

Continuing Professional Development (CPD)

Music and Imagery (MI) Symposium

Saturday 10 May 2025, 9:30am – 5:15pm (UK time), online via zoom

Cost

£60 (£35 excluding workshop)

Bookings and further information: integrativegim@protonmail.com

This symposium will include presentations of Supportive Music and Imagery (SMI) and Re-educative Music and Imagery (RMI). These Music and Imagery (MI) methods involve clients in art-making (and sometimes other expressive arts modalities) whilst listening to music of their choice, and are part of the contemporary spectrum of Guided Imagery and Music (GIM) methods. SMI focuses on developing client's inner resources, strengths and resilience, RMI on psychological and emotional issues affecting client's mental health.

The symposium has been organized as a CPD event for those trained in these or similar MI/GIM methods. It also serves as an introduction for music therapists, art therapists, counsellors and psychotherapists and others who may be considering additional training in MI.

For those not trained in SMI/RMI, an introductory session will be provided to begin the day. Along with the presentations to follow, a workshop will be included exploring how MI can draw on art therapy theory, practice and research. For the workshop, please ensure that you have art materials available such as A3 paper and a set of oil or soft/chalk pastels.

A schedule for the day is provided below, along with details about the presentations, workshop, and presenters. Additional information about MI and GIM and about training can be found at: www.integrativegim.org.

PLEASE NOTE THAT THE EVENT CAN ONLY BE ATTENDED ON THE DAY.
THE PRESENTATIONS WILL NOT BE RECORDED FOR LATER VIEWING BY DELEGATES.

Schedule

9:30am (UK time)	Welcome
9:35am	INTRODUCTION TO MUSIC AND IMAGERY (MI) (Helen Wallace-Bell) <i>This introductory session is intended for music therapists and any others attending the day not trained in SMI or RMI. The session will provide an introduction to these methods and what they involve. This will inform delegates understanding of the presentations that follow where a basic understanding of these methods will be assumed.</i>
10:15am	Break
(10:20am	Welcome for delegates not attending the introductory presentation.)
10:25am	PRESENTATION <i>Using Music-Imagery to treat chronic shame in psychotherapy practice</i> (Cathy Rowland)
11:10am	Break
11:25am	PRESENTATION <i>The Way We Were: A multi-method approach to music therapy to support an adult with a learning disability through bereavement</i> (Helen Wallace-Bell)
12:10pm	Mini-break
12:15pm	PRESENTATION <i>An adoptive mother's journey of self-acceptance through MI</i> (Crystal Luk-Worrall)
1pm	Lunch
2:15pm	WORKSHOP <i>What can Music & Imagery draw from Art Therapy as knowledge and practice inspiration?</i> (Dr Dimitra Theodoropoulou)
3:40pm (approximate)	Break
4pm	WORKSHOP (continued)
5:15pm	Finish

Abstracts and biographies

Title: *Using Music-Imagery to treat chronic shame in psychotherapy practice*

Presenter

Cathy Rowland

Abstract

This presentation will be a case study, showing how Music Imagery can be integrated into a private psychotherapy practice. Cathy will present her work with a client struggling with the physiological, mental and emotional aspects of chronic shame. Drawing upon her integrative (psychotherapy) background, she will explore how this presenting issue manifested relationally, in the 'here and now' therapeutic relationship, before being processed through music-imagery interventions – both supportive and re-educative. Psychotherapy research shows that good client outcomes depend upon high-quality therapeutic relationships (not a practitioner's modality). Cathy will argue however that the potency of such a relationship can potentially be enhanced by music-imagery interventions.



Biography

Cathy is a HCPC-registered Music Therapist, Fellow of the Association for Music and Imagery and UKCP-registered Psychotherapist, having obtained her MSc in Integrative Psychotherapy from the Metanoia Institute in 2023. She also holds a Certificate in Supportive Music Imagery (2023) and Diploma in Re-educative Music Therapy (2024). Between 1997 and 2020 she maintained a busy freelance practice as a Music Therapist and Supervisor, contributing also to various publications and presenting widely about her work. Today, she combines her roles as a Health and Wellbeing Counsellor and an Integrative Psychotherapist in private practice. She has a special interest working with people experiencing depression and trauma and integrates into her psychotherapy work, Supportive and Re-educative Imagery methods, as well as EMDR.

Title: *The Way We Were: A multi-method approach to music therapy to support an adult with a learning disability through bereavement*

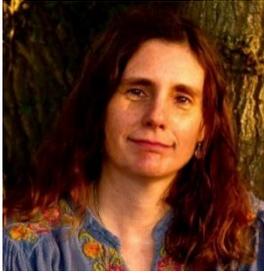
Presenter

Helen Wallace-Bell

Abstract

This case study describes work in which Music & Imagery Therapy and shared improvisation came together to allow a client with a mild learning disability to explore the importance of holding on to significant relationships and memories following the death of his Father. Previously unable to express his feelings freely, this presentation outlines the way in which a multi-method approach provided a 'bridge' allowing the client to increase confidence and self-worth, such that he could express, explore, and process difficult feelings of grief through music making and imagery.

