

Certificate Course in GIM – Introductory Level

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 are 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