

GUIDED IMAGERY

The Bonny Method of Guided Imagery and Music (BMGIM) is a depth-process therapy that uses music to assist the client in expanding his, her, or their consciousness. In BMGIM, the therapist selects recorded classical pieces of music to stimulate the client's imagery. Experiencing imagery in this way helps the client integrate aspects of their mental, emotional, social, physical, and spiritual health: [Guided Imagery and Music Therapy Video](#)

Group Guided Imagery and Music (GIM) is a form of therapy in which music and imagery experiences are shared within a group context, and where the group collectively can provide emotional support for each person:
Guided Imagery and Music Therapy - [Group Sessions Video](#)

What is IMAGERY? Imagery is whatever you experience!
Contrary to popular belief, imagery is not solely visual pictures. While visual pictures are a form of imagery, other forms of imagery include emotions/feelings, body sensations, memories, and other awareness (ALL five senses) generated by the music. Even "nothing" is imagery! If that is what the music is evoking and that is what you are experiencing, that is imagery. There is no right or wrong way to experience imagery.



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