



## **Module Specification**

### **Introduction to Guided Imagery and Music**

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## Part 1: Information

**Module title:** Introduction to Guided Imagery and Music

**Module code:** USPKJE-15-M

**Level:** Level 7

**For implementation from:** 2023-24

**UWE credit rating:** 15

**ECTS credit rating:** 7.5

**Faculty:** Faculty of Health & Applied Sciences

**Department:** HAS Dept of Social Sciences

**Partner institutions:** None

**Field:** Psychology

**Module type:** Module

**Pre-requisites:** None

**Excluded combinations:** None

**Co-requisites:** None

**Continuing professional development:** Yes

**Professional, statutory or regulatory body requirements:** None

## Part 2: Description

**Overview:** Not applicable

**Features:** Not applicable

**Educational aims:** This module incorporates the content of the first level of a Bonny Method of GIM training. Although it does not equip students to practise the Bonny Method of GIM in full (for which further levels of training are required) however the module does stand alone as a complete learning experience and will allow

healthcare practitioners, therapists, educators and community musicians to incorporate receptive approaches within their own practice.

**Outline syllabus:** Introduction to Receptive Approaches

Projective listening

Relaxed listening

Directed music imaging

Undirected music imaging

Level 1 Bonny Method of Guided Imagery and Music (GIM):

Definition and core elements

History of method

Indications and contraindications for use

Introduction to Inductions

Introduction to Guiding

Structure of sessions

Ethics and standards of practice

Different levels of consciousness

Imagery experiences

Use of music to evoke imagery

Beginning programmes

Experiential content:

Group experience of imaging to music

Experiences of guiding and being guided

Use of other art forms for processing experiences

Demonstrations from trainers

## **Part 3: Teaching and learning methods**

**Teaching and learning methods:** Teaching and learning methods will be adapted to the cohort size but will include the learning experiences listed below.

Scheduled learning – the workshops will include seminars, demonstrations, lectures, small group activities, individual and paired work and group discussions.

Independent learning includes hours engaged with essential reading, further reading, reflective writing and self-directed study, preparation for lectures and in-class activities, and assignment preparation and completion. Participants will be required to become familiar with the music recommended for this kind of receptive work.

This module involves experiential delivery in the form of face-to-face workshops with music therapy staff who will be Fellows of the Association of Music and Imagery specialising in the Bonny Method of GIM. The course will involve an introductory day, followed by an intensive 4-day workshop, ending with 2 days for viva presentations. This module generates 150 hours of study time, 50 hours of which will be spent on formal contact time in seminars and workshops. Students will be expected to spend:

35 hours completing the coursework assignments

65 hours on independent reading

**Module Learning outcomes:** On successful completion of this module students will achieve the following learning outcomes.

**MO1** Demonstrate a detailed understanding of receptive (listening) approaches using music as part of a therapeutic practice

**MO2** Demonstrate a detailed understanding of the use of imagery and different levels of consciousness when listening to music

**MO3** Critically evaluate a range of different receptive approaches for work in varying therapeutic contexts

**MO4** Critically evaluate the potential implementation of a range of basic receptive approaches within their own work setting

**MO5** Demonstrate a critical awareness of the boundaries and limitations of the student's own practice when using receptive approaches

**MO6** Demonstrate a detailed knowledge of the Bonny Method of Guided Imagery and Music

**Hours to be allocated:** 150

**Contact hours:**

Independent study/self-guided study = 100 hours

Face-to-face learning = 50 hours

Total = 150

**Reading list:** The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uspkie-15-m.html) via the following link <https://uwe.rl.talis.com/modules/uspkie-15-m.html>

## **Part 4: Assessment**

**Assessment strategy:** Summative assessment of all learning outcomes aims to capture in a thorough way the main competencies and aspects of critical understanding which are required for M-level. The assignments will involve reflective practice as well as presentation and discussion with examiners and peers in order to demonstrate the integration of theory and practice and to allow the student creative ways of integrating complex thinking and practice. These assignments will therefore involve a reflective journal of 2000 words and a viva presentation of 40 minutes maximum consisting of a presentation and discussion/questions.

Formative assessment/feedback provides opportunities for students to gain feedback on their developing understandings and knowledge and their critical evaluation skills. These will be embedded throughout the module, in group discussions and small group activities. Students will be required to share their understandings and skills with teaching staff, and teaching staff will provide them with feedback on the appropriateness/level of their understandings and skills. Task A has a heavier weighting as the viva presentation will allow the assessment of a wider range of proficiencies than a written reflective record.

**Assessment tasks:**

**Presentation (First Sit)**

Description: 40 minute (maximum) viva presentation

Weighting: 60 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO5, MO6

**Reflective Piece (First Sit)**

Description: 2000 word reflective journal

Weighting: 40 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO5, MO6

**Presentation (Resit)**

Description: 40 minute (maximum) viva presentation

Weighting: 60 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO5, MO6

**Reflective Piece (Resit)**

Description: 2000 word reflective journal

Weighting: 40 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO5, MO6

**Part 5: Contributes towards**

This module contributes towards the following programmes of study: