



Music Imagery Hub

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MUSIC AND IMAGERY (MI) SYMPOSIUM 2026

**SATURDAY 16 MAY
9:30am – 4pm ONLINE**

Cost: £35

Bookings and further information: integrativegim@protonmail.com

This symposium will include presentations of Supportive Music and Imagery (SMI) and Re-educative Music and Imagery (RMI). These Music and Imagery (MI) methods involve clients in art-making (and sometimes other expressive arts modalities) whilst listening to music of their choice and are part of the contemporary spectrum of Guided Imagery and Music (GIM) methods. SMI focuses on developing a client's inner resources, strengths and resilience, RMI on addressing the psychological and emotional issues affecting the client's mental health. For those trained in both methods, they are integrated in practice.

The symposium has been organized as a CPD event for those trained in MI and an introduction for music therapists and others interested in training. A schedule for the day is provided below, along with details about the presentations and presenters. Each presentation will last 30-minutes with 15-minutes for questions and discussion afterwards.

Further information about MI and training in it can be found at: <https://www.musicimageryhub.org>.

**PLEASE NOTE THAT THE PRESENTATIONS WILL NOT
BE RECORDED FOR LATER VIEWING BY DELEGATES**

Schedule

9:30am (UK time)	INTRODUCTION TO MUSIC AND IMAGERY (MI) (Helen Wallace-Bell) <i>This introductory session is intended for those not trained in SMI or RMI. It will provide an overview of these methods and training in them to inform delegates understanding of the presentations to follow.</i>
10:15am	Break
10:25am	PRESENTATION 1 (SMI) <i>From Sharp Notes to Soft Tones: A Journey Within</i> (Caroline Bond)
11:10am	Break
11:25am	PRESENTATION 2 (SMI & RMI) <i>From Suppression to Self-Agency: Music and Imagery in Re-educative Therapeutic Work</i> (Verity Ransom)
12:10pm	Mini-break
12:15pm	PRESENTATION 3 (SMI) <i>Ripples of Feeling: Emotional Emergence Through Supportive Music & Imagery</i> (Lai Yiu Yeung)
1pm	Lunch
2:15pm	PRESENTATION 4 (SMI & RMI) <i>I just want to feel like myself again - Music and Imagery therapy as a treatment approach for a teenager with depression and anxiety</i> (Carine Ries)
3:00pm	Break
3:15pm	PRESENTATION 5 (SMI) <i>"A development of colour, A development of me!": A SMI case study with an adult client living with Schizophrenia in remission</i> (Motoko Hayata)
4pm	Finish

Abstracts and biographies

Introduction to Music and Imagery (MI)



Presenter: Helen Wallace-Bell

Abstract: This introductory session is intended for those not trained in SMI or RMI. It will provide an overview of these methods and training in them to inform delegates understanding of the presentations to follow.

Biography: I earned my MA in Music Therapy from Roehampton University and have been practising since 2007. I completed my Guided Imagery and Music (GIM) training with the Integrative GIM Training Programme in London, where I also gained a Diploma in Music & Imagery Therapy. I now enjoy being part of the teaching team as Assistant Course Director and Supervisor, supporting others as they train to become therapists, alongside running my own private practice.

I have also trained with Dr Dag Körlin, creator of the Music Breathing Method, and am a qualified Independent Music Breathing Practitioner. This approach combines breathwork and music-listening to help calm the body and support healing, and can be particularly effective for those recovering from trauma or coping with stress and anxiety.

Over the years, I've worked with adults and young people experiencing a wide range of challenges, including trauma, learning and physical disabilities, Autistic Spectrum Condition, sensory processing differences, terminal illness, dementia, and those exploring the connection between emotional and physical pain. I also support people seeking personal growth, spiritual development, and greater creativity, as well as those navigating anxiety, depression, stress, or a desire to bring mindful listening into everyday life. My approach is gentle, compassionate, and always centred around each person's individual needs and pace.

From Sharp Notes to Soft Tones: A Journey Within



Presenter: Caroline Bond

Abstract: This presentation explores the journey of a woman in her early 40s who has used SMI as a powerful tool for self-discovery. With a deep connection to music, she regularly performed in a band, yet her inner critical voice—both in her musical expression and professional life—often overshadowed her ability to experience joy. Through this work, we witness how SMI can illuminate not only the challenges we face but also the quiet, supportive joys that are sometimes hidden beneath the surface. As the imagery unfolds, we see a growing sense of integration within the client—an emotional shift that, as the title suggests, allows the softer tones of support to gently emerge and be felt.

Biography: I am a creative counsellor, integrating a range of expressive mediums—such as clay, puppets, and paints—into my therapeutic work to support clients in meaningful and imaginative ways. My experience spans diverse sectors, including sexual abuse charities,

educational settings, and more general adult services. Currently, I work in a college environment, supporting students aged 16 to 19.

Since qualifying as a counsellor in 2019, I've been particularly drawn to the therapeutic potential of music. Although I hadn't previously received formal training in this area, that changed in 2025 when I completed the SMI training. I am now continuing this journey through the RMI programme, deepening my ability to incorporate music into my practice.

From Suppression to Self-Agency: Music and Imagery in Re-educative Therapeutic Work



Presenter: Verity Ransom

Abstract: This case presentation explores a seven-month online Supportive and Re-educative Music and Imagery (SMI & RMI) process with Alison (pseudonym), focused on boundaries and autonomy, emotional expression and regulation, LGBTQ+ identity affirmation, grief, family dynamics, and coping with overwhelm and work-related stress. Music functioned as a central agent of therapeutic change, serving alternately as a mirror, a container, and a catalyst throughout the work.

