



**APPALACHIAN  
GIM INSTITUTE, LLC**  
BONNY METHOD OF GUIDED IMAGERY & MUSIC

**Westfield**  
STATE UNIVERSITY  
Founded 1838

# **The Bonny Method of Guided Imagery and Music Level I Training June 14–17, 2025**

Tim Honig, PhD, MT-BC  
Cathy McKinney, PhD, MT-BC

Hosted at Westfield State University, Westfield, MA  
Provided by the Appalachian GIM Institute

## **GIM Level I Training**

The Bonny Method of Guided Imagery and Music (GIM) is a music-centered depth approach to therapy that uses specialized programs of Western art music to support the generation of and movement through inner experiences for depth-oriented therapeutic work. In GIM, the music serves as a catalyst and container for imagery that allows one to access and explore both the depths and the heights of the human experience.

Through experiential learning as a guide and traveler, demonstrations, and lecture/discussions, attendees will practice specialized approaches to therapeutic facilitation and uses of music in expansive states of consciousness for GIM.

## **Philosophy**

Our philosophy of the Bonny Method of GIM training is founded on beliefs in (a) the self-actualizing potential of every human being, (b) the inner 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 depths of our self, thereby serving as a conduit for healing experiences.

## **Pre-requisites**

Personal experiences with GIM are essential for learning about the method. To that end, we require that attendees receive an individual, full Bonny Method of GIM personal session (35–45 minutes of music) with a trained GIM facilitator *prior* to the Level I training. Please call or email for recommendations or for help locating a GIM therapist.

In addition, we ask that attendees view a [film](#) of Helen Bonny telling the story of GIM and complete several readings prior the training seminar. More information will be sent out after registration.

## Continuing Education Information

This introductory level training will prepare participants to demonstrate emerging skills in

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

This course will address following AMTA Advanced Competencies:

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

## Training Staff



**TIM HONIG** is a board-certified music therapist and Fellow of the Association for Music and Imagery. As Assistant Professor and Director of Music Therapy at Westfield State University, he teaches a full spectrum of music therapy courses and provides GIM in his music psychotherapy private practice. Tim's clinical background is centered in inpatient and outpatient mental healthcare using a variety of depth-oriented and transpersonal approaches in music therapy. His research focuses on cultural aspects of GIM, GIM in mental healthcare, and theory-building. Tim holds a PhD and master's degree in music therapy, along with training in intermodal expressive arts therapy.



**CATHY MCKINNEY** is a board-certified music therapist and a Fellow and approved Trainer with the Association for Music and Imagery. Professor Emerita of Music and founding Executive Director of the Appalachian GIM Institute, 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.

# Registration and Costs

For attendees who are traveling from a distance, we offer a Residential option on the campus of Westfield State University, about a five-minute walk from our training. We also offer a Non-Residential option for attendees who live nearby (within a 45-minute commute).

Tuition is offered on a sliding scale with two tiers. Please select the level most appropriate for you and your financial situation. All registration levels include tuition, materials, and 11 meals.

**Early Registration:** Register by April 1, 2025 for a tuition discount of \$100

**Registration Deadline:** May 1, 2025

	<b>Accessible Tier</b>	<b>Standard Tier</b>
<b>Residential (includes 3 nights)</b>	\$950 (\$850 early)	\$1,200 (\$1,100 early)
<b>Non-Residential</b>	\$750 (\$650 early)	\$1,000 (\$900 early)

We will consider late registration after the May 1 deadline as space allows. Late registration will have an additional fee of \$100. Please contact Tim Honig for information about late registration.

## How To Register

Please complete the [registration form](#) online and submit a \$300 non-refundable deposit. Remaining fees will be due on or before May 1. To submit payment, you may send a check to Tim Honig, 168 East St. Easthampton, MA 012027, or email Tim to request a link through which you can pay by credit or debit card. After registration, we will send an email confirmation with more information.

## Cancellation Policy

A \$300 non-refundable deposit must be submitted at the time of registration. You may cancel your registration on or before May 1 for a full refund minus the \$300 deposit.

## Accommodations

The training will be held in the Dower Center for the Performing and Fine Arts at Westfield State University, Westfield, MA. Attendees who select the Residential option will stay on campus in New Hall. If you have a roommate preference, please identify them when you submit your registration application. You may indicate if you require a single room. In order to keep costs as accessible as possible, WSU's summer accommodations ask that you provide your own linens. If you are traveling from a distance and are unable to pack these, simply let me know and I will provide them.

## Directions

The Dower Center for Performing and Fine Arts at Westfield State University is located at 715 Western Ave., Westfield, MA. If you plan to fly, Hartford (BDL) is the nearest airport at just over 30 minutes away. The nearest Amtrak station is in Springfield, MA. If you plan to use public transportation to travel for the training, please contact Tim Honig ahead of time to coordinate your arrival/departure.

## Questions?

For information, visit Appalachian GIM Institute or contact Tim Honig at [t.j.honig@gmail.com](mailto:t.j.honig@gmail.com) or 630-779-4298.

# Schedule

<b>June 14, 15, 16</b>	
Breakfast	8:00-9:00
Morning Session	9:00-12:15
Lunch	12:30
Afternoon Session	1:45-5:45
Dinner	6:00
Evening Session	7:30-9:00
<b>June 17</b>	
Breakfast	8:00-9:00
Morning Session	9:00-12:15
Lunch	12:30
Closing Session	1:45-5:30

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

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This workshop is designed for music therapists and other mental health professionals. Advanced students in a therapeutic discipline may also participate; please contact Tim Honig.

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.