

甚麼是音樂引導意象治療法 (BMGIM)

- 在 1970 年代由美國音樂治療師 Helen Bonny 創立
- 音樂主導的心理治療，每節大約一個半至兩小時
- 領參加者探索自己的內心世界、了解需要，甚至治療心中的傷痛、達到治療目標

一次完整的音樂引導意象療程大致可分為以下幾個部分：

一、前奏：了解受助者心理狀況、蒐集與受助者相關資訊，在觀察後統整資訊，以便決定引導的方向/目標及將使用的曲目。

二、導入：根據受助者的心理情況，治療師慢慢引導受助者在感到安全的情況下進入放鬆的狀態 (Non-ordinary state)，以便準備探索的方向以及聆聽音樂。

三、音樂意象引導經驗：治療師會根據參加者的探索方向已決定音樂程式，並在「音樂旅程」中作出導航。參加者在音樂中自由地跟隨自己的想像，探索潛意識裡的訊息，讓內心的情緒表達出來。

四、尾奏：治療師鼓勵參加者藉着語言或不同創意藝術等方式（例如文字或曼陀羅）表達，作出反思並連繫在治療目標上，了解需要以及找回自己。

甚麼人適合音樂引導意象治療？

如有你對以下項目有興味：

- 個人發展、自我探索
- 探討心理上或情緒上的議題、困難
- e.g.舒緩壓力和疲憊，舒緩焦慮和抑鬱

歡迎聯絡黃先生(hugowongmt@gmail.com)。療程由英國註冊音樂治療師、受訓中的音樂引導意象治療師主理，由於音樂引導意象治療屬高級培訓，為美國 Association for Music and Imagery (AMI, US) 認可以及嚴格監督的訓練課程，療程過程會被錄音，但是會對保密及只作督導及診斷之用，費用亦會因此享有折扣。

可到參考網址：<http://www.ami-bonnymethod.org/>

What is Guided Imagery & Music (BMGIM)

- Founded by music therapist, Helen Bonny in 1970s
- Music centered form of psychotherapy
- Music listening in a relaxed, non-ordinary state to stimulate imagery, memories, physical sensations, and feeling states
- Address psychological and emotional issues

A full GIM sessions consist of 4 components :

1. Preliminary conversation between the client and therapist: to express any issues or concerns/ find a focus for the music and imagery
2. Guided Relaxation: A spoken induction for the client to relax deeply before listening to the music
3. Traveling (Music listening): The therapist will select a program specifically designed to explore a variety of themes and emotional states. During the process, imagery, memories or feelings may emerge and the therapist supportively guide the client to facilitate the exploration
4. Reflection: The client will reflect and process the experience through verbal and non-verbal creative expression (e.g. drawing a mandala).

Who is suitable for GIM?

If you want to explore around:

- Personal development & inner-self
- Psychological & emotional issues
- Stress & exhaustion
- Anxiety & depression...

please contact me at hugowongmt@gmail.com. I am a registered music therapist (HCPC, UK), but I am offering GIM at a reduced rate as part of my advanced training. All the sessions are under supervision and will be recorded but for clinical purpose only. My training is under Professor Leslie Bunt and is an approved training under Association of Music & Imagery. More details can be found: <http://www.ami-bonnymethod.org/>