



Dear GIM trainee!

I am delighted to announce that an international Level III Bonny Method of Guided Imagery and Music training (advanced training) will commence in Denmark in August 2025!

The Sounding Circles program is designed to teach the Bonny Method of Guided Imagery and Music (GIM) for fostering resilience, profound healing, and transformation in a challenging world. It draws on the latest GIM and psychotherapy research and is based on an integrative framework that combines psychodynamic, humanistic, and transpersonal theories. GIM III focuses on enhancing your guiding skills, expanding your knowledge of comprehensive GIM programs, and deepening your understanding of psychology and complex therapeutic processes in altered states of consciousness. Unique to the Sounding Circles GIM III is the integration of ecological perspectives, trauma healing, and musical cultural sensitivity. The training seminars will also incorporate themes related to transpersonal processes and spirituality throughout.

Format/schedule:

The training will be conducted in English and will consist of four four-day seminars in Denmark (held in August and February) and three online two-day seminars. It will commence with an in-person seminar from August 14 to 17, 2025, in Denmark and conclude with an onsite seminar in February 2027. Each seminar will focus on a specific theme and will combine theoretical and practical elements. Additionally, a literature list will be provided for each seminar.

Trainers:

Bolette Daniels Beck (she/her) will be the main trainer, and Ruth Liesert from Germany will be co-trainer (upcoming trainer). The GIM trainers Margareta Wårja from Sweden and Svein Fuglestad from Norway will be guest teachers.

Place:

The August seminars will take place at the beautiful Ådalen centre in the countryside at Kirke Hyllinge, a one-hour drive from Copenhagen, where accommodation and food are included. The February seminars will take place at a yoga center in Copenhagen with self-accommodation. The three online training seminars will be carried out in Zoom, six hours a day on two consecutive days, in May and November.

Group size: Minimum 6 - maximum 12.

Price (with 8 participants):

Seminars: online and onsite: 7400 € /55.000 Dkr. (Seminar fees can be paid in rates)

Other expenses:

Admission/administration fee 670 € /5000 kr

GIM therapy course (20 GIM sessions): ca. 3220 € /24.000 Dkr.

Supervision: 10 in vivo and 10 other supervisions: ca. 4025 € / 30.000 Dkr.

Books and music: ca. 670 € / 5000 Dkr.

Expenses in total ca. 16.000 € / 120.000 Dkr.

(in addition: traveling 4 times and accommodation in Copenhagen x 2)

Context:

The training will be carried out under the Sounding Circles GIM training program which is accredited by the European Association for Music and Imagery.

Participants:

The GIM Level III training is designed for individuals who have completed their Level II training in Sounding Circles or a comparable program. This training will qualify participants to become certified GIM therapists, capable of conducting full Bonny Method of GIM sessions.

Subscription:

If you are interested in participating, please send me an email, and I will provide you with a detailed program outline and the full training requirements. Should you still be interested we will arrange a Zoom meeting to address any questions you may have and provide an intake interview. At the end, we will finalize our agreement with a written contract outlining our mutual obligations.

GIM trainer, PhD, Associate professor at Aalborg University

Bolette Daniels Beck, Denmark.

Mail: bolette.d.beck@gmail.com

<https://vbn.aau.dk/da/persons/bolette>