

# HAYES

## School of Music

Appalachian State University

Announces

### *The Bonny Method of Guided Imagery and Music Level II Training*

**Cathy McKinney, PhD, MT-BC**  
**Madelaine Ventre, MS, LCAT, MT-BC**

**May 18–24, 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 intermediate level training will prepare participants to

- Develop and individualize inductions
- Differentiate guiding interventions for types of imagery
- Track imagery across a series of sessions
- Use verbal and nonverbal skills to process session material

Participants also will demonstrate knowledge of

- GIM as a depth process
- Methods for analyzing music for GIM
- The process for a series of sessions
- Clinical applications and contraindications

### *Primary Trainers*



**CATHY MCKINNEY** is a board-certified music therapist and a Fellow and approved 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.



**MADELAINE VENTRE** is a board-certified music therapist, a licensed creative arts therapist, and an Association for Music and Imagery Fellow and approved Trainer. She has been in private practice in GIM for over 30 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. She has published in professional journals and books and presented at national and international conferences.

## *Pre-Requisites and Post-Intensive Requirements*

An AMI endorsed Level I Bonny Method of GIM training, recommendation by the Level I Primary Trainer to proceed into Level II, and at least 2 personal Bonny Method sessions (30+ minutes of music) since Level I training verified by the Bonny Method therapist are required, in addition to meeting any additional requirements stipulated by the Level I primary trainer. Application for Level II is required. Level II training includes completion of assignments following the intensive workshop.

## *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](mailto:mckinneych@appstate.edu) for information about academic credit.

## *Registration*

	<b>Early</b>	<b>Regular</b>	<b>Late</b>
	Postmarked by February 1, 2020	Postmarked by March 1, 2020	Postmarked after March 1, 2020
<b>Non-Academic Credit Participants</b>			
Room and board (6 nights, 17 meals)	\$355.00	\$ 355.00	\$ 355.00
Noncredit Registration	\$775.00	\$ 835.00	\$ 895.00

A \$355 non-refundable deposit must be submitted with the application form. Remaining fees will be due on or before **April 1**.

## *Cancellation Policy*

You may cancel your registration on or before April 1 for a full refund minus the \$355.00 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. Charlotte (CLT) is the recommended airport. If flying, please plan to arrive at CLT before 2:00 and depart after 3:00.

## *Questions?*

For information, visit our website at <https://music.appstate.edu/academics/special-programs/bonny-method> or contact Cathy McKinney via email at [mckinneych@appstate.edu](mailto:mckinneych@appstate.edu) or by phone at 828-262-6444.

## *Schedule*

Monday, May 18		
Registration	4:00 – 5:30	This workshop is designed for music therapists and other mental health professionals. Advanced students also are welcomed.
Dinner	6:00	
Opening Session	7:30-9:30	
Tuesday–Saturday		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.
Breakfast	8:00	
Morning Session	9:00-12:15	
Lunch	12:30	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.
Afternoon Session	1:45-5:45	
Evening Session	7:30-9:30	
Sunday, May 24		
Breakfast	8:00 a.m.	
Final Session	9:00 – 11:00	

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