The therapy process will be illustrated by audio clips of music created in sessions, slides showing the resulting imagery produced, and quotes documenting the client's own thoughts as the work unfolded. From tentative beginnings through to the release and acceptance of challenging feelings, the presentation will describe how sessions supported emotional expression, personal independence, and decision-making; culminating in a 'Memory Book' and accompanying CD dedicated to the client's father.



Biography

Helen is an HCPC registered Music Therapist, GIM Fellow, and Independent Music Breathing Practitioner. After many years working with adults with learning disability, Helen now runs a private practice offering individual and group GIM/Music & Imagery/Music Breathing sessions online and in-person. She has a special interest in trauma/complex trauma, mental health, personal development, and the link between physical and emotional pain.

She is an Assistant Trainer and Supervisor at The Integrative GIM Training Programme and a BAMT registered Supervisor.

Title: *An adoptive mother's journey of self-acceptance through MI*

Presenter

Crystal Luk-Worrall

Abstract: This presentation emphasis the value of using SMI and RMI in response to the clients' needs within the MI continuum. While SMI's main objective is to help the client embrace their supportive experiences, it can also generate important insight. Similarly, while RMI's object is to help clients to reflect on a potentially challenging experience, it can also help create resources for the clients.

The case study features the MI journey with an adoptive mother of two. The client had a creative and a psychotherapy background and struggled with her children's presentations and needs triggering her own childhood trauma. In the early sessions, the client was keen to do RMI in hopes to push herself to do 'deep' reflective work and often rejected SMI. The visually intense images were reflective of the client's emotions around unresolved trauma. As the sessions progressed, the client's openness in supportive experiences and SMI mirrored her growth in confidence and self-acceptance.



Biography

Crystal is a music therapist, MI therapist, a clinical supervisor and EMDR therapist. She specialises in working with the adoption community in London through her private practice Clap and Toot, as well as working with bereaved families through her work at Shooting Star Children's Hospices. She enjoys exploring multi-modality practice and systemic practice. Crystal also supports fellow freelance therapists and newly qualified therapists through her role as BAMT's freelance network coordinator.

Title: *What can Music & Imagery draw from Art Therapy as knowledge and practice inspiration?*

PLEASE ENSURE THAT YOU HAVE ART MATERIALS AVAILABLE SUCH AS A3 PAPER AND A SET OF OIL OR CHALK PASTELS.

Presenter

Dimitra Theodoropoulou

Abstract

In this 3-hour workshop, Dr Dimitra Theodoropoulou will share theoretical perspectives from the Art Therapy literature that can apply to Music & Imagery practice. She will draw knowledge and experience from her background in Psychology and Art Therapy training (Greece) and weave in relevant ideas she developed whilst conducting her doctoral research in 'Demystifying Art Therapy'. The presentation part will offer key themes and opportunities for discussion regarding: the role and choice of art materials, differences of focus between

art making vs art product, the phenomenological approach to look at the image together, and inspiration ideas on engaging with art-making, including mark-making.

The experiential part will focus on the use of mark-making as a response to different pieces from the music pool that Dimitra uses as an MI therapist. Attendees will have an opportunity to experience a way to stay with their felt experience, overcoming the barriers of worrying about art skills and the 'blank canvas'. This will help them support their clients to create images that promote the process of deepening and integration in MI even without representational content.

The workshop is principally intended for therapists trained in SMI or RMI. Whilst it may also be of interest to others, the workshop will not provide training in MI beyond art-related considerations. Nor will it provide training in art therapy.



Biography

Dr Dimitra Theodoropoulou qualified initially as a licensed Psychologist in Greece. Her postgraduate studies included various courses in CBT, Psychodynamic Psychotherapy, Group Analysis and Psychodrama. She eventually found her passion for Creative Arts Therapies when she completed a four-year postgraduate clinical training in Art Psychotherapy, during which she worked in mental health settings for children/adolescents and adults. In the UK, she joined a children & family mental health charity organisation and worked for many years as a senior practitioner, clinical supervisor and clinical director. During this time, she completed an advanced diploma in Integrative Arts Clinical Supervision and supervised Creative Arts Therapists across modalities. She further enhanced her clinical work with further training in Trauma-Informed Expressive Arts Therapy and Somatic Experiencing®. Her 20-year professional journey of supporting individuals, groups and organisations instilled a curiosity for practice-based knowledge and inspiration to pursue a PhD with research on 'Demystifying Art Therapy'. Believing in the powerful impact of using the arts in therapy, Dimitra trained in Supportive Music & Imagery (SMI) and Re-educative Music & Imagery (RMI).