

GIM level 1 March 13-17 2020: 35 hours. Theory and method training: 25 hours. Exercises: dyads, group exercises, movement: 10 hours.

TIME	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
9-9.30		<i>Music and movement: grounding</i>	<i>Authentic Movement in dyads 1</i>	<i>Voice and movement: containing emotions</i>	<i>Music and movement: integration</i>
9.30-12.30		<p>Theory: Music and imagery – theories behind</p> <p><i>Group exercise 2</i></p> <p>Theory: The BMGIM session</p> <p>Theory: Relaxation and inductions</p>	<p><i>Dyad 1</i></p> <p>Integration in big group</p>	<p>Theory: GIM music</p> <p>Transcription technique</p> <p><i>Dyad 3</i></p> <p>Integration in two groups (travelers/guides)</p>	<p><i>Group exercise 3</i></p> <p>Theory: GIM research, clinical areas, indication/contraindication</p>
LUNCH break 12.30-13.30					
13.30-18	<p>18-22</p> <p>Introduction and welcome</p> <p>Theory: Definitions and history of Music and Imagery (MI) and GIM</p> <p><i>Group exercise 1- MI</i></p>	<p><i>Demo-session</i></p> <p>Theory: the music for receptive music therapy, taxonomy</p> <p>Theory: The therapist role, guiding technique</p>	<p>Theory: GIM music programs</p> <p><i>Authentic Movement in dyads 2</i></p> <p><i>Dyad 2</i></p> <p>Integration in big group</p>	<p>Theory: altered states of consciousness and imagery</p> <p>The use of mandalas</p> <p><i>Dyad 4</i></p> <p>Integration in two groups (travelers/guides)</p>	<p>14-17</p> <p>Ethics</p> <p>What can I do after the training?</p> <p>Introduction to GIM education II-III</p> <p><i>Group exercise 4</i></p> <p>Ending and evaluation</p> <p>Personal communication and evaluation with trainer, handout of certificates</p>
Preparation at home	Preparation for participating in demo session	Notice dreams	Notice dreams	Notice dreams. Preparation for personal communication with trainer	<i>Bolette D. Beck/ Mind & Music</i>