



Dear music therapy colleagues

As a music therapist additionally trained, and indeed a trainer in Guided Imagery and Music (GIM), I've developed a COVID-19 GIM self-help resource for people who have mild to moderate symptoms of the disease including music therapists. The resource, which can also be used to support the general wellbeing of those without the disease, was developed in consultation with experienced GIM researchers and others in Europe and the USA who gave feedback on test versions of the recording. It's available on YouTube in 7 different languages (English, Cantonese, German, Greek, Italian, Japanese and Mandarin):

https://www.youtube.com/watch?v=ssKljeGY_Lg&list=PL3RSWJ60NEQAGklk01eK9pYK9hbB9PJ9V

Just to give you a little more background as music therapists, GIM in contemporary practice is best understood as a spectrum of methods. Various GIM and Music and Imagery (MI) methods are used to support patients with medical conditions, with the evidence base demonstrating there can be physiological and well as psychological and emotional benefits.

This new COVID self-help resource is an example of 'Directed Music Imaging', a GIM method that supports the patient to have a simple focused imagery experience. In the case of the COVID resource, this involves imagining healing light being taken into and around the body to support the body's own healing process. In the better known 'Bonny Method of GIM', the imagery experience is not directed in the same focused way, but rather unfolds freely and spontaneously, supported non-directively by the therapist.

In GIM, imagery experiences are not simply visual but may also be in other modalities, research showing that people image in different ways. The patient's imagery experience with the COVID resource is as likely to be bodily-felt as it may be visual, especially with the music used, Pärt's *Spiegel im Spiegel* in the version for cello and piano. My voice as 'guide' alternates with the phrases in the cello, giving the music space to act as 'co-therapist', even 'principal therapist' in the process as we describe its role in GIM.

There is further information about the resource and its use in the description on YouTube should you wish to find out more. Further information about GIM, training in it and the research base can be found on the Integrative GIM Training Programme website.

Best wishes to everyone,

Martin Lawes

www.integrativegim.org