



ALVERNO COLLEGE
ESTABLISHED 1887

proudly presents:

Imagery and Music: It's Uses as Deep Therapy and for Deep Relaxation

Instructor:

Louise Dimiceli-Mitran, MA, MT-BC, LCPC, FAMI

**Saturday, February 18 & Sunday, February 19, 2017
8:00 a.m. - 4:15 p.m.**

**Location: Alverno College • 3400 S. 43rd St. • Milwaukee, WI
Alphonsa Hall 200 (Choir Room)**

**\$175 Earlybird registration fee (MT-BC's - 16 CMTE's)
(received through February 3, 2017)**

**\$190 Standard registration fee
(received February 4 - 13, 2017)
*no on-site registrations accepted***

\$35 registration fee for interns (no credit)

**Music Therapy students may register for 1 credit hour through the Alverno Registrar
*no on-site registrations accepted***

16 CMTE credits for Board Certified Music Therapists

Imagery and Music: It's Uses as Deep Therapy and for Deep Relaxation is approved by the Certification Board for Music Therapists (CBMT) for 16 Continuing Music Therapy Education credits. Credits awarded by CBMT are accepted by the National Board for Certified Counselors (NBCC). The Great Lakes Region of The American Music Therapy Association, #P-021 maintains responsibility for program quality and adherence to CBMT Policies and Criteria.

NO PREREQUISITES REQUIRED FOR MT-BC'S OR STUDENTS.

Course Description

Day one of this workshop will cover an Introduction to the Bonny Method of Guided Imagery & Music including basic theory, therapeutic use of music, imagery and processing with dyad experiences guiding and traveling in the Method. Day two will focus on expanding relaxation skills with various guided imagery narration foci, guitar progressions beyond first position, breathing techniques, vocal improvisation and dyad practice integrating these elements in mindful practice.

Learner Objectives:

Participants who take this course will learn how to: (Numbers in parentheses correspond to the CBMT Scope of Practice as shown in the Approved Provider manual.)

1. To recognize how the Bonny Method of GIM compares to other forms of guided imagery and guided imagery with music. I.D.4., II.B.5., IV.B.14.
2. To identify the therapeutic functions of music, imagery and processing through didactic and experiential learning. II.A.2.aw) ba) bb), II.A.5.a) b) g) h) i) 1) 3) j) r) t).
3. To describe the clinical uses and contraindications of 1) the Bonny Method and 2) music focused relaxation. II.B.1.,2.,5.
4. To develop skills for new music relaxation narrations with guitar accompaniment. II.A.1.b) e) 2.a) g) h) o) af) ah) aw) ba) bb) bd).

Weekend Schedule:

Saturday February 18, 2017

Intro to the Bonny Method of Guided Imagery and Music

7:30 a.m. Registration & Breakfast

8:00 – 8:15 am Housekeeping, CMTE instructions, Overview of weekend schedule

8:15 – 10:30 am *Learning Block 1

- **GIM Basics: Definitions,**
- **states of consciousness**
- **imagery**
- **therapeutic functions of music, imagery, processing**
- **GIM theory**
- **clinical applications**
- **session example**
- **Contraindications**

10:30 – 10:40 am Break – refreshments provided

10:45 – 12:00 pm *Learning Block 2

- **Adaptations & why they're needed**
- **Music Imagery**
- **Experiential**

- Processing
- 12:00 – 1:00 pm Lunch on your own
- 1:00 – 2:30 pm *Learning Block 3
 - Guiding 101
 - GIM experiential: Dyad # 1
 - Processing
- 2:30 – 2:40 pm Break – refreshments provided
- 2:45 – 4:15 pm *Learning Block 4
 - Dyad # 2
 - Processing
 - Training
 - Resources

Sunday February 19, 2017

Relaxation Techniques using Guided Imagery Narration, Guitar, Mindfulness and Vocal
Improvisation *****Please bring your guitar for hands on practice!*****

- 7:30 a.m. Registration & Breakfast
- 8:00 – 8:15 am Questions, Overview of today
- 8:15 – 10:30 am *Learning Block 5
 - Important Relaxation Concepts
 - Demo & discussion
 - Guitar forms E, A & D: Hands on practice
 - Intro to Vocal Improv & discussion,
 - Presence (Authentic Movement)
 - Interviewing
 - Breathing 101
- 10:30 – 10:40 am Break – refreshments provided
- 10:45 – 12:00 pm *Learning Block 6
 - Breathing Narration Sample
 - Narration Smorgasbord
- 12:00 – 1:00 pm Lunch on your own
- 1 – 2:30 pm *Learning Block 7
 - Narration practice w/out music in dyads
 - Advanced Guitar Progression
 - Hands on practice
- 2:30 – 2:40 pm Break – refreshments provided
- 2:45 – 4:15 pm *Learning block 8
 - Put it all together! Dyad practice A
 - Feedback & discussion
 - Dyad B
 - Feedback & discussion
 - Final tips
 - Q & A

