

# Guided Imagery and Music

A window to the inner self

*“Music is probably the most effective and safe opener to the doors of the psyche. It reaches beyond defenses to the realities and beauties of the person.” Helen Bonny*

*Helen Bonny, Music Therapist and founder of Guided Imagery and Music*

**What:** Guided Imagery and Music (GIM) is a process in which music and imagery experiences are used to bring about self awareness, growth and therapeutic change. A session involves clients listening to specifically selected programmed music and experiencing visual imagery, feeling states and body responses as evoked by the music. The therapist engages the client in a dialogue to enhance the experience. By combining the two media of music and imagery, a form of psychotherapy emerges that engages the richness of creativity, symbolism, metaphor and narrative.

**Who:** Louise Terry-Clark is a registered Music Therapist (RMT), and has accreditation with the Australian Music Therapy Association (AMTA). She has been a practicing music therapist for 10 years and has worked in the areas of autism, adult disability, mental health and more recently with refugees. Louise is currently in her final year of study (Grad. Dip. Guided Imagery and Music) at the University of Melbourne.

**Why:** GIM can support:-personal growth, grief and loss, support during challenging times, life purpose and meaning, spiritual development, trauma, anxiety and depression, relationships, post cancer support and other areas of interest.

**Wanted:** clients interested in a series of (6) individual GIM sessions. Weekdays (9-5pm) are preferable but flexibility around other times can be discussed. Sessions will take place in Gladesville. Sessions are usually \$130 for 90 minutes. As a trainee, sessions will be offered at a reduced rate of \$30 each. An initial session will be offered free of charge.

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