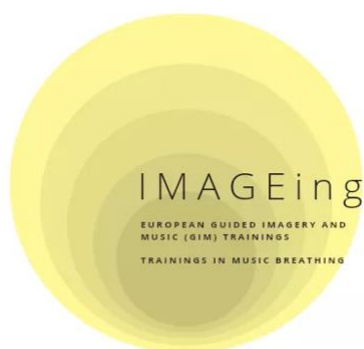


## The MUSIC BREATHING method-Professional training seminar



### **SONORA Organization for Music Therapy & Research**

Member of the European Music Therapy Confederation (EMTC)

Accredited member of the European Association for Music and Imagery (EAMI)

### **IMAGEing-European GIM and MB Trainings**

Member of the Association for Music and Imagery (AMI)

Accredited member of the European Association for Music and Imagery (EAMI)

### **Professional introductory seminar (online)**

#### **Date**

**Saturday 18 February 2023**

### **The Music Breathing method**

#### **Time**

**10.00-13.00 Eastern Time Zone/NY  
time**

#### **What is Music Breathing?**

Music Breathing (MB) is an advanced method specifically designed for work with anxiety disorders, trauma, and resilience. The emphasis is on the awareness and modulation of the breathing that is used to regulate arousal evoked by selective music listening in an expanded state of consciousness.

**16.00-19.00 Central European Time,  
Frankfurt/Stockholm time**

**Online** via the **ZOOM** platform

#### **Trainers**

**Dag Körlin, MD, PhD, FAMI, EAMI**

This short introductory seminar and workshop is offered exclusively by IMAGEing Training Institute supported by "SONORA" Organization for Music Therapy and Research (member of the European Music Therapy Association). A full Advanced Professional training in the Music Breathing method will follow later in 2023 (in EST and European time zones respectively).

**REGISTER HERE**

### **Who can attend?**

The seminar is suitable for all professionals from the fields of health/mental health care with experience and/or interest in working with resilience and emotional regulation, stress, anxiety disorders, and trauma.

**accred.** Clinical psychiatrist-certified psychotherapist, GIM therapist and accredited trainer and supervisor, scientific director of the IMAGEing Institute. Specialised in work with trauma and anxiety disorders and developer of the Music Breathing (MB) method. Writer of the book "Music Listening, Imagery and Creativity in Psychiatry" (Lambert, 2010)

**Evangelia Papanikolaou, PhD, FAMI, EAMI accred.** Music therapist-GIM therapist and trainer, supervisor, program coordinator for IMAGEing & scientific director of SONORA. Specialised in psycho-oncology, anxiety disorders/psychological trauma & creative development. Board member of the European Association for Music and Imagery

**US coordinator and supervisor Joyu Lee, MM, MT-BC, FAMI,** Music therapist, GIM therapist, Senior Therapist at UNC Health, Narrative therapist, Music Breathing practitioner and supervisor.

### **Content**

The **Music Breathing (MB) method** is an adaptation of **Guided Imagery & Music** (Bonny method of GIM). The original aim of Music Breathing (MB) was to enable clients with traumatic stress disorders, and a limited "Window of Tolerance" for music to eventually have full Bonny Method sessions. However, it has also

proven to be a short-term method in its own right.

In Music Breathing, the goal is to first stabilize and then modulate the autonomic and emotional responses to music in a mindful state. **MB has four stages: Discovery Breathing (DB), Silent Breathing (SB), Music Breathing for Grounding and MB for Modulation.** Music is chosen according to its ability to evoke Grounding and Activation of the Autonomic Nervous System, as well as emotional modulation.

Music Breathing thus progresses in a step-by-step fashion, to evaluate the clients' ability to work with music and imagery in a non-ordinary/expanded state of consciousness, first in silence and then with music. The client is encouraged to develop a music repertoire of her/his own for future use.

This 3-hour seminar, is an opportunity to get introduced to the basic principles and philosophy of the Music Breathing method. The seminar includes experiential work, space for questions and discussion. **A full training course in the Music Breathing method will take place later in 2023.**

### **Who is it helpful for?**

The Music Breathing method is applicable in cases of crisis, stress, mental/psychological trauma management, in health, psychoeducational / psychosocial settings, for creative personal development, and as a means of self-care for health professionals. The scope has been expanded to also include affordance of resources and resilience which are emerging topics in times of Covid and the general strains on social fabrics over the world.

### **Certification**

This short seminar qualifies for a **certification of attendance and can be accredited as a Continuous Personal Development (CPD) course** from various Professional Associations of Health professionals. The full training course (offered separately) is a professional training course leading to **“Advanced Certificate in Music Breathing” and is accredited by the European Association for Music and Therapy (EAMI).** Music Breathing belongs to the broader range of the “Music and Imagery” methods as described by the European Association for Music and Imagery (The “Spectrum” of GIM practice, EAMI Training Standards, 2019).

## Cost and practical information

EARLY BIRD registration: 90 Euros until Jan 15th.

Normal price: 110 Euros for payments after January 7th.

Flat rate fee for low-income countries: 80 Euros

10% discount for group registrations (3+ participants). Please email us for a quote.

\*Payments can be made in via [wise.com](https://wise.com) (Wise converts automatically from local currency -US Dollars, Canadian Dollars, etc- to Euros). Bank transfer is also available for European and UK accounts.

For enquiries about this seminar and group quotes, please contact [musictherapysonora@gmail.com](mailto:musictherapysonora@gmail.com) or [gimtherapy@gmail.com](mailto:gimtherapy@gmail.com)

## NOTE

Next **full trainings in the Music Breathing method** will be offered:

Basic seminar-**April 29/30** & Advanced seminar **October 28/29 (EST/NY time zone)**

Basic seminar **May 6/7** & Advanced seminar **November 4/5 (CET/Europe time zone)**



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In compliance with GDPR, we hold a list of emails to use only for our music therapy/MI and GIM activities (seminars, education, conferences, research). Your contact details are treated confidentially as we do not share this data with third parties.

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