

HAYES

School of Music

Appalachian State University

Announces

The Bonny Method of Guided Imagery and Music Level II Training

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

May 29-June 4, 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 intermediate level training will prepare participants to

- Develop and individualize inductions (CBMT Domain II.A.5.ff, II.A.5.gg, II.A.5.t)
- Differentiate guiding interventions for types of imagery (CBMT Domain II.A.5.ee)
- Track imagery across a series of sessions (CBMT Domain IV.A.1, IV.A.6)
- Use verbal and nonverbal skills to process session material (CBMT Domain II.B.4)

Participants also will demonstrate knowledge of

- GIM as a depth process (CBMT Domain II.A.2, II.A.3.d, II.A.3.e, II.A.5.aa)
- Beginning music programs for GIM (CBMT Domain
- The process for a series of sessions (CBMT Domain III.1.a.-f)
- Clinical applications and contraindications (CBMT Domain 1.2, 1.5)

Training Staff



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 Graduate Music Therapy Program and the GIM training 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. As Assistant Professor of Music Therapy at Westfield State University, Dr. Honig directs the music therapy degree program and maintains a GIM private practice. Prior to coming to Westfield, Tim served as a music therapist in inpatient and outpatient mental health settings in Newark, Delaware. He holds the Master of Music Therapy degree from Appalachian State University and the PhD in music therapy from Aalborg University, Denmark, where he researched GIM with adults who have major depression.

Pre-Requisites and Post-Seminar Requirements

Prerequisites to the training include the following:

1. Recommendation by the AMI endorsed Level I Primary Trainer to proceed into Level II
2. Four personal Bonny Method sessions (30+ minutes of music in each) *since Level I training* and verified by the Bonny Method therapist
3. Any additional requirements as stipulated by the Level I primary trainer
4. Application for Level II sent to Cathy McKinney <mckinneych@appstate.edu>

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](#) for information about academic credit and permission of the instructor.

Registration

	Early by Feb. 15, 2023	Regular by March 15, 2023	Late after March 15, 2023
Non-Academic Credit Participants			
Room and board (6 nights, 17 meals)	\$390.00	\$ 390.00	\$ 390.00
Registration	\$775.00	\$ 850.00	\$ 925.00

A \$350 non-refundable deposit must be submitted with the application form. Remaining fees will be due on or before **April 1**. [Register and pay by credit or debit card](#) or send check or money order to **Appalachian State, Attn: GIM, ASU Box 32042, Boone, NC 28608-2042**. Send the Level II application to Cathy McKinney, Hayes School of Music, Appalachian State University, Boone NC, 28608.

Cancellation Policy

A \$350 non-refundable deposit must be submitted at the time of 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. 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 [Bonny Method of Guided Imagery and Music](#) or contact [Cathy McKinney](#) by email or by phone at 828-262-6444.

Schedule

Monday, May 29		This workshop is designed for music therapists and other mental health professionals.
Registration	4:00 – 5:30	
Dinner	6:00	
Opening Session	7:30-9:30	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.
Tuesday–Saturday		
Breakfast	8:00	
Morning Session	9:00-12:15	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.
Lunch	12:30	
Afternoon Session	1:45-5:45	
Evening Session	7:30-9:30	
Sunday, June 4		
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.