

GIM is effective in...

- Enhancing wellbeing and quality of life and improving mood
- Working through traumatic experiences
- Grief and loss support
- Relationship resolutions
- Emotional regulation and expression
- Accessing creative potential
- Supporting spiritual practice

GIM can be modified to support clients facing...

- PTSD (Post Traumatic Stress Disorder)
- Addictions
- Mental health and medical issues
- Chronic illnesses
- Concerns relating to ageing and end-of-life care

GIM therapists...


- Have completed at least two years post-graduate training beyond their initial therapy qualification
- Are bound by MIAA's Code of Ethical Practice
- Undertake regular supervision
- Complete professional development requirements to stay informed of evidence-based practice

“

MIAA aims to...

- Promote awareness of and training in Music Imagery (MI) and the Bonny Method of GIM
- Provide support and professional development for MI & GIM practitioners in Australia
- Maintain a Code of Ethics and Standards of Practice for practitioners
- Recognise graduates of training in MI
- Grant Registration to graduates of GIM training
- Promote exchange and communication with similar organisations through workshops and conferences

Visit our website

 musicandimagery.org.au

Follow us on

 facebook.com/musicandimagery

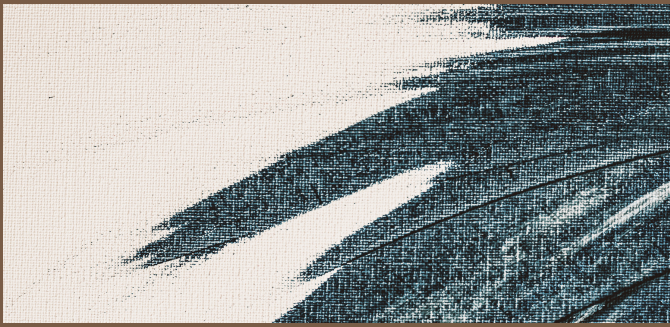
 instagram.com/miaa.aus



The Music and Imagery Association of Australia Inc. (MIAA), is an organisation that promotes the therapeutic practice of Music Imagery and the Bonny Method of Guided Imagery and Music (GIM).



Let the music
take you on
a journey
within.



WHAT IS GIM?

Guided Imagery and Music (GIM) is a creative therapy that uses music, language, art, and imagery to support individuals on a journey of self-discovery and transformation, helping them overcome challenges and find greater fulfilment and positive life experiences.

GIM was developed by music therapist, Dr Helen Bonny, in the 1970s and the Bonny Method of GIM has been practised in Australia since 1985.

Individual GIM Sessions

An individual GIM session involves a preliminary discussion of the client's concerns. The client reclines with eyes closed, a relaxation induction is given, and a music program of 30-45 minutes begins.

The client may experience visual imagery, memories, emotions, embodied experience and spiritual expansiveness. The client describes their experience to the therapist who offers support and encouragement.

At the end of the music program there is a process of integration of the imagery through verbal discussion, drawing or other creative expression.



Group GIM Sessions

Group music and imagery sessions are suitable for clients working towards a common goal and involve a group discussion of the theme for the session.

A focus is chosen which is brought to mind once a relaxation induction has been given and then a suitable music selection is played.

Clients experience imagery in silence and at the end of the music program integrate their experience through verbal discussion, drawing or other creative expression.

Clients seeking a deeper psychotherapeutic experience are recommended to engage in individual sessions.

