

GIM level II
Music - Group processes - Adaptations

Preparatory reading:

Seminar 1: Focus on short GIM, group GIM and music analysis (+brush up on GIM fundamentals)

The Bonny method of Guided Imagery and Music – and beyond
2. edition (Grocke, 2019) chapter 1, 2, 3, 4, 14, 25

Guided imagery & music (GIM) and music imagery methods for individual and group therapy (Grocke & Moe, 2015) - Chapter 18, 19, 23, 24.

Papers

Bruscia: Notes on the practice of Guided Imagery and Music. E-book. Note 19.

Wärja, M. & Bonde, L.O. (2014). Music as co-therapist – towards a taxonomy of music.

Seminar 2: Focus on GIM modifications and adaptations

Guided imagery & music (GIM) and music imagery methods for individual and group therapy (Grocke & Moe, 2015) - Chapter 9,10, 12

The Bonny method of Guided Imagery and Music – and beyond :
2. edition (Grocke, 2019) Chapter 8, 36

Link to buy the 2019, 2. edition: <https://www.eurospanbookstore.com/barcelona>

Schedule

GIM level II, a: 25 hours

TIME	DAY 1	DAY 2	DAY 3	DAY 4
9-9.30		<i>Music and movement</i>	<i>Warm up</i>	<i>Warm up</i>
9.30-12.30		Case study (with examples of guiding) (or demo session) Theory: <i>guiding and transcription technique – preparation for dyads</i>	<i>Dyad 2</i> Theory: <i>Altered states of consciousness and imagery</i>	<i>Dyad 4</i> <i>Integration in group</i>
LUNCH break 12.30-13.30				
13.30-18	16-18 Introduction and welcome Overview over course content and tasks Theory: <i>GIM – update from level I</i> 19-21 Demo: <i>induction</i> <i>Group GIM exercise</i>	<i>Dyad 1</i> Theory: <i>MI, short GIM, and Group GIM formats</i>	<i>Dyad 3</i> Theory: <i>GIM music programs and preparation for Music analysis</i>	Theory: <i>Ethics and the use of supervision between seminars</i> Ending and evaluation

GIM level II, b 25 hours

TIME	DAY 1	DAY 2	DAY 3	DAY 4
9-9.30		<i>Music and movement</i>	<i>Warm up</i>	<i>Warm up</i>
9.30-12.30		<p>Theory: <i>Talk over formats in MI with music examples</i></p> <p><i>Demo session</i></p>	<p>Theory: <i>The therapeutic relation in GIM</i></p> <p><i>Dyad 5</i></p> <p><i>Guiding skills feed back</i></p> <p>:</p>	<p>Theory: <i>Therapeutic processes in GIM: transformation and transpersonal experiences, With case vignettes.</i></p> <p><i>Group supervision on sessions - common issues, themes and questions</i></p>
LUNCH break 12.30-14.00				
14-18	<p>16-18 Opening <i>Group GIM exercise</i></p> <p>19-21 Presentation of music analysis by the students (and or music programs by the trainer)</p>	<p>Presentation of music analyses by the students (and/or music programs by the trainer)</p>	<p>Theory: <i>Integration of imagery experiences (art forms, communication in postlude)</i></p> <p><i>Dyad 6</i></p> <p><i>Guiding skills feedback</i></p>	<p>What can be done after level II?</p> <p>Presentation of Level III</p> <p>Ending and evaluation.</p> <p>Personal conversations with trainer.</p>

Practica

1. Four personal sessions with a Fellow or an Advanced Trainee who has given at least 35 Bonny Method of GIM sessions, has received at least five supervisions, and is recommended by the Primary Trainer.
2. Ten single Bonny Method of GIM guiding sessions conducted under the responsibility of the Level II Primary Trainer. It is recommended that each be with a different traveler and follow the Level II training seminar (a). These sessions may not be with members of psychiatric populations with psychotic symptoms. The sessions may include one-hour Bonny Method sessions using Bonny Method music programs that have been shortened, they can also be Music and Imagery or group music and imagery.
3. Music Analysis: Analysis of a GIM music program following Bruscia ("Note 19 AN APPROACH TO ANALYZING MUSIC PROGRAMS" Excerpt From: Kenneth E. Bruscia. "Notes on the Practice of Guided Imagery and Music.")
This analysis can be made with a fellow student.

Supervision

Two supervisions in vivo and/or with written description of both prelude/postlude and music travel, preferably with video/audio.