

Information about low-cost Music and Imagery (MI) therapy available with qualified therapists completing additional training in MI, 2026

Thank you for your interest in low-cost Music and Imagery (MI) therapy. Please read the information about this below and let Cathy Rowland know should you wish to be informed when a therapist becomes available. Cathy is a UKCP-registered Psychotherapist and HCPC-registered Arts Therapist who supervises therapists training in MI. Please clarify with Cathy which type of MI you are interested in as set out below should you have a preference (cathy.inaccordia@gmail.com).

Who will provide the therapy?

The therapy will be provided by a qualified music therapist (sometimes by an art therapist, counsellor or psychotherapist) who is completing additional training in Music and Imagery (MI) with the Integrative GIM Training Programme. All those completing additional training in MI are already fully qualified as therapists and professionally registered with a regulating body such as the Health and Care Professions Council (HCPC) to whom they are accountable for the standards and ethics of their practice.

What is MI therapy?

MI integrates talking therapy with creative exploration and processing. The creative part would involve your using art materials such as oil pastels to create an image whilst listening to music that the therapist had helped you choose and with which you connected emotionally. There are two types of MI therapy that therapists may be able to offer you, depending on the level of training they are completing.

One type of therapy would be offered as a series of seven 75-minute sessions. The therapy would be focused on developing your inner resources, strengths and resilience to support your mental health and wellbeing.

The other type of therapy would be offered as a series of ten to twelve 75-minute sessions, focused more directly on any mental health struggles you may be experiencing and addressing the underlying psychological and emotional issues. Work focused on developing your inner resources (SMI) would also be included. If to meet your needs you felt that further sessions would be beneficial once you had received the initial ten to twelve sessions, these could potentially be arranged.

Please see the Music Imagery Hub website for more information about MI, how it works and what it can help with (<https://www.musicimageryhub.org/how-can-music-and-imagery-help>).

When is low-cost therapy available?

When a therapist completing MI training becomes available, Cathy will pass on their contact details to you. Please note that there may be a delay before anyone becomes available, and we cannot guarantee that they will, especially if more people express an interest than therapists can accommodate. Therapy will be offered on a first-come, first-served basis.

We anticipate that resource-oriented MI (7 sessions) will be available between May and the early autumn 2026. If you are interested in this and apply earlier, which we encourage, you will be placed on the waiting list. We anticipate that MI therapy focused on mental health

difficulties and addressing the underlying issues (10-12 sessions) will be available between January and the early autumn 2026.

If you need more urgent mental health support, you may wish to contact a therapist who has already completed additional training in MI (<https://www.musicimageryhub.org/registered-mi-therapists>).

Arrangements for therapy and fees

Therapists completing MI training are recommended to charge £30-35 per session which is around half the fees qualified therapists charge (£60-75). One advantage of MI is that it works well online should in-person sessions be impractical for geographical or other reasons. Most therapists in training offer online sessions.


MI therapy would always begin with a taster session. This would give you an opportunity to meet with the therapist, have an MI experience and consider whether you would like to continue with either a 7 or 10-12 session series as set out above. Please note that the number of sessions in a series is set in advance so that the therapists completing their MI training can meet the course requirements. If you wanted a more flexible approach, we would encourage you to contact a therapist who has already completed MI training (<https://www.musicimageryhub.org/registered-mi-therapists>).

Confidentiality

Should you arrange sessions with a therapist completing training, they would be expected to discuss your therapy in confidential supervision sessions arranged with a training supervisor and other therapists also completing training. A pseudonym rather than your real name would be used. No information would be shared by your therapist that might enable others to identify you, such as where you live or work. The course trainers would also have access to information about your therapy as necessary to help them evaluate your therapist's work, but not anything that could identify you personally.

We hope that this information is helpful and that should you arrange therapy with a qualified therapist completing MI training that it is beneficial to you. Many who have received such therapy have reported a significant positive impact on their mental health and wellbeing.

Kind regards,



Martin Lawes, Director,
Integrative GIM Training Programme



Helen Wallace-Bell, Assistant Director,
Integrative GIM Training Programme