**Music Therapy Collaboration:
Therapeutic, Interdisciplinary & Community**

Online registration now available at:

http://www.alverno.edu/ecommerce/ieo/workshops/music_therapy/

Name _____ Credentials _____

Street Address _____

City, State, Zip _____

Home Phone _____ Cell Phone _____

E-mail _____

I am applying for: (circle one) 16 CMTE's no credit (interns)

Fee: \$175 (received until February 3, 2017)

\$190 (received February 4 - 13, 2017)
no on-site registration accepted

\$35 (interns only - no credit)
no on-site registration accepted

Undergraduate Music Therapy students may register for 1 credit through the Alverno Registrar
Registrar.Alverno@alverno.edu

Payment Method: Check

Credit Card: PLEASE REGISTER ONLINE AT THE LINK PROVIDED ABOVE

Make checks payable to *Alverno College*; payment must accompany registration.
Alverno College Institute for Educational Outreach
P.O. Box 343922
Milwaukee, WI 53234-3922

Registrations with credit card payment must be paid online.

Cancellation and refund policy:

Conference fees will be refunded minus a \$25 processing charge for participant-canceled programs **ONLY** when the written request is received by the Institute for Educational Outreach office within 5 working days before the event. No refunds will be granted less than 5 working days prior to the workshop date. Due to contractual agreements, there are no exceptions to this policy.

**If you need to cancel your registration, send your request in writing
no later than February 13, 2017 to:**

Alverno College Institute for Educational Outreach
P.O. Box 343922
Milwaukee, WI 53234-3922
or e-mail: institute@alverno.edu

About Louise Dimiceli-Mitran, MA, MT-BC, LCPC, FAMI

Louise Dimiceli-Mitran, maintains a private counseling/music psychotherapy practice, *Rhythms Within LLC*, in Chicago and trains other professionals in the Bonny Method of Guided Imagery & Music for the Therapeutic Arts Institute. She draws on 15 years of experience as an oncology specialist/music therapist in the Advocate hospital system and 20 years as a corporate and community drum circle facilitator. Louise has written articles and book chapters on her work in GIM and its adaptations; she is an enthusiastic teacher, conference and workshop presenter.

Other Information

When you arrive at the college:

Park in the lot at the corner of 39th St. and Morgan Ave. Enter Alphonsa Hall (entrance is south most door facing the east) and follow the signs to the second level. AL 200 is located up the short stairway to the right (accessible elevator also available). Please see the Campus Map below, as there has been updating to the campus in the past year.

FOR SUNDAY: PLEASE BRING A GUITAR FOR HANDS ON PRACTICE!

Food & Beverage

Breakfast will be provided, in addition to morning and afternoon snacks. Lunch is on your own.

The Commons will be open for lunch both days of the seminar.

A variety of fast food restaurants are also located on and around South 27th Street.

Questions?

For questions regarding Alverno College, please contact the Institute for Educational Outreach:

institute@alverno.edu

414/382-6087

For questions regarding CMTE's or other music therapy related concerns,
please contact Nancy Dexter - Schabow at:

