



Announces

The Bonny Method of Guided Imagery and Music Level I Training

**Cathy McKinney, PhD, MT-BC
Tim Honig, MMT, MT-BC**

**May 9–13, 2022
Online Through Zoom**

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 relaxation inductions (CBMT Domain II.A.2.bd, II.A.5.j)
- Basic guiding interventions (CBMT Domain II.A.1.d)
- Verbal and nonverbal processing techniques (CBMT Domain II.A.1.b, II.A.5.h)

This course will address following AMTA Advanced Competencies:

- I.A.1.2 Differentiate the theoretical orientations of The Bonny Method from theories of other music therapy approaches
- I.B.4.3 Understand the contraindications of music therapy
- II.B.8.1 Utilize self-awareness and insight to deepen the client's process in music therapy.
- II.B.8.2 Identify and address one's personal issues as may be relevant to the music therapy process.
- II.B.8.3 Use personal reflection
- II.B.8.4 Practice strategies for self-care.

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.

Pre-Requisite

An individual, full Bonny Method of GIM personal session (35–45 minutes of music) with a trained GIM facilitator is required. Please call or email for assistance in locating a GIM therapist.

Training Staff

CATHY MCKINNEY is a board-certified music therapist and a Fellow and Primary Trainer with the Association for Music and Imagery. Professor of Music and Director of the Music Therapy Program at Appalachian State University, her clinical interests are the use of music improvisation and the Bonny Method of GIM as vehicles for personal awareness, growth, and transformation. Her research has focused on the effects of GIM on mood and physiology in healthy adults, as well as in women with breast cancer, and the effects of music on imagery.

TIM HONIG is a board-certified music therapist and Fellow of the Association for Music and Imagery. He is assistant professor at Westfield State University, where he coordinates the development of a new music therapy degree program. Prior to coming to Westfield, Tim served as a music therapist in inpatient and outpatient mental health in Newark, Delaware. He holds the Master of Music Therapy degree from Appalachian State University and in April will complete a PhD in music therapy at Aalborg University, Denmark, having researched the feasibility of a series of Bonny Method sessions in adults with major depression.

In addition, experienced GIM Fellows will attend the dyads each afternoon as support for the experiential sessions.

Registration

To register for academic credit, the student who has not previously attended Appalachian State University needs [to apply to the University](#) as a nondegree graduate student. Once admitted and registered, tuition and fees will be charged to the student's account and billed to the student. In addition, the student will remit the supervision fee of \$300 by credit or debit card [here](#).

Non-Credit Registration

Early	Regular	Late
Registration before February 15, 2022	Registration March 15, 2022	Registration after March 15, 2022
\$925.00	\$1025.00	\$1125.00

To reserve your space, \$300.00 non-refundable deposit must be submitted at the time of submission of registration. Remaining fees will be due on or before **April 1**. To [pay by credit or debit card](#), sign in, and select Level I or send check or money order to **Appalachian State, Attn: GIM, ASU Box 32042, Boone, NC 28608-2042**. **Enrollment is limited; early registration advised.**

Deposit and Cancellation Policy

A \$300.00 non-refundable deposit is due with registration. You may cancel your registration on or before April 1 for a full refund minus the \$300.00 deposit. After April 1, there will be no refunds.

Questions?

For information, visit [Bonny Method of Guided Imagery and Music](#) or contact [Cathy McKinney](#) by email or by phone at 828-262-6444 (leave message).

Schedule

Monday–Thursday	
Morning Session	9:00–12:15
Lunch Break	12:15–1:45
Afternoon Session	1:45–5:30
Friday	
Morning Session	9:00–12:15
Final Session	1:45 – 2:30
Individual Meetings	2:30–5:00

NOTE: There will be a 15-minute break during each morning and two each afternoon. Individual meetings with each participant will follow the closing session on Friday afternoon.

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 and may be applied toward requirements for becoming a Fellow of the Association for Music and Imagery.

Appalachian State University is committed to providing equal opportunity in education and employment to all applicants, students, and employees. The University does not discriminate in access to educational programs and activities on the basis of age, color, disability, gender, gender expression, gender identity, genetic information, national origin, political affiliation, race, religion, sex (including pregnancy), sexual orientation, or veteran status. Appalachian actively promotes diversity among students and employees.
