



Announces

The Bonny Method of Guided Imagery and Music Level I Training

Cathy McKinney, PhD, MT-BC

Tim Honig, MMT, MT-BC

May 11-15, 2020

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)
- Basic verbal and nonverbal processing techniques (CBMT Domain II.A.1.b, II.A.5.h)

Participants also will demonstrate basic knowledge of

- Receptive music methods (CBMT Domain II.A.5.b)
- Transpersonal aspects of GIM (CBMT Domains II.A.3.d, II.A.4.e)
- Clinical applications and contraindications (CBMT Domain D.4)

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.

Trainers

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 holds the Master of Music Therapy degree from Appalachian State University. Tim served for 5 years as music therapist at Rockford Center, a private psychiatric hospital in Newark, Delaware. Currently, he is assistant professor at Westfield State University, where he is developing a new music therapy degree program. He also is completing a PhD in music therapy at Aalborg University, Denmark, researching the effects of a series of Bonny Method sessions in adults with major depressive disorder.

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 facilitator.

Academic Credit

Three hours of graduate academic credit are available through Appalachian State University. Students who have never attended Appalachian must pay a \$65.00 non-refundable application fee. Contact Cathy McKinney at mckinneych@appstate.edu for information about academic credit.

Registration

	Early	Regular	Late
	Registration Postmarked by February 1, 2020	Registration Postmarked by March 1, 2020	Registration Postmarked after March 1, 2020
Non-Academic Credit Participants			
Room and board (4 nights, 12 meals)	\$315.00	\$315.00	\$315.00
Non-Credit Registration	\$695.00	\$785.00	\$885.00

A \$315.00 non-refundable deposit must be submitted with the application form. Remaining fees will be due on or before **April 1**.

Deposit and Cancellation Policy

A \$315.00 non-refundable deposit is due with registration. You may cancel your registration on or before April 1 for a full refund minus the \$315.00 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 our website at <http://www.music.appstate.edu/bonny-method> or contact Cathy McKinney via email at mckinneych@appstate.edu or by phone at 828-262-6444.

Schedule

Monday, May 11		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.
Registration	2:00-3:00	
Opening Session	3:30-5:30	
Dinner	6:30	
Evening Session	7:30-9:30	
Tuesday-Thursday		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 race, color, national origin, religion, sex, gender identity and expression, political affiliation, age, disability, genetic information, veteran status, or sexual orientation. The University actively promotes diversity among students and employees.
Morning Session	9:00-12:15	
Lunch	12:30	
Afternoon Session	2:00-5:30	
Evening Session	7:30-9:30	
Friday, May 15		
Morning Session	9:00-12:15	
Lunch	12:30	
Final Session	1:30 – 2:30	

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