



Announces

The Bonny Method of Guided Imagery and Music Level I Training

Cathy McKinney, PhD, MT-BC
Katurah Christenbury, MMT, MT-BC

May 15–19, 2023
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 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 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.

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 therapy and director of graduate Music Therapy Programs 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 and women with breast cancer, and on the effects of music on imagery.

KATURAH CHRISTENBURY is a board-certified music therapist and Fellow of the Association for Music and Imagery. Senior lecturer of music therapy at Appalachian State University, she maintains a clinical practice providing Bonny Method of GIM sessions and supervising advanced trainees in GIM. She holds the Master of Music Therapy degree from Appalachian State University and is currently in training in the Austin Method of Vocal Psychotherapy. She has published in *Music Therapy Perspectives* and the *Journal of the Association for Music and Imagery*.

Pre-Requisite

An individual, full Bonny Method of GIM personal session (35–40 minutes of music) with a trained GIM facilitator is required. Please call or email for assistance in locating a GIM therapist.

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 and pay a non-refundable application fee of \$65. 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 nonrefundable deposit of \$350 by credit or debit card [here](#).

Non-Credit Registration	Early before February 15, 2023	Regular by March 15, 2023	Late after March 15, 2023
Room and board (4 nights, 12 meals)	\$350.00	\$350.00	\$350.00
Non-credit registration	\$725.00	\$825.00	\$925.00

To reserve your space, \$350.00 nonrefundable 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 \$350.00 nonrefundable deposit is due with registration. You may cancel your registration on or before April 1 for a full refund minus the \$350.00 deposit. After April 1, there will be no refunds.

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.

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, May 15	
Registration	2:00-3:00
Opening Session	3:30-5:30
Dinner	6:30
Evening Session	7:30-9:30
Tuesday-Thursday	
Morning Session	9:00-12:15
Lunch	12:30
Afternoon Session	2:00-5:30
Evening Session	7:30-9:30
Friday, May 19	
Morning Session	9:00-12:15
Lunch	12:30
Final Session	1:30 – 2:30

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.

NOTE: There will be a 15-minute break during each morning and two each afternoon.