

Music Psychotherapy-GIM - 2-DAY WORKSHOP

**Presented by: Dr. Dag Körlin, MD, PhD, FAMI-
psychiatrist, certified psychotherapist**

When: 8th & 9th February 2013

Venue: Bahrain

Contact: Esho Funi Consultants

Dr. Puja Taneja Malhotra

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WHY should YOU spend two days learning Music Psychotherapy...

The Bonny Method of Guided Imagery and Music (GIM) is a music-assisted psychotherapy method that uses specifically sequenced music programs to stimulate and sustain a dynamic unfolding of inner experiences, through images, feelings, senses, thoughts or memories elicited by the music, thus offering many possibilities for changes in mood and physiological effects in the body. Imagery varies from multilayered images to unprocessed sensory, bodily, and affective memories. Multilayered images are healing agents of BMGIM, and symbolic images integrate autobiographical, emotional, archetypal, and transpersonal processes of the mind. They represent both problematic and resource aspects of the psyche. Imagery of inner resources is an integral part of BMGIM, and the process has positive existential outcomes in addition to symptom relief.

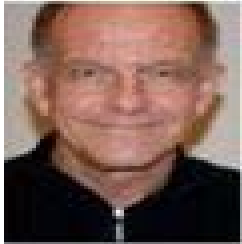
Fundamental tenets of this method are: the use of imagery, music and also art therapy and mandalas painting as a complementary tool. **This training has a holistic theoretical foundation that includes neuropsychology and trauma theory, developmental and attachment psychology, music psychology, modern psychodynamics, positive, archetypal and transpersonal psychology.**

WHAT you will learn...

Theoretical and experiential learning will be woven throughout the two days. Students will:

- Be introduced to the historical influences of the GIM music psychotherapy
- Comprehend the therapeutic effects of music and imagery in clinical practice
- Explore models of states of consciousness
- Be introduced to relaxation and guiding techniques
- Be introduced to clinical applications with an emphasis to trauma work
- Be introduced to adaptations and modifications useable in clinical settings
- Learn ethical considerations and contra-indications
- Experience practice sessions in the role of therapist and client and group sessions

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About your instructor...

Dr. Dag Körlin is a psychiatrist, certified psychotherapist, primary trainer and supervisor of the GIM method, director of the European Bonny Method GIM Training Program. He practices GIM and its adaptations within general psychiatry. He has specialized in adapting GIM for Complex Trauma (PTSD) and other stress-related disorders, and has published many journal articles and book chapters in this field. He has also developed the Breath Grounding and Modulation ("Music Breathing") method, used as an effective adaptation of GIM to patients with complex trauma, dissociation, and other stress disorders (Music Breathing – Breath Grounding and Modulation of the Bonny Method of Guided Imagery and Music: Theory, Method and Cases", AMI Journal, 2008). Dag Körlin's PhD research has been recently published-amongst his other writings- in his book "Music Listening, Imagery and Creativity in Psychiatry: Guided Imagery and Music (GIM) and Creative Arts Therapies (CATs) in Stress Disorders" (Lambert Scientific Publications, 2010) which is devoted to the role of GIM in the Creative Arts Therapies program "Spectrum" (Karolinska Institute, Stockholm, Dept. of Psychiatry & Clinical Neurosciences). Besides researching and writing on GIM, he lectures, teaches and is a consultant in outpatient psychiatry.

Dr. Dag Körlin's Professional Associations

- Director and primary trainer of the European GIM Training Program
- Senior clinical psychiatrist within outpatient and inpatient psychiatry since 1979 and lecturer in the field of psychiatry, psychotherapy and music psychotherapy GIM
- Member of the Swedish Medical Association
- Member of the Swedish Psychiatric Association
- Member of the Swedish Association for Psychotherapy
- Member and primary trainer of the Association for Music and Imagery (USA)
- Member of the steering committee of the European Network of GIM (ENGIM)
- Researcher of the role of music psychotherapy GIM in psychiatric treatment at Karolinska Institutet (Dept. of Psychiatry and Clinical Neurosciences, Stockholm) with specialisation in trauma work and stress related disorders (PhD, published 2005)
- Establisher of the Creative Arts Group Program "Spectrum", Karolinska Institutet, Stockholm (1995-2005)
- Developer of the "Music Breathing" method, applied in trauma work
- Publisher of numerous book chapters and articles within GIM, humanistic psychology, developmental psychology, trauma treatment and psychotherapy generally
- Writer of the book "Music Listening, Imagery and Creativity in Psychiatry" LAP (Lambert Academic Publishing AG & Co Kg, 2010)

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Evangelia Papanikolaou, MA, Msc, FAMI, music therapist

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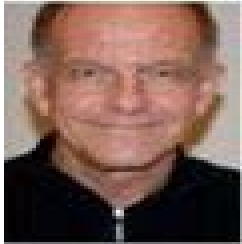
About Evangelia...

