



HEALING SOUNDS
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*Improving personal health
and wellness through
imagery and music*

CONSENT FOR BMGIM AND PHYSICAL INTERVENTIONS

The Bonny Method of Guided Imagery and Music (BMGIM) is a therapeutic technique that involves specially-chosen music to address client's intentions for a specific session. GIM therapists are trained in training programs approved by the Association for Music and Imagery (AMI). This training is beyond the Master level and requires continuing education.

The client sets his/her intention with the assistance of the GIM therapist, who then chooses music appropriate to the intention and the client's energy and ability level. Programs generally are from 20-40 minutes in length. The GIM therapist will give verbal cues for the client to relax and turn his/her thoughts inward.

While in a relaxed state, the client images to the music and reports the imagery and impressions to the GIM therapist. The GIM therapist may keep a log of the imagery as reported, and will give verbal interventions to assist the client to interact with and deepen his/her imagery. In BMGIM, the GIM therapist does not suggest imagery to the client.

After the music and imagery portion, the client and GIM therapist engage in discussion regarding the intention and imagery. The significance and meaning of the imagery may or may not be readily apparent. At times, the meaning evolves over time and/or over a series of sessions. GIM sessions may be alternated with processing sessions to further integrate the insights and changes from the GIM sessions.

The use of mandalas (circle drawings), other artwork, and/or poetry may assist the client in making the experience more concrete and have a tangible reminder of the session. Clients may wish to engage in these activities during the session or at home. These activities are not required, but may be helpful.

At times, physical interventions may be used when appropriate to the client's imagery and with the client's consent. Physical interventions assist in making the imagery more real and allow the client a physical presence against which to struggle or interact. Physical interventions assist in moving stuck imagery, energy, or emotions. The client has the right to refuse or redirect interventions at any time.

I, _____, understand the above information. I have had physical interventions explained to me and _____ consent or _____ do not consent to have them used at this time. I always have the right to change my consent for physical interventions.

Client Signature Date

GIM Therapist Signature Date