

Music and Imagery Association of Australia

Certificate Course in Music and Imagery for Health

Module 1, *Music and Relaxation*, comprises seminar 1 and 2, with exit point and a certificate in Music for Relaxation

Seminar #1

1. Knowledge of Relaxation techniques:

- Fundamentals, including importance of breath,
- Principles (conducive environment, reclining vs lying down, eyes closed, voice tone and pacing)
- Inductions (short, progressive muscle; autogenic, autogenic with colour; mindfulness induction)
- Practice in dyads

2. Knowledge of Music

- Download the selections of music from the list provided and/or purchase CDs recommended by the trainers
- Elements of music suitable for supporting relaxation and imagery (table in Grocke & Wigram 2007)
- Demonstrating main features of relaxing music:
 - Consistent rhythm
 - Predictable melody
 - Consonant harmonies
 - Instrumentation
 - Repetition
 - Assessing appropriateness of various selections

3. Relaxation and music for children

4. Knowledge of Imagery:

- An introduction to the role of imagery in therapy, including types of imagery experiences.
- Facilitating group process
- Introduction to using mandala in processing group experiences.

5. Therapy skills necessary to use group techniques, including:

- Assessing clients' suitability for group

6. Experiential:

- During the seminar there will be group experiences, facilitated by the trainers
- Introduction to drawing mandalas.
- Limitations of practice with groups

Assignment: Conduct four group sessions before seminar #2.

Written Assignment: Two of these sessions (one group session that 'went well' and one that was 'challenging') are to be written up and submitted before seminar 2.

Seminar #2

1. GIM Knowledge

- Definitions of the Bonny Method of GIM (GIM)
- History and development
- Overview of applications of GIM
- The components of a GIM session.
- Application of GIM in groups including retreat work and group GIM short series
- Feedback on group practice sessions.

2. Therapy Skills:

- Therapy skills necessary to use group GIM techniques, including:
 - Contraindications
 - Relaxation induction skills
 - Levels of consciousness
 - Understanding clients' responses
 - Facilitating discussion of imagery experiences
 - An introduction to basic interventions in individual work.

3. Ethics

- Limitations of practice in group and individual GIM

4. Knowledge of Music:

- Therapeutic potential of music, including:
 - Appropriate selection of music for group GIM
 - Music and Imagery Program #1.

5. Knowledge of Imagery:

- A basic understanding of symbolism in imagery.

6. Experiential:

- During the seminar there will be GIM dyads, i.e., trainees work in pairs
- One demonstration of a BMGIM session.
- Processing (clay, collage)

Assignment for trainees going on to next Module: Five individual GIM before seminar 3. One must be supervised by one of the trainers.

Written Assignment: Two of these (one session that 'went well' and one that seemed 'challenging') are to be written up and submitted before Seminar 3

Assignments are not required for those exiting at the end of Module 1.

The certificate for music and relaxation will be issued to those who do not continue onto Module 2.

Module 2, *Music and Imagery for Health*, comprises seminar 3 &4. Exit with Certificate in Music and Imagery for Health

Seminar #3

1. GIM Knowledge:

- The individual form of BMGIM
- Applications and 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
- Advanced understanding of states of consciousness
- Development of processing skills, including the Music Drawing Narrative MDN process, Journaling and Mandala

4. Knowledge of Imagery:

- A basic understanding of metaphor in imagery.

5. Experiential:

- Group GIM and dyads
- One demonstration of a BMGIM session.

Assignment: Five individual GIM sessions before seminar #4. One must be supervised by one of the trainers.

Written Assignment: Compare and contrast the two sessions of one client who has experienced both Music and Imagery programs. This is to be submitted before Seminar 4.

Two personal sessions in Bonny Method GIM conducted by a Registered GIM therapist (a list of practitioners will be provided).

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 practice dyads of the one hour session

6. Ethics:

- Limitations of practice in individual GIM.

7. Closure of the course

Two further personal sessions in Bonny Method GIM must be completed before the Certificate in Music and Imagery for Health can be issued.