

Music and Imagery Association of Australia Inc

Reg. No. A0032180H

ABN 33 796 122 546

CONFERENCE DAY

Venue: Carroll Room, Treacy Centre, 126 The Avenue, Parkville.

Saturday October 12th, 2019.

Theme: “Listening Deeply: Using Music and Imagery in Self-Care”

To book, please go to <https://www.trybooking.com/BFAMS>

9:00 Registration – coffee and tea

9:30 **Suzannah Scott-Moncrieff:**

Listening Deeply: Using Music and Imagery in Self-Care.

Being transformed by music requires listening in a deep and fresh way - this is the essence of Helen Bonny’s method of Guided Imagery and Music. Suzannah will draw on current research, which explores the power of using the client’s own music, as well as repeated listening. Experiential components will give participants the opportunity to exercise new ways of listening to their own music and learn a method of self-care: *Personal Music and Imagery*.

11:00 Tea break

11:30 **Suzannah Scott-Moncrieff:**

Listening Deeply: Using Music and Imagery in Self-Care Workshop

Please bring your own personal listening devices (e.g. mp3 player, i-phone etc) with your own music, plus headphones or buds. Art materials will be provided.

1:00 Lunch

2:00 **Alison Short & Annie Heiderscheit:**

Caring for the body: The emergent Hero’s journey in physical health

The psychological and emotional processes of GIM practice are often linked to the hero’s journey in a therapeutic process. However, caring for the body using GIM has shown an emerging hero’s journey for clients undergoing literal physical transformation within physical recovery processes. This presentation explores the question of the hero’s journey in relationship to physical health care, drawing from two GIM research studies, and proposes a new model linking physical health care and the hero’s journey.

3:00 Tea break

3:30 **Imogen Clark, Melissa Murphy, Vannie Ip-Winfield & Emily Shanahan**

The Bonny Method of Guided Imagery and Music assists family caregivers of people with dementia to experience fields of resonance from past, present and future.

BM-GIM may assist carers looking after their family members living with dementia to explore challenges and stressors, and experience improved wellbeing and satisfaction in the carer role. This project examined carers’ (n = 7) experiences and ratings of depression and quality of life following a 6-sessions of BM-GIM. Results demonstrated sustained pre-post ratings for depression and global quality of life, and reduction of pain on the quality of life scale. Qualitative interviews suggested that BM-GIM sessions filled an unmet need where participants were able to voice challenges, anger, and grief. Participants realised inner strengths and resources, experienced reduced stress and relaxation, and recognised music as a valuable resource for themselves and their family member.

4:30 Close

**PROFESSIONAL DEVELOPMENT DAY
OPEN TO MIAA MEMBERS ONLY**

Sunday October 13, 2019

Theme: A Decision tree for the Continuum Model of GIM

9:00 Registration – coffee and tea

9:30 **Suzannah Scott-Moncrieff**

What, why, and when? A Decision tree for the Continuum Model of GIM

When working with the Continuum Model of GIM, the therapist spontaneously selects a method and a level of psychotherapy, according to the immediate needs of the client's therapeutic process. But what informs this "spontaneous" decision? This presentation seeks to deepen the discussion around the clinical rationale for choosing one method over another and deconstruct the decision-making process. A case presentation of a client with intergenerational trauma will be shown parallel to a decision tree.

11:00 Tea break

11:30 Discussion of the *Decision Tree Model*

12:30 Lunch

1:30 **Carol Cheng**

Modified Group GIM for Bereaved Children

This study explores how the Bonny Method of Guided Imagery and Music (GIM) helped a group of four bereaved children of the same family to process grief. These children aged between 4 to 8 years old (3 girls and 1 boy) lost their mother in April 2019. The sessions were adapted, using mostly short pieces from the GIM program. In addition, drumming, body movement, craft work and drawings of mandalas were used as an expressive medium.