Evangelia Papanikolaou is a music therapist, systemic/psychodynamic psychotherapist, supervisor and primary trainer of the GIM method, trained in the UK and Denmark. She is adjunct professor in Music Therapy at the Hellenic American University, visiting lecturer at the National University of Athens and the Aegean University. She is Scientific Associate at "Obrela"-Multidisciplinary Society for Psychological Intervention and at the Dept. of Mental Health and Behavioral Sciences (University of Athens, School of Medicine). She is currently working with GIM with adolescents with eating disorders at the Unit of Adolescent Health (University of Athens) and has also experience within a broad range of adults and adolescents with mental health conditions, mainly depression and psychosis. Evangelia has published several scientific papers and book chapters and is a member of the editorial board of the e-journal Approaches. She is also the founding president of the Hellenic Association of Professional Music Therapists.

Evangelia's Professional Associations

- Coordinator and primary trainer of the European GIM Training Program
- Member and primary trainer of the Association for Music and Imagery (USA)
- Member and primary trainer of the European Network of Guided Imagery and Music (ENGIM)
- Inaugural president and founding member of the Hellenic Association of Professional Music Therapists (2004-2010)
- Member of the British Association of Professional Music Therapists (APMT)
- Member of the Association of Health Scientists (PEEY, Greece)
- Adjunct professor in Music therapy, Hellenic American University
- Adjunct professor in Music therapy, University of Athens, Dept. of Mental health and Behavioral Sciences
- Clinical partner/scientific associate, Unit of Adolescent Health, University Hospital of Athens (Eating Disorders Dept.)
- Scientific Associate, "Obrela" Multidisciplinary Society for Psychological Intervention
- Publisher of book chapters and articles in music therapy and music psychotherapy GIM, within the context of mental health, special education and personal growth
- Member of the editorial board of the scientific e-journal "Approaches: Music therapy and Special Music Education"

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GIM Details

The Bonny Method of Guided Imagery and Music (BMGIM) is named after the originator, Helen Bonny.

GIM is a psychotherapeutic method where the music is listened to in a relaxed or altered state of consciousness. The music evokes emotions, and stimulates images as well as memories of the mind and body. These images form a story that the client- or traveller- reports to the guide, who responds with acceptance and curiosity, eager to know more but not directing. After the music listening, the traveller paints a picture that is used for processing with words. The method is effective for psychosomatic problems, and in the treatment of long term psychological trauma and stress. There are adaptations of the method for different diagnostic groups and for work with groups and families. GIM is at heart a method for personal development and widening of the world-view. It can also be a complementary tool to verbal psychotherapies and arts therapies.

Full Training Program in GIM

For engaged participants, this introductory course may lead to a full professional training course consisting of 30 days of training, organised in blocks of 3-5 day seminars, over a period of approximately 3 years. The length and amount of the following seminars will be adjusted according to practical considerations for students and trainers. Training also includes clinical practice, supervision and personal therapy with the GIM method.

The professional training course of the European Bonny Method GIM Training Program is approved by the international Association for Music and Imagery (AMI) based in the USA (<http://www.ami-bonnymethod.org>) and is in line with the educational standards of AMI and the European Network of GIM (ENGIM). Graduates are eligible to apply for registration as Fellows of AMI and ENGIM and get recognition as registered GIM therapists.

- Musical knowledge/training is not a prerequisite but an affinity to music is desirable.
- Language of the training is English.
- Trainees or new mental health professionals are welcome to apply for the introductory seminar but continuation to the full course is upon the discretion of the primary trainers.
- Participants are limited to a small group

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ABOUT the coordinator...

Dr. Puja Taneja Malhotra is trained in Client centered Parts Therapy, Hypnotherapy, Neuro Linguistic Programming and Dance therapy. She is also trained in REBT for Anger management and uses relaxation and releasing techniques, as well as art based therapies.

She's been working as a Consultant for more than 7 years and has designed and conducted programs / trainings containing special modules on Hypnotherapy, Hypnobirthing, Health & Lifestyle management, Emotional Empowerment, Stress Management, Anger Management, Interpersonal Relationships, and Goal clarity.

Her forte has been developing techniques which enable people to heal themselves (physically and psychologically) using the power of their mind (through meditation & relaxation techniques) and empowering people to utilize emotions as their core strength.

Professional Qualification

- Client Centered Parts Therapy, Practitioner & Coach, Dr. Roy Hunter, 2012
- Clinical Hypnotherapy (Ericsonian Hypnotherapy), 2008, American Board of Hypnotherapy
- Practitioner of Neuro Linguistic Programming, 2008, American Board of NLP
- Dance Therapy, 2007, Tripura Kashyup (Dance Therapist), Delhi
- Psychological Counselling 2001, Christian Counselling centre, Vellore
- Cognitive Behavioural Approaches to Anger Management, 2001, by Prof. Howard Kassinove, Chairman, Department of Psychology, Hofstra University, New York, USA