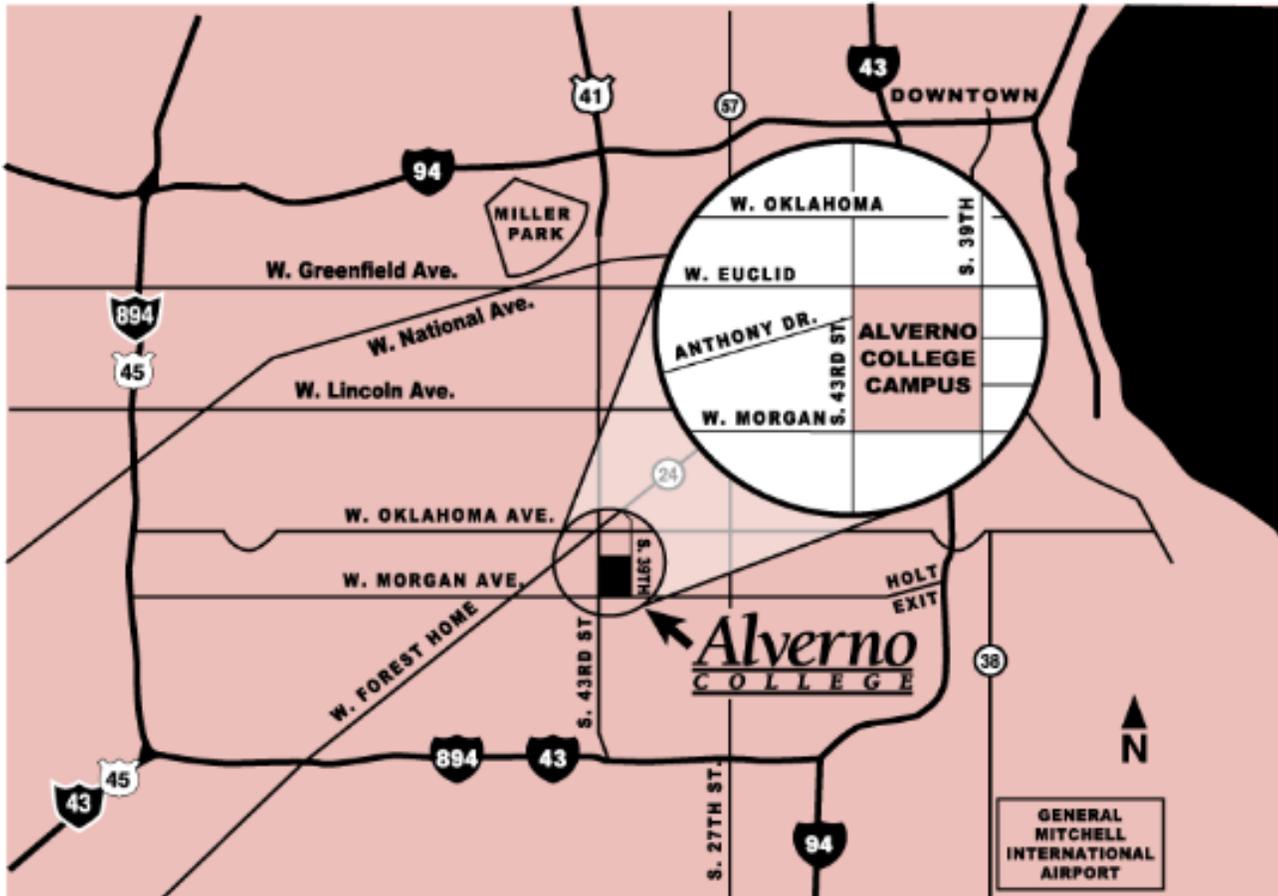
Nancy.Dexter-Schabow@alverno.edu

414/651-0011

Map and Directions

Alverno's campus, just 15 minutes from downtown Milwaukee and General Mitchell International Airport, is easily accessible.

Address: 3400 S. 43rd Street, Milwaukee, WI 53234-3922



*From Chicago:

Take I-94 north to Milwaukee. Take the Howard/Holt Avenue exit. Exit on Holt and go west (left). Holt becomes Morgan Avenue. Continue going west to 43rd Street (2.5 miles). Turn right on 43rd Street. The main entrance to campus will be on your right.

From Green Bay:

Take I-43 south to Milwaukee. Proceed to I-94 toward Chicago. Exit on Holt Avenue, go west. Holt becomes Morgan Avenue. Continue going west to 43rd Street (2.5 miles). Turn right on 43rd Street. The main entrance to campus will be on your right.

From Madison:

Take I-94 east to Milwaukee to Miller Park Way (south). Miller Park Way becomes 43rd Street. Continue south on 43rd Street past Oklahoma Avenue. The main entrance to the college will be on your left.

From Mitchell International Airport:

Take the Downtown Milwaukee exit and go north on I-94. Take the Howard/Holt Avenue exit. Exit on Holt and go west (left). Holt becomes Morgan Avenue. Continue west to 43rd Street (2.5 miles). Turn right on 43rd Street. The main entrance to campus will be on your right.

ALVERNO COLLEGE MAP

FALL 2014



ALVERNO COLLEGE
ESTABLISHED 1887

- 1 Austin Hall (AU)
- 2 Reiman Plaza
- 3 Sister Joel Read Center (RC)
- 4 Founders Hall (FO)
- 5 Pitman Theatre
- 6 Athletic & Fitness Center (AF)
Reiman Gymnasium
- 7 Alphonsa Hall (AL)
Lampe Recital Hall
- 8 Alexia Hall (AX)
Under Construction - Opening 2015
- 9 Christopher Hall (CH)
Wehr Auditorium
- 10 Athletic Fields
- 11 Alumnae Courtyard
- 12 Power House
- 13 Corona Hall (CO)
- 14 Clare Hall (CL)
- 15 Elizabeth Hall (EL)
Alverno Early Learning Center

- PARKING LOTS**
- A Parking Ramp
 - B Handicapped Parking
 - C Public Parking
 - D Permit Parking
 - E Public Parking
 - F Public Parking
 - G Permit Parking
 - H Public Parking
 - I Public Parking