3:00 Tea break

3:30 **Denise Grocke**

The Mythical Swan: Legend and Image

The swan can be a compelling and evocative image and features in many myths and legends. The music work *The Swan of Tuonela* by Sibelius was inspired by the Finnish legend *The Kalevala*, in which the hero's task is to shoot the Swan in the river of Death in order to win the hand of the girl he loves. This presentation will explore the myth and other legends (e.g. *Swan Lake*, *Leda*) and place the stories alongside imagery found in GIM sessions. A recording of Helen Bonny's voice-over description of the *The Swan of Tuonela* will be played.

4:30 Conferring ceremony

Short Biographies of the Speakers

Guest Speaker: Suzannah Scott-Moncrieff

Suzannah Scott-Moncrieff MA, MT-BC, LCAT trained in creative arts therapies at the New School for Social Research, and received her Master's degree in music therapy from New York University. She completed advanced Guided Imagery and Music (GIM) training at *The Institute for Music and Consciousness* and is a Fellow of the Association for Music and Imagery. Suzannah has been adjunct faculty in the music therapy department at New York University (NYU) for many years, as both a teacher, and in the capacity of visiting clinical supervisor for graduate students. Suzannah assists in GIM trainings, and provides clinical GIM supervision through Dr. Lisa Summer's *Institute for Music and Consciousness* in the USA and *The Integrative GIM Training Program* in the UK. She served as President-Elect and President of the Association for Music and Imagery from 2013-2017. Suzannah has presented her work at conferences and seminars, nationally and internationally, including at EWHA Womens University in Seoul, Korea, Acadia University in Canada, and the European Music Therapy Congress in Oslo, Norway. Suzannah is also the author of a number professional publications, most recently highlighting the treatment of trauma utilizing Guided Imagery and Music.

Website: <http://asoundspace.com/music-therapy/>

Dr Alison Short, PhD, MT-BC, RMT, FAMI, RGIMT is an internationally accredited music therapist and GIM practitioner, and an experienced music therapy academic at Western Sydney University, Australia.

Dr Annie Heiderscheit, Ph.D., MT-BC, LMFT, Director of Music Therapy and Associate Professor at Augsburg University in Minneapolis, MN. She has authored articles and book chapters focused on her research and clinical use of GIM with clients in addictions and eating disorder treatment.

Dr Imogen Clark is a Lecturer and Research Fellow at the University of Melbourne and RMT at Austin Health. Her research focusses on music therapy and ageing. She has worked with various clinical populations including neurorehabilitation, palliative and aged care.

Dr Melissa Murphy is a Registered Music Therapist with over 25 years of experience working in both the disability and aged care sectors. She divides her time between lecturing and tutoring at the University of Melbourne, clinical supervision of music therapy masters students and a small private practice.

Vannie Ip-Winfield (MMusThrpy, GDipMtlHlthSc) is a RMT at Northpark Private Hospital. Her research interests include cross-cultural and aged care practice. Her clinical experience includes mental health, aged care, and early intervention.

Emily Shanahan (BMus(Hons), AMusA(Piano), RMT) is a Registered Music Therapist with 20 years of clinical experience in aged care, health care, research and teaching (University of Melbourne) and disability. Emily is currently working in Private Practice and at Sunbury Community Health, Australia.

Carol Cheng (Singapore) M. Couns., B.A, Psychology; Dip Sped.Ed. Specialist Dip Psychology Early Childhood. Carol is a classical-trained musician, a certified counsellor and a music teacher for children with special needs. She has 29 years of experiences working with children of diverse background. After completing her degree in psychology, her main focus has been on children with special needs.

Denise Grocke AO, PhD, RMT, RGIMT, FAMI is Emeritus Professor (Music Therapy) at the University of Melbourne, and a GIM Primary Trainer conducting GIM training through Avalon GIM Training. She is a co-author and co-editor of 6 books on music therapy and GIM, and sole editor of *GIM: The Bonny Method and Beyond* 2nd edition (2019).