COMPETENCIES FOR THE PRACTICE OF THE
BONNY METHOD OF GUIDED IMAGERY AND MUSIC

Preamble

The Competencies for the practice of the Bonny Method of Guided Imagery and Music describe the knowledge and skills required for the professional practice of the Bonny Method. These competencies address only the Bonny Method as defined in the Core Elements and are not attempting to define parameters for modifications or adaptations.

The purpose of the Competencies is to maintain a high quality of training while providing maximum flexibility for the ways the competencies are taught by trainers and acquired by students. Primary Trainers are responsible for determining how their programs will impart these competencies to their students. In addition Primary Trainers must evaluate their students both periodically and at the end of training to determine that each trainee has demonstrated all competencies before recommendation for Fellow status with the Association for Music and Imagery. The AMI Education Committee will use these Competencies, along with the AMI Education Standards as the basis for evaluating GIM training programs.
COMPETENCIES FOR THE PROFESSIONAL PRACTICE OF THE BONNY METHOD OF GUIDED IMAGERY AND MUSIC

A. FOUNDATIONS

1. THEORETICAL MODEL
   1.1. Utilize elements of theoretical models of therapy consistent with the Bonny Method (e.g., Jungian, psychodynamic, humanistic, transpersonal, group dynamics)
   1.2. Recognize religious/spiritual thought and practice from various world cultures
   1.3. Recognize the roles and manifestations of myth and archetype in various cultures
   1.4. Recognize the dynamics of the therapist/client relationship over a series of sessions

2. MUSIC FOUNDATIONS
   2.1. Know the characteristics and major composers from the historical periods of music of the classical genre
   2.2. Be familiar with theories regarding music and GIM
   2.3. Recognize the potential of the elements of music in relationship to the affect, imagery, and varying states of consciousness
   2.4. Recognize the therapeutic potential of music for use in GIM

3. MENTAL HEALTH AND WELLNESS
   3.1. Identify psychological and physiological aspects of normal development, and the interactions between them
   3.2. Distinguish theories, causes, and symptoms of psychopathology
   3.3. Apply terminology that is used in diagnosis and classification of mental disorders
   3.4. Recognize the Bonny Method of GIM as a primary therapeutic modality

4. IMAGERY FOUNDATIONS
   4.1. Know the characteristics of types of imagery (e.g., sensory, kinesthetic, symbolic, archetypal, transpersonal)
   4.2. Recognize the spontaneous nature of imagery in GIM
   4.3. Recognize how imagery can create therapeutic change

B. BONNY METHOD OF GUIDED IMAGERY AND MUSIC

5. ASSESSMENT
   5.1. Educate the client about GIM and secure informed consent for treatment
   5.2. Assess appropriateness of GIM in full or modified form for the client
   5.3. Recognize significant events from client's history
   5.4. Recognize symptoms and signs that constitute contraindications for GIM sessions
   5.5. Recognize the impact of physical and psychological aspects of illness, for example, pain
   5.6. Recognize the impact of the use of drugs (prescribed and recreational) and/or other consciousness-altering activities (e.g., meditation)
   5.7. Identify needs of the client from both therapist’s and client’s perspectives
   5.8. In collaboration with the client, set appropriate goals
   5.9. Apply assessment information to planning the course of the GIM series
6. PRELUDE
   6.1. Gather relevant information from client
   6.2. Create a physical environment conducive to therapy
   6.3. Create a non-judgmental and nurturing environment
   6.4. Build rapport and trust
   6.5. Assess client's state from verbal information and non-verbal cues
   6.6. Apply information from prelude to choose music and design the induction for the session

7. INDUCTION
   7.1. Utilize a variety of relaxation techniques and suggestions for focus
   7.2. Select or design an induction for the client's current physical/psychological/spiritual needs
   7.3. Implement inductions using appropriate voice, pacing, wording, and length
   7.4. Match the induction and music selection(s)
   7.5. Utilize images and metaphors appropriate to the client's needs

8. MUSIC
   8.1. Choose music for the current needs of the client and goals for the session
   8.2. Utilize music as co-therapist
   8.3. Utilize a variety of Bonny Method music programs, including 12 of the following 18 programs:

