

Title: The Bonny Method of Guided Imagery and Music (BMGIM): Insights and Strategies from Researching Advanced Training Supervision that Foster Self-Awareness, Personal Growth, and Personal/Professional Development

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Description

BMGIM is a form of psychotherapy, developed by Helen Bonny (1978a), in which the client images to specially designed classical music programs in an altered (relaxed) state of consciousness, while dialoguing with the therapist. In BMGIM, music plays a central role: it shapes the client's inner experiences from moment to moment during the session, and it serves as a primary motivator and agent of the client's insight, transformation and healing. Advanced training and supervision in this method affords unique insights and strategies for clinicians, teachers, supervisors, and supervisees who wish to foster greater self-awareness, personal growth, and professional development.

Learning Objectives:

1. Participants will be able to identify at least 3 components of the Bonny Method of Guided Imagery and Music (BMGIM).
2. Participants will identify at least 1 phenomenon related to their personal lives and/or professional work to which heuristic self-inquiry could be meaningfully and usefully applied.
3. Participants will identify and utilize at least 3 heuristic strategies to explore their identified phenomenon of interest.