



Announces

The Bonny Method of Guided Imagery and Music Level I Training

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

May 12–16, 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 introductory level training will prepare participants to demonstrate emerging skills in

- Facilitating relaxation inductions (CBMT Domain III.A.2.pp, III.A.5.t, III.A.5.gg)
- Providing supportive music and imagery (CBMT Domain III.A.5.aa)
- Basic guiding interventions (CBMT Domain I.3, III.A.5.ff)
- Verbal and nonverbal processing techniques (CBMT Domain II.A.1.b, III.A.2.fff)

This course will address following AMTA Advanced Competencies:

- I.A.1.2 Differentiate the theoretical orientations of The Bonny Method from theories of other music therapy approaches
- I.B.4.3 Understand the contraindications of music therapy
- II.B.8.1 Utilize self-awareness and insight to deepen the client's process in music therapy.
- II.B.8.2 Identify one's personal issues as may be relevant to the music therapy process.
- II.B.8.3 Use personal reflection
- II.B.8.4 Practice strategies for self-care

Philosophy

The philosophy of the Bonny Method of GIM training at Appalachian State University is founded on beliefs in (a) the self-actualizing potential of every human being, (b) the wisdom of the Psyche to lead one toward growth, (c) the power of music to facilitate such growth, and (d) the capacity of the human imagination to provide a door into the Self, thereby serving as a conduit for growth-inducing experience.

Training Staff

CATHY MCKINNEY is a board-certified music therapist and a Fellow and Primary Trainer with the Association for Music and Imagery. Professor of music therapy and founding director of the Music Therapy Programs 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 and women with breast cancer, and on 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 is currently in training in the Austin Method of Vocal Psychotherapy. She has published in *Music Therapy Perspectives* and the *Journal of the Association for Music and Imagery*.

Prerequisites

An individual, full Bonny Method of GIM personal session (35–40 minutes of music) with a trained GIM facilitator is required. Please call or email for assistance in locating a GIM therapist. In addition, assigned reading with one-page response papers and a 1-hr video will prepare the trainee for the didactic portions of the residential intensive.

Registration

Registration	Early before February 15, 2025	Regular by March 15, 2025	Late after March 15, 2025
Room and board (4 nights, 12 meals)	\$385.00	\$385.00	\$385.00
Registration	<u>\$750.00</u>	<u>\$850.00</u>	<u>\$950.00</u>
Total Due	\$1135.00	\$1235.00	\$1335.00

To reserve your space, \$385.00 nonrefundable deposit must be submitted at the time of submission of registration. Remaining fees will be due on or before **April 1**. [To pay by credit card or debit card](#), sign in and select Noncredit or send check or money order to **Appalachian State, Attn: GIM, ASU Box 32042, Boone, NC 28608-2042**. **Enrollment is limited; early registration advised.**

Deposit and Cancellation Policy

A \$385.00 nonrefundable deposit is due with registration. You may cancel your registration on or before April 1 for a full refund minus the deposit. After April 1, there will 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. 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 12	
Registration	4:00-5:30
Dinner	6:30
Opening Session	7:30-9:30
Tuesday-Thursday	
Morning Session	9:00-12:15
Lunch	12:30
Afternoon Session	2:00-5:30
Evening Session	7:30-9:30
Friday, May 16	
Morning Session	9:00-12:15
Lunch	12:30
Final Session	1:30 – 2:30

This 35-hour workshop is designed for music therapists and other mental health professionals. Advanced students also are welcomed.

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.

Appalachian State University is committed to providing equal opportunity in education and employment to all applicants, students, and employees. The University does not discriminate in access to educational programs and activities or with respect to hiring or the terms and conditions of employment, on the basis of age, color, Disability, gender, gender expression, gender identity, genetic information, national origin, political affiliation, race, religion, sex (including pregnancy), sexual orientation, or veteran status.

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

