 1-hour session
 - Recognising contraindications to continuing GIM with clients.
4. Knowledge of Imagery:

- A basic understanding of transpersonal and spiritual experiences.
- 5. Experiential:
 - Group GIM and dyads.
- 6. Ethics:
 - Limitations of practice in individual GIM.
- 7. Closure of the course

Group practice sessions and ten individual, practice sessions are a requirement of the course in order for trainees to learn and develop sufficient skills to incorporate music and imagery into their current work with clients. These skills would also be needed should a trainee wish to continue on to the advanced –level training in Guided Imagery and Music (The Graduate Diploma in GIM).

Participants will be required to have on-site supervision for 2 of the individual client sessions.

Participants are also required to have 4 personal sessions in BMGIM (apart from the course experiential sessions).