

GIM is effective in:

- Enhancing wellbeing and quality of life and improving mood
- Working through traumatic experiences
- Grief and loss support
- Relationship resolutions
- Emotional regulation and expression
- Accessing creative potential
- Supporting spiritual practice

GIM can be modified to work with clients experiencing

- PTSD (Post Traumatic Stress Disorder)
- Trauma related to abuse
- Addictions
- Mental health issues
- Medical conditions
- Chronic illness, and
- for people in aged or palliative care

GIM therapists

- have completed at least two years training beyond their initial therapy qualification
- are bound by MIAA's Code of Ethical Practice
- undertake regular supervision
- complete professional development requirements to stay informed of evidence-based practice

MIAA aims to:

- Promote awareness of and training in Music Imagery (MI) and the Bonny Method of GIM
- Provide support and professional development for MI & GIM practitioners in Australia
- Maintain a Code of Ethics and Standards of Practice for practitioners
- Recognise graduates of training in MI
- Grant Registration to graduates of GIM training
- Promote exchange and communication with similar organisations through workshops and conferences

For more information on membership:

Visit the MIAA Website:
www.musicandimagery.org.au

For a list of registered GIM therapists:

Visit: www.musicandimagery.org.au/trained-therapists.html



THE MUSIC AND IMAGERY ASSOCIATION OF AUSTRALIA (MIAA) INC (ESTABLISHED 1994)

The Music and Imagery Association of Australia Inc. (MIAA), is an organisation that promotes the therapeutic practice of Music Imagery and the Bonny Method of Guided Imagery and Music (GIM).



The Bonny Method of Guided Imagery and Music (GIM)

The Bonny Method of GIM is a form of therapy where listening to music in a relaxed state evokes imagery that enables a person (or group) to explore aspects of life through inner reflection, memories and feelings, to promote mental and spiritual wellbeing and health.

GIM can bring a richer understanding of life in the present, and possibilities for the future, sometimes drawing on past events for healing and resolution.

GIM was developed by music therapist Dr Helen Bonny in the 1970's, and has been practised in Australia since 1985.



Individual Sessions

An individual GIM session involves a preliminary discussion of the client's concerns. The client reclines with eyes closed, a relaxation induction is given, and a music program of 30-45 min begins.

The client may experience visual imagery, memories, emotions, embodied experience and spiritual expansiveness.

The client describes his/her experience to the therapist who offers support and encouragement.

At the end of the music program there is a process of integration of the imagery through verbal discussion, drawing or other creative expression.



Group Sessions

Group music and imagery sessions are suitable for clients working towards a common goal and involve a group discussion of the theme for the session.

A focus is chosen which is brought to mind once a relaxation induction has been given and then a suitable music selection is played.

Clients experience imagery in silence and at the end of the music program integrate their experience through verbal discussion, drawing or other creative expression.

Clients seeking a deeper psychotherapeutic experience are recommended to engage in individual sessions.

