

Invited Workshop, Amy Clements-Cortes, PhD, RP, MT-BC, MTA

Tuesday June 14th.

An Overview of the Bonny Method of Guided Imagery and Music (3 hours)

The Bonny Method of Guided Imagery and Music (Bonny Method) is the “use of specially sequenced western classical music designed to stimulate and sustain a dynamic unfolding of imagery experiences” (Mardis, & Clark, 2008). The Bonny Method is based upon humanistic and transpersonal theories. Music is “prescribed” and acts as the stimulus to facilitate the release of unconscious material including: feelings and images for use in therapy and to enable the imagery process.

This interactive workshop involves a combination of lecture and experiential learning. An overview of the Bonny Method of Guided Imagery (Bonny Method) will be presented alongside case studies from the instructor’s clinical work with survivors of trauma and abuse. Relevant background information for the case studies will be shared; and these clinical examples will highlight the deep work that can be accomplished through the Bonny Method. Participants will have the opportunity to observe an adapted live demonstration of the Bonny Method, and to also listen to and explore examples of the music used in the various Bonny Method programs.

Participants are encouraged to bring a pillow and yoga mat where possible and to bring coloured pencils. Large paper will be provided.