



APPALACHIAN GIM INSTITUTE, LLC

BONNY METHOD OF GUIDED IMAGERY & MUSIC

Announces

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

Tim Honig, PhD, MT-BC
Heather Wagner, PhD, MT-BC

July 27-August 2, 2026
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

- Assess client needs (CBMT Domains IB, Task 2; 2B-2 & 2B-3, Tasks 11, 12, 13)
- Develop and individualize inductions (CBMT Domains 2C-3, Task 21; 2D-2, Tasks 28 & 30)
- Differentiate guiding interventions for types of imagery (CBMT Domains 3A-7, 3A-11, Tasks 33 & 39)
- Use verbal and nonverbal skills to process session material (CBMT Domain 2B-4)

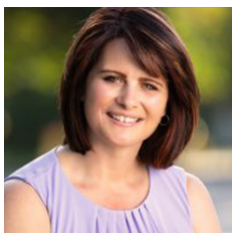
Participants also will demonstrate knowledge of

- GIM as a depth process (CBMT Domain 3A-6, 3A-7, Tasks 37 & 38;)
- Utilizing beginning music programs for GIM (CBMT Domain 3A-10 & 3A-11, Tasks 38 & 39)
- The process for a series of sessions (CBMT Domain 3A-1, Task 31)
- Clinical applications and contraindications (CBMT Domain 2B. Tasks 13 & 14; Domain 4A-5)

Training Staff



TIM HONIG is a board-certified music therapist and Fellow of the Association for Music and Imagery. As Assistant Professor of Music Therapy at Westfield State University, Dr. Honig directs the music therapy degree program and maintains a GIM private practice. Prior to coming to Westfield, Tim served as a music therapist in inpatient and outpatient mental health settings in Newark, Delaware. He holds the Master of Music Therapy degree from Appalachian State University and the PhD in music therapy from Aalborg University, Denmark, where he researched GIM with adults who have major depression.



HEATHER WAGNER is a board-certified music therapist and a Fellow and approved Trainer with the Association for Music and Imagery. A music therapy educator, clinician, and supervisor with over 25 years of experience, Dr. Wagner is currently assistant professor and coordinator of the music therapy program at Southern Connecticut State University. She has extensive clinical experience with children and adults in medical, rehabilitation, and mental health settings, focusing on integrative approach to health and recovery.

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.

Registration	Early by Feb. 15, 2026	Regular by March 15, 2026	Late after March 15, 2026
Room and board (6 nights, 17 meals)	\$ 440.00	\$ 440.00	\$ 440.00
Registration	<u>\$ 1055.00</u>	<u>\$ 1155.00</u>	<u>\$ 1255.00</u>
	\$ 1495.00	\$ 1595.00	\$ 1695.00

A \$440 nonrefundable 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 payable to **Appalachian GIM Institute**, with your completed application to **209 The MDWS, Boone, NC 28607**.

Cancellation Policy

A \$440 nonrefundable 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 \$440.00 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. *The Blue Ridge Parkway beyond Little Switzerland were badly damaged by Hurricane Helene and are not expected to be passable in 2026.*

Charlotte (CLT) is the recommended airport. We will coordinate so that those flying into CLT can share ground transportation to Wildacres. 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, July 27		This workshop is designed for music therapists and other mental health professionals.
Registration	4:00 – 5:30	
Dinner	6:00	
Opening Session	7:30-9:30	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.
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, August 2		
Breakfast	8:00 a.m.	
Final Session	9:00 – 11:00	Appalachian GIM Institute, LLC, is committed to providing equal opportunity in education and employment to all applicants, students, and employees. The Institute does not discriminate in access to educational programs and activities on the basis of age, color, disability, gender, gender expression, gender identity, genetic information, national origin, political affiliation, race, religion, sex, sexual orientation, or veteran status. The Institute actively promotes diversity among students and employees.

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