<table>
<thead>
<tr>
<th>Affect Release</th>
<th>Emotional Expression I</th>
<th>Peak Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring</td>
<td>Grieving</td>
<td>Positive Affect</td>
</tr>
<tr>
<td>Comforting/Anaclitic</td>
<td>Imagery</td>
<td>Quiet Music</td>
</tr>
<tr>
<td>Creativity I</td>
<td>Inner Odyssey</td>
<td>Recollections</td>
</tr>
<tr>
<td>Expanded Awareness</td>
<td>Mostly Bach</td>
<td>Relationships</td>
</tr>
<tr>
<td>Explorations</td>
<td>Nurturing</td>
<td>Transitions</td>
</tr>
</tbody>
</table>

9. GUIDING
   9.1. Recognize the innate ability of the psyche to allow the music to take it where it needs to go
   9.2. Maintain therapeutic presence
   9.3. Utilize resonant voice with pacing appropriate to the music and the client’s experience
   9.4. Utilize brief, nondirective verbalizations in simple language
   9.5. Facilitate engagement with
      i. music
      ii. the imagination
      iii. kinesthetic and somatic imagery
      iv. emotion
      v. conflict situations
      vi. spiritual and transpersonal imagery
      vii. peak experiences
      viii. frightening, traumatic, or panic-inducing imagery
   9.6. Facilitate deepening of the client’s experience
   9.7. Utilize physical touch where appropriate and with permission

10. POSTLUDE
    10.1. Facilitate client’s return toward normal state of consciousness
    10.2. Follow the lead of the client in processing the experience
    10.3. Facilitate client expression of feelings and insights
    10.4. Encourage reflection on imagery as symbol and metaphor related to the client’s life
    10.5. Ensure client's appropriate state of consciousness before departure
11. THROUGHOUT THE BONNY METHOD SERIES

11.1. Utilize knowledge of past session material, client’s personal history, and their responses to all elements of the experience (e.g., music, imagery, affect)

11.2. Identify and work with transference, countertransference, and co-transference

11.3. Use discretion in sharing one’s own interpretations or insights with the client

11.4. Respond to client needs (e.g., for support, boundaries, freedom)

11.5. Utilize adaptations and modifications of the GIM process according to client need

11.6. Together with the client, determine the appropriate time for terminating therapy

11.7. Facilitate closure of the series

12. DOCUMENTATION

12.1. Record relevant client history and assessment information

12.2. Document GIM sessions and client progress

12.3. Document release of information prior to sharing records or other client information

C. PROFESSIONAL RESPONSIBILITIES

13. ETHICS AND PROFESSIONAL ROLE

13.1. Adhere to the AMI Code for Ethical Conduct and Standards of Practice

13.2. Adhere to the code of ethics for the practitioner's primary profession (e.g., counseling, music therapy, psychology, social work)

13.3. Maintain client confidentiality

13.4. Respect the vulnerability of the client in non-ordinary states of consciousness

13.5. Avoid indoctrination or imposing personal needs or desires in any way

13.6. Communicate rationale for GIM to other professionals

13.7. With client permission collaborate with other professionals who are treating the client

13.8. Refer to other professionals when a client presents issues beyond one’s expertise

13.9. Apply awareness, acknowledgement, and appreciation of cultural differences such as gender, race, religion, sexual orientation, ethnicity, and age

14. PERSONAL AND PROFESSIONAL GROWTH

14.1. Maintain self-awareness and seek supervision, consultation, and/or personal therapy as needed

14.2. Recognize the impact of personal history, culture, feelings, attitudes, and actions on the client and therapy process

14.3. Set aside personal issues when working with client

14.4. Participate in personal growth experiences

14.5. Apply emerging knowledge from the professional literature to clinical practice

14.6. Utilize academic, clinical, and AMI resources for professional growth

14.7. Maintain a knowledge base of current Bonny Method-related research, theoretical, and clinical literature

It is the shared responsibility of Primary Trainer and trainee to assess, supplement, and document the trainee's knowledge base in the competencies prior to the trainee's applying to AMI for registration as a Fellow.