**GIM GENERAL INFORMATION**

In The Bonny Method of Guided Imagery and Music, specifically chosen classical music is utilized to:

* initiate movement within the individual psyche;
* provide structures for therapeutic work;
* evoke varied responses and reactions;
* support and sustain ASC experiences.

**METHOD**

The Bonny Method of Guided Imagery and Music is identified by the use of specifically chosen classical music programs within a one-on-one session, or series of sessions, conducted by a patterned progression of components which give shape and continuity to the therapeutic process. A session in the Bonny Method of Guided Imagery and Music includes:

PREPARATION

* The facilitator and client engage in a preliminary discussion which may include biographical information, goal-setting, and current concerns or feelings.
* The facilitator provides verbal suggestions to relax the body and focus the mind of the client, thereby assisting the client’s entry into an altered state of consciousness.
* The facilitator chooses a music program appropriate to the client’s readiness to pursue therapeutic process.

INTERACTIVE MUSIC EXPERIENCE

* The client listens to the music and expresses the imagery evoked by it.
* The facilitator interacts verbally with the client in ways which support and enhance the client’s music and imagery experiences.

CLOSURE

* At the ending of the music program, the facilitator assists the client’s return to a waking state of consciousness.

INTEGRATION

* Integration of the session experiences proceeds through reflective discussion and/or expressive activities immediately following the music, as well as throughout the period of therapeutic process.