Music encountered in therapy evolved into personal symbols of resilience, identity, and growth. Reviewing music and artwork at the end of therapy highlighted a coherent narrative of increasing self-trust, empowerment, and compassionate self-understanding.

This case illustrates the transformative potential of music as a dynamic therapeutic resource, supporting emotional access, regulation, identity integration, and enduring personal growth.

Biography: I am a music therapist, specialising in Music and Imagery and my pronouns are she/her/hers. I incorporate Music and Imagery into music therapy, as well as using it as a stand alone modality. I am also a supervisor for trainee therapists within this field.

My work is deeply rooted in the belief that self-care is essential to wellbeing, and I am passionate about supporting others in discovering nurturing, restorative practices through creative exploration.

Using the powerful approach of Music and Imagery, I create safe, supportive spaces where clients can gently connect with their inner world. Whether it's through listening to carefully selected music, guided visualisation, or reflective dialogue, this process allows for deep personal insight and emotional healing. I believe everyone's journey is unique, and I work collaboratively to explore each individual's needs with creativity and compassion.

At the heart of my practice is the commitment to holding a non-judgmental space—one where clients feel empowered to be authentic, curious, and open. Through this, self-care becomes not just a task, but a meaningful, evolving relationship with oneself.

Ripples of Feeling: Emotional Emergence Through Supportive Music & Imagery



Presenter: Lai Yiu Yeung

Abstract: This presentation explores how Supportive Music & Imagery (SMI) gently supported a client who initially engaged with his inner experiences through structure and logic, offering a pathway toward emotional awareness, acceptance, and reflection. Within the framework of SMI, music and imagery created moments of stillness where subtle ripples of feeling could safely emerge.

Across sessions, the client began to soften rigid patterns, notice emotions, and find reflections of himself even in unfamiliar music—marking a meaningful shift toward openness, self-connection, and reflective insight.

Selected vignettes illustrate how SMI can hold emerging emotional material while fostering personal growth for clients less familiar with inner exploration. Brief background information contextualises the process, highlighting how the combination of music, imagery, and the therapeutic relationship can nurture self-understanding, emotional processing, and the discovery of inner resources.

Biography: Lai Yiu is a UK- and US-credentialed music therapist specialising in working with adults and families in palliative care, including those with diverse physical, cognitive, and neurological conditions such as dementia, COPD, and learning disabilities, and also working with children with special educational needs and disabilities (SEND) in private practice. Her approach is humanistic, informed by psychodynamic and Neurologic Music Therapy principles, and focused on supporting clients in creative exploration, expression, reflection, and emotional processing. She draws on Supportive Music & Imagery (SMI) in her music therapy practice and is currently training in Re-educative Music & Imagery (RMI) to expand and deepen her clinical work.

I just want to feel like myself again - Music and Imagery therapy as a treatment approach for a teenager with depression and anxiety



Presenter: Carine Ries

Abstract: This case story shows the beneficial use of Music and Imagery therapy (SMI & RMI) as a treatment approach for an adolescent with depression and anxiety and illustrates how MI therapy can be helpful in addressing anxiety habit loops (Brewer, 2021) by supporting the client to increase familiarity of felt sensations, including emotional, physiological, and cognitive experiences in a variety of situations. As well as helping the client

become more acquainted with the symptoms of anxiety and depression, MI therapy also supports the client with establishing new beneficial pathways, increasing awareness of inner strengths and external resources and thereby creating an upward spiral of helpful habits.

Biography: Carine completed her undergraduate degree in Music & Psychology at the University of Leeds before moving to London to complete her MA in Music Therapy at the Guildhall School of Music and Drama in 2010. Carine has since also qualified as a Music and Imagery therapist and is a GIM fellow. Carine completed her 200hrs yoga teacher training in 2017 and has presented internationally on the benefits of using a combined approach in therapy. Carine has experience working with children and adults in a variety of settings and

with a range of needs, including mental health, emotional and behavioural difficulties, sensory processing difficulties, and profound and multiple learning disabilities. In her private practice Carine works with children and adults offering music therapy, GIM, yoga, and animal assisted therapy.

“A development of colour, A development of me!”: A SMI case study with an adult client living with Schizophrenia in remission



Presenter: Motoko Hayata

Abstract: This case study demonstrates how SMI supported a middle-aged male client experiencing anxiety and memory difficulties related to schizophrenia, guiding him toward an increased awareness of personal changes. The presentation will focus on the client’s process and development over the course of 7 sessions. During the early sessions, the client exhibited significant anxiety and low confidence. As therapy progressed, he gradually became able to identify and utilize his inner resources, leading to enhanced self-support and growing confidence.

Biography: Motoko is an HCPC-registered Music Therapist and MI therapist with extensive experience working with individuals of all ages across diverse settings, including schools, day centres, hospitals, and community organizations. She previously worked as Clinical Director and Placement Supervisor at Newham Music Trust in London. Currently, she operates her private practice, UUME, supporting clients experiencing emotional challenges such as anxiety, depression, low self-esteem, stress, and relationship difficulties. She has presented her work at national and international conferences and has contributed to music therapy literature as both an author and translator.