

The Appalachian GIM Institute

Announces

The Bonny Method of Guided Imagery and Music Level II Training Seminar

**Cathy McKinney, PhD, MT-BC
Katurah Christenbury, MMT, MT-BC**

**May 26-June 1, 2025
Wildacres Retreat, Little Switzerland, NC**

The Bonny Method of Guided Imagery and Music (GIM) is a music-centered depth approach to therapy that uses selected sequences of classical music to support the generation of and movement through inner experiences.

Through lectures, demonstrations, and supervised experiences as guide and traveler, this intermediate level training will prepare participants to

- Develop and individualize inductions (CBMT Domain III.A.1.pp, III.A.5.gg)
- Differentiate guiding interventions for types of imagery (CBMT Domain III.A.5.ff)
- Track imagery across a series of sessions (CBMT Domain III.A.5.ff)
- Use verbal and nonverbal skills to process session material (CBMT Domain I.3, I.5, III.A.5.hh)

Participants also will demonstrate knowledge of

- GIM as a depth process (CBMT Domain III.A.3.d, III.A.3.e, III.A.3.g)
- Utilizing beginning music programs for GIM (CBMT Domain II.D.11)
- The process for a series of sessions (CBMT Domain IV.A.1, IV.A.9)
- Clinical applications and contraindications (CBMT Domain I.2, I.3, I.5, II.A.3)

Training Staff



CATHY MCKINNEY is a board-certified music therapist and a Fellow and approved Trainer with the Association for Music and Imagery. Professor of Music and Director of the Graduate Music Therapy Program and the GIM training program at Appalachian State University, her clinical interests are the use of music improvisation and the Bonny Method of GIM as vehicles for personal awareness, growth, and transformation. Her research has focused on the effects of GIM on mood and physiology in healthy adults, as well as in women with breast cancer, and the effects of music on imagery.



KATURAH CHRISTENBURY is a board-certified music therapist and Fellow of the Association for Music and Imagery. Senior lecturer of music therapy at Appalachian State University, she maintains a clinical practice providing Bonny Method of GIM sessions and supervising advanced trainees in GIM. She holds the Master of Music Therapy degree from Appalachian State University and will complete training in the Austin Method of Vocal Psychotherapy in May 2024. She has published in *Music Therapy Perspectives* and the *Journal of the Association for Music and Imagery*.

Pre-Requisites and Post-Seminar Requirements

Prerequisites to the training include the following:

1. Completion of AMI-approved Level I Introduction to the Bonny Method of GIM
2. Recommendation by the AMI endorsed Level I Primary Trainer to proceed into Level II
3. Four personal Bonny Method sessions (30+ minutes of music in each) *since Level I training* and verified by the GIM therapist
4. Any additional requirements as stipulated by the Level I primary trainer
5. [Application for Level II](#) submitted to and accepted by Cathy McKinney <mckinneych@appstate.edu>

Level II training includes completion of assignments following the intensive workshop.

<i>Registration</i>	Early by Feb. 15, 2025	Regular by March 15, 2025	Late after March 15, 2025
Non-Academic Credit Participants			
Room and board (6 nights, 17 meals)	\$ 415.00	\$ 415.00	\$ 415.00
Registration	<u>\$ 1050.00</u>	<u>\$ 1150.00</u>	<u>\$ 1250.00</u>
	\$1465.00	\$1565.00	\$1665.00

A \$415 non-refundable deposit must be submitted with the application form. Remaining fees will be due on or before **April 1**. Contact [Cathy McKinney](#) for a link through which you can pay with your credit or debit card OR send check or money order with your completed application payable to **Appalachian GIM Institute, 209 The MDWS, Boone, NC 28607**.

Cancellation Policy

A \$415 non-refundable deposit must be submitted at the time of registration. You may cancel your registration on or before April 1 for a full refund minus the \$415.00 deposit. After April 1, there may be no refunds.

Accommodations

The training will be held at [Wildacres Retreat](#), a beautiful mountaintop setting near Little Switzerland, NC. All participants must stay on-site. All rooms have 2 beds and a private bath. We will assign you a roommate unless you identify one when you pre-register. Wildacres Retreat is a smoke-free facility. Linens are provided.

Directions

Wildacres Retreat is near Little Switzerland, NC. **From Marion**, go north 7.4 miles on Hwy 226 toward Spruce Pine, and then turn left onto 226A. Go 6.5 miles and turn left onto Wildacres Road. Go 1.1 miles on the gravel road to the paved drive on the right. **From Boone**, go to Spruce Pine and take 226 south toward the Blue Ridge Parkway. Go south on the Parkway to Little Switzerland. Follow Hwy 226A south to Wildacres Road. Turn right onto Wildacres Road. Go 1.1 miles on the gravel road to the paved drive on the right. *Both Wildacres Road and the Blue Ridge Parkway beyond Little Switzerland were badly damaged by Hurricane Helene and are not expected to be passable in 2025.*

Charlotte (CLT) is the recommended airport. Print driving directions, since GPS is not consistently reliable in the mountains and may quit just when you need it. **if flying, please plan to arrive at CLT before 2:00 and depart after 3:00.**

Questions?

For information, visit [Bonny Method of Guided Imagery and Music](#) or contact [Cathy McKinney](#) by email or by phone at 828-773-4630.

Schedule

Monday, May 26	
Registration	4:00 – 5:30
Dinner	6:00
Opening Session	7:30-9:30
Tuesday–Saturday	
Breakfast	8:00
Morning Session	9:00-12:15
Lunch	12:30
Afternoon Session	1:45-5:45
Evening Session	7:30-9:30
Sunday, June 1	
Breakfast	8:00 a.m.
Final Session	9:00 – 11:00

NOTE: There will be a 15-minute break during each morning and two each afternoon.

This workshop is designed for music therapists and other mental health professionals.

This training is endorsed by the Association for Music and Imagery and may be applied toward requirements for becoming a Fellow of the Association for Music and Imagery.

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