



## **The Bonny Method of Guided Imagery and Music (BMGIM)**

### **What is BMGIM?**

The Bonny Method of Guided Imagery and Music (BMGIM) is a music-centered approach to psychotherapy that uses selected sequences of classical music to support the generation of and movement through of inner experiences. BMGIM is appropriate for individuals seeking therapy for a range of challenges and offers the opportunity to integrate mental, emotional, physical, and spiritual aspects of wellbeing.

### **What happens in a BMGIM session?**

A typical BMGIM session begins with a preliminary conversation during which you check in verbally with your therapist and set the tone for the session. You are then invited to recline as your therapist offers suggestions for relaxing your body and focusing your mind. Once the music begins, you allow the music to stimulate an inner experience, describing it aloud to your therapist as it unfolds. Your therapist's role is to support your engagement with whatever experience arises, whether it's visual imagery, bodily sensations, emotions, memories, or other experiences. Although for many people, the experience can be relaxing or uplifting, for others, deep emotions, images, or sensations may be experienced that may be distressing. All experiences and emotions are honored within the BMGIM session, and individuals have full control of the depth with which they engage in their experience. Whatever you experience, your therapist is there to support you. During the music, your therapist makes a written transcript of the session, which is given to you to keep, if you wish, as record of your experience, and to use as a tool to continue work in between therapy sessions. After the music ends, the session is processed in a variety of ways depending on your needs, and may include verbal processing, art-making, or another form of processing to bring the session to a close. Depending on your needs, modifications to this typical session format may be made for your benefit.

### **Who is qualified to practice BMGIM?**

Individuals who have completed advanced training through a training program approved by the Association for Imagery and Music (AMI) are qualified to facilitate GIM sessions. The rigorous training program involves multiple years of supervised clinical experience, classroom learning, and personal work.

### **Where can I learn more?**

To learn more, visit the AMI (Association for Imagery and Music) website:

<https://ami-bonnymethod.org/about/faq>

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