

The Bonny Method of Guided Imagery and Music

Level I Training

May 18-24, 2009
Wildacres Retreat
Little Switzerland, NC

The Bonny Method of Guided Imagery and Music (GIM) is a music-centered depth approach to therapy that uses selected sequences of classical music to support the generation of and movement through inner experiences.

Through lectures, demonstrations, and supervised experiences as guide and traveler, this introductory level training will prepare participants to demonstrate emerging skills in

- Facilitating inductions (CBMT Scope of Practice III.A.3.g (1).)
- Basic guiding interventions (CBMT Scope of Practice III.A.5.h(1))
- Basic processing techniques (CBMT Scope of Practice III.A.5.d)
- Imaging to music in an altered state of consciousness (CBMT Scope of Practice III.A.5.i)

Participants also will demonstrate basic knowledge of

- Alternative states of consciousness (CBMT Scope of Practice III.A.2.a)
- Music for GIM (CBMT Scope of Practice III.A.4)
- Transpersonal aspects of GIM (CBMT Scope of Practice III.A.2.a)
- Clinical applications and contraindications (CBMT Scope of Practice II.A.5)

Continuing Education Credit

This training is approved by the Certification Board for Music Therapists (CBMT) for 50 CMTEs. Credits awarded by CBMT are accepted by the National Board for Certified Counselors. The Southeastern Region of the American Music Therapy Association (Approved Provider # P-024) maintains responsibility for program quality and adherence to CBMT policies and criteria. This workshop is designed for music therapists and other mental health professionals. Advanced students also are welcomed.

This training is endorsed by the Association for Music and Imagery. It is the first step in developing competence for the professional practice of GIM and may be applied toward requirements for becoming a Fellow of the Association for Music and Imagery.

Academic Credit

Three hours of graduate academic credit are available through Appalachian State University. Students registering for academic credit will be required to complete follow up assignments. Students who have never attended Appalachian must pay a \$50.00 non-refundable application fee.

Pre-Requisite

A GIM personal session is required. Please call for assistance in locating a GIM facilitator.

Questions?

For information, contact Cathy McKinney at mckinnych@appstate.edu or at 828-262-6444 or visit www.music.appstate.edu.

Registration Information

Non-Academic Credit Participants

Room & board (6 nights, 17 meals)	\$ 325.00
Non-Credit Registration	\$ 550.00
Total Cost	\$ 875.00

For information regarding tuition and fees for academic credit, please contact Cathy McKinney at mckinnych@appstate.edu or at 828-262-6444.

Registration Deadlines

Enrollment is limited. Registrations will be accepted on a first-come, first-served basis. Early registration is advised. The registration form will be available by email request or at www.music.appstate.edu.

A \$325 non-refundable deposit must be submitted with the registration form no later than **March 31**. Remaining fees will be due on or before **April 30**.

Cancellation Policy

You may cancel your registration on or before March 31 for a full refund minus a \$50 processing fee. After March 31, there will be no refunds.

What to Bring

Bring a notebook or paper, pens, a journal and portable musical instruments. Bring casual, comfortable, clothes for warm days, cool evenings, and rain. Dress is informal! You may want to bring special clothing for the celebration.

Program Philosophy

The philosophy of the Bonny Method of GIM training at Appalachian State University is founded on beliefs in a) the self-actualizing potential of every human being, b) the wisdom of the Psyche to lead one toward growth, c) the power of music to facilitate such growth, and d) the capacity of the human imagination to provide a door into the Self, thereby serving as a conduit for growth-inducing experience.

Faculty



CATHY MCKINNEY is a board-certified music therapist, a licensed creative arts therapist and Fellow and Primary Trainer of the Association for Music and Imagery. She holds the Ph.D. degree from the University of Miami. Professor of Music and Director of the Music Therapy Program at Appalachian State University, her clinical interests are the use of music improvisation and GIM as vehicles for personal awareness, growth, and transformation. Her research has focused on the effects of the Bonny Method of GIM on mood and physiology.



MADELAINE VENTRE is a board-certified music therapist, a licensed creative arts therapist, and an Association for Music and Imagery Fellow and Primary Trainer. She has been in private practice in GIM for over 25 years. Madelaine has been teaching GIM in Universities and institutes both nationally and abroad since 1978. She specializes in the use of improvisational GIM to address abuse and women's issues.

Accommodations

The training will be held at Wildacres Retreat, a beautiful mountaintop setting near Little Switzerland, NC. All participants must stay on-site. All rooms have 2 beds and a private bath. We will assign you a roommate unless you identify one when you pre-register. Wildacres Retreat is a smoke-free facility. Linens are provided.

Directions

Wildacres Retreat is located .7 mile off the Blue Ridge Parkway near Little Switzerland, NC. From Spruce Pine or Marion, follow Hwy 226 to the Blue Ridge Parkway, and then go south on the parkway to mile marker 336 (Gooch Gap). Turn left off the Parkway and immediately right. Go .7 miles to the paved Wildacres entrance on the left.

Schedule

Monday, May 18	
Registration	4:00 - 5:30 p.m.
Dinner	6:30 p.m.
Opening Session	7:30 p.m.
Tuesday - Friday	
Breakfast	8:30 a.m.
A.M. Session	9:15 - 12:30
Lunch	12:30 p.m.
P.M. Session	2:00 - 5:30
Evening Session	7:30-9:30
Sunday, May 24	
Breakfast	8:30 a.m.
Closing Session	9:30 a.m.

Appalachian State University is committed to providing equal opportunity in education and employment to all applicants, students, and employees. The University has a strong commitment to the principles of diversity and inclusion and to maintaining working and learning environments that are free of all forms of discrimination.

Presents

The Bonny Method of Guided Imagery and Music

Level I Training

May 18-24, 2009

Wildacres Retreat

Appalachian
STATE UNIVERSITY
BOONE, NORTH CAROLINA 28608

Little Switzerland, NC

