

## **Basic Training in the Music Breathing Method:**

A music-centered and mindfulness-oriented practice

**A course accredited by the European Association of Music and Imagery**

Offered by **SONORA Organisation for Music Therapy and Research**

[www.sonoramusictherapy.org](http://www.sonoramusictherapy.org)

### **Trainer**

**Evangelia Papanikolaou**, PhD, FAMI, EAMI, Music Therapist, GIM and MI trainer, Music Breathing trainer, clinical supervisor, SONORA's scientific director

### **Assistant trainer**

**Joyu Lee**, PhDc, FAMI, MM, MT-BC, Board-Certified Music Therapist, GIM therapist, senior therapist at UNC Health, Narrative therapist, Music Breathing assistant trainer

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## **Course information**

Are you aware of the importance of breathing for our mental and physical well-being? Music Breathing combines these two elements to harness their benefits in a method that can be useful in various situations. Swedish Psychiatrist Dr. Dag Körlin founded Music Breathing by adapting the Guided Imagery and Music method. Initially developed to support vulnerable people facing psychological trauma and PTSD, it has proven to be a versatile and simple tool that can be used in a wide variety of psychosocial and educational settings to reduce stress and increase well-being, as well as a self-care tool.

In this basic level training, participants will have the opportunity to understand the history and methodology of Music Breathing, the basic theory it is built upon, and its benefits in different settings. A significant part of this training seminar will also be experiential, allowing the participants to understand the mechanisms involved in Music Breathing based on their own experience.

By the end of the Basic seminar, participants will receive a certification of attendance. If they wish so, they may then apply to continue to the Advanced seminar (3 days online) to complete the full training and receive their certification as Music Breathing practitioners, accredited by the European Association of Music and Imagery.

**Eligible participants:** The training is open to all conference participants and other art/music therapists as well as medical staff and students of the MSH Medical School Hamburg who wish to incorporate Music and Breathing techniques to support their patients/clients on a physical and psychological level and as a self-care tool.

## References

Körlin, D. (2007). Music Breathing: Breath grounding and modulation of the Bonny Method of Guided Imagery and Music (BMGIM): Theory, method, and consecutive cases. *Journal of the Association for Music and Imagery*, 11. 79–113.

Körlin, D. (2019a) A neuropsychological theory of traumatic imagery in GIM. In D. Grocke (Ed.). *Guided Imagery and Music: The Bonny Method and beyond* (2nd ed., pp. 497–530). Barcelona Publishers.

Körlin, D. (2019b) Music Breathing. In D. Grocke (Ed.), *Guided Imagery and Music: The Bonny Method and beyond* (2nd ed.; pp. 531–571). Barcelona Publishers.

## Course outline

Times	23 July
9.00  (short break in-between)	<ul style="list-style-type: none"> <li>• Introduction/program presentation</li> <li>• Background tradition of MB/basic theoretical concepts on Music Imagery/supportive therapy</li> <li>• Basic theoretical concepts of Music Breathing (MB)</li> <li>• Experiential on discovery breathing/Processing</li> <li>• Silent breathing and triangular breathing-experientials/Processing</li> </ul>
12.30-13.30	Lunch break
13.30  (Short break in between)	<ul style="list-style-type: none"> <li>• The music in Music Breathing</li> <li>• Use of MB in various clinical and psychosocial settings</li> <li>• Indications and contraindications</li> <li>• Current research</li> </ul>
15.00-16.00	Closure, information about Advanced training