

NER CMTE #4 Promotional Materials:

Thursday, March 26th, 2026

9am-12pm

Title: An Introduction to Practicing Resource-Oriented Music and Imagery

Presenters: Tim Honig, PhD, MT-BC, Fellow of the AMI; Heather Wagner, PhD, MT-BC, Fellow of the AMI

CMTE Credits: 3

Opportunity Cost: \$65.00 (AMTA Member Pricing) or \$95.00 (Non-AMTA Member Pricing)

Presenter Qualifications:

Tim Honig, PhD, MT-BC, Fellow of the AMI, is Assistant Professor and Director of Music Therapy at Westfield State University. He provides GIM in his music psychotherapy private practice and is on the training staff of the Appalachian GIM Institute.

Heather Wagner, PhD, MT-BC, Fellow of the AMI, is Associate Professor and Music Therapy Coordinator at Southern Connecticut State University. Heather is a GIM therapist and provides teaching and supervision with the Appalachian GIM Institute as an AMI-Endorsed Trainer.

Abstract: Resource-oriented music and imagery is a receptive music therapy approach that helps clients connect with their inner resources at a deep level and to amplify them using imagery techniques. Workshop attendees will learn and practice this supportive but powerful approach for clinical application that is grounded in the principles of music-centered psychotherapy method Guided Imagery and Music.

Prerequisites: None.

Course Outline:

Experiential: Attunement and Introductions (20 min). Group engages in short music and imagery experience to attune to the music and to their inner resources. 5 minutes for music, 15 min for brief sharing

Content: Brief overview of music and imagery and its relationship with GIM (15 min)

Content: Discussion of music as container (15 min)

Segments of a supportive-level music and imagery session (30 min)

Brief demo and discussion (15 min): the two facilitators do a brief demo of a script-based resource-oriented music and imagery session

Experiential: Dyad #1 (30 min). In pairs, attendees practice this supportive, resource-oriented script-based music and imagery approach. Includes preparatory conversation, music and imagery portion using drawn mandala, and post-session processing.

Experiential: Dyad #2 (30 min). In the same pairs as experiential #1, attendees will switch roles.

Discussion: Processing (10 min)

Content: Final thoughts, including scope of practice and clinical application (15 minutes)

CBMT Objectives & Domains:

Attendees will demonstrate emerging skills in:

- 1) Client-centered verbal techniques to design receptive music therapy experience (CBMT Domain 1B, 2B-2, 2B-6, 4A; Tasks 12, 18, 37, 38)
- 2) Providing resource-oriented music and imagery (CBMT Domain 2B, 3A-1, 3A-6, 3A-7, 3A-11; Tasks 31, 33, 36, 38, 46)
- 3) Verbal and nonverbal processing techniques (CBMT Domain 2B, 3A-1, 3A-3, 3A-6; Tasks 12, 31, 33, 38)
- 4) Identifying indications and contraindications for resource-oriented music and imagery (CBMT Domain 1B, 1C, 2B-2; Task 46)

Cancellation and Refund Policy:

If you are unable to attend the CMTE workshop after registering, please request a refund via email to the Conference Chair at vicepresident@neramta.org no later than 9am on the day for which you would like a refund. In the request, please state your reasoning for needing a refund, and the team will review and respond to you within 24 hours of receiving the request. Refunds will be processed as quickly as possible. Registrants are responsible for processing fees associated with the platform except in case of hardship.