

# Connections

The Newsletter of the Connections Program

A Partnership Between the Health District of Northern Larimer County and SummitStone Health Partners

## Bonny Method of Guided Imagery and Music

Submitted by: Beth Mosko, MM, MT-BC

The Bonny Method of Guided Imagery and Music (GIM) is an interesting option for anyone seeking alternatives to traditional talk therapy. It is an experiential, music-centered method based primarily in humanistic, transpersonal, and Jungian theories. The method was developed by Dr. Helen Bonny (1921-2010), a music therapist who worked as a researcher in psychedelic psychotherapy at the Maryland Psychiatric Research Center in the late 1960s-early 1970s. She designed "programs" of classical music to be used in these studies and eventually learned that 30-45-minute sequences of classical music could be used independently of the drugs to facilitate similarly deep therapeutic experiences. Unlike with psychedelic use, music in a GIM session allows a client to maintain their defenses while in a non-ordinary state of consciousness; it still supports a diminishing of usual resistance and offers heightened potential for sacred/peak experiences.

There are three parts of a GIM session: 1.) An initial discussion takes place to check in and review current issues. 2.) The therapist helps the client focus internally before listening and imaging to music chosen by the therapist. The client verbally shares the experience as it takes place and dialogues with the therapist about it. The therapist transcribes the conversation, sharing a copy afterward. 3.) After the music ends, the client and therapist review the imagery together. During this time, the client may engage in mandala drawing or other creative expression to further integrate the experience. Sessions last 1.5 to 2 hours.

Various types of imagery are common in GIM, manifesting as visualizations or stemming from one of the other five senses. Imagery might also be experienced as emotions, kinesthetic or somatic sensations, memories, or transpersonal phenomena. The experience is self-directed, and the role of the therapist is to witness and help deepen the client's involvement with the imagery process. That said, the music influences the imagery, and some people consider it to be a "co-therapist". The GIM therapist chooses music based on its congruency with a client's mood and on its potential to stimulate various experiences. For example,



polyphonic music (which uses multiple melodic lines at once) might best support someone who is needing to explore a problem from multiple perspectives. More dynamic music will enable a more challenging experience while more static music can hold the client in a smaller, safer container. Many music programs exist and continue to be created by GIM practitioners.

Though it allows clients to move through issues quickly, the extended duration and depth of a GIM session is intense. The ends of the music programs are structured to re-ground the client as is the creative, non-verbal time spent afterward. Sessions can take place online and the length can be modified to accommodate people's needs, such as in the case with certain medical conditions. Most often, sessions take place at a frequency of every 2-3 weeks to allow sufficient time for processing. A series of 6 sessions can be adequate

for making substantial progress, though one may need or choose to continue longer. GIM works well in conjunction with verbal therapy. Contraindications include people experiencing current or recent psychosis or who have poor ego strength.

Training to become a Fellow of the Association of Music and Imagery (FAMI) is extensive, typically taking a minimum of three years, and includes three levels of training from an approved AMI program. Many FAMIs are music therapists but other mental health professionals can and do choose to become practitioners. AMI is a professional organization that supports research, training, networking, and the maintenance of ethical and professional standards. AMI also publishes the Journal of the Association for Music and Imagery.

### More Information

<https://ami-bonnymethod.org/about/faq>

Beth Mosko, MM, MT-BC works as a music therapist at Pathways in Fort Collins. She's an advanced student of GIM and offers sessions through her private practice (mostly online during the pandemic) under regular supervision. She can be contacted via email at [beth@innerrhythmmusictherapy.com](mailto:beth@innerrhythmmusictherapy.com) or through her webpage: <http://innerrhythmmt.com/gim>.

We encourage you to submit short articles (50-600 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., and will publish them as space allows. We reserve the right to edit all submissions.

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## Connections

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Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. The purpose of the newsletter is to offer information on community happenings of interest to mental health and human services providers and updates on services available through the Connections Program. Thank you.

## Resources for the Professional

### Presentation: A Unique Perspective on Experiential Therapy

"Hey, can we do therapy in the woods today?"

Experiential therapy has a long tradition and roots in the humanistic paradigm, set forth by the likes of Maslow and Carl Rogers. It has developed into its own researched and best practice branch of therapy that focuses on activities such as sand trays and acting out trauma with figurines. This process is typically provided to children and victims of severe trauma. Mr. Colton has taken experiential therapy to another level. In his Master's program professional paper in 2012, he worked to provide research on using the concept of play in the experiential sense and applied it to teens and adults, combining the components with traditional therapeutic techniques that are typically provided in an office setting, and then he took the show on the road. Join Keith Colton, LCSW for a presentation that will explore the journey to a new perspective on experiential therapy and how it is utilized at AspenRidge Fort Collins.

**Hosted by:** AspenRidge Fort Collins

**When:** Thursday, November 19th  
Noon-1:00pm

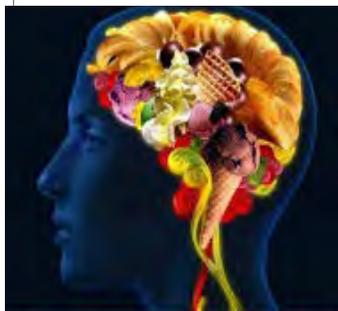
**Where:** Online



To register for this event, visit

<https://www.eventbrite.com/e/can-we-do-therapy-in-the-woods-a-unique-take-on-experiential-therapy-tickets-126316675577>.

### Nutrition for the Mind and Body The Connection Between Nutrition and Mental Health



Online event for Fort Collins area mental health professionals to learn the deep connection between our nutrition and our mental health. Ashley Stoker, MS, RDN will be sharing some insights and science around her work in behavioral health nutrition. There will be time for Q & A to follow the talk, as well as time for attendees to share a little about yourselves and your practice to connect and broaden your network.

**Hosted by:** Humanly Fort Collins

**When:** Friday, November 20th  
Noon-1:30pm

**Where:** Online

To register for this event, visit

<https://www.eventbrite.com/e/nutrition-for-mind-and-body-tickets-125797522777>.

## Resources for the Professional

### Group: A Healing Force for the 21st Century A Virtual Conference for Anyone Working with GROUPS

Join local therapist, Carrie Haynes, M.Ed, LPC as she presents at the Four Corners Group Psychotherapy Society Conference. Carrie will share her life changing and transformative experiencing participating in a group! Carrie's session, "Circlework: Medicine for our Times", will include both didactic information and experiential exercise. Circle work provides opportunities for deep, intimate, transformative connections among participants.

Attend Carrie's presentation, and other presentations alike, to learn how to cultivate healthy group dynamics.

**Hosted by:** Four Corners Group Psychotherapy Society

**Event:** Saturday, November 7th, 9:00am-5:00pm  
Sunday, November 8th, 9:00am-1:45pm

**Carrie's session:** Sunday, 10:35am-12:05pm

**Where:** Online



To learn more about this event, the pricing and to register, visit

<https://www.eventbrite.com/e/group-a-healing-force-for-the-21st-century-virtual-conference-tickets-119174252397?fbclid=IwAR3eVi-mYUDfLleqG6liotrFhB519Urbq2n30p4bETUFqplqz2uzAzGJxk>.

To learn more about Carrie's session, visit:

<https://www.fcgps.org/2020halfday-workshops>.

## Office Space Availability

**Shared Office Space Available in Fort Collins**—\$250 (negotiable depending on days used) utilities included. Natural lighting, warm environment, space to socially distance for sessions. Shared waiting area, fully furnished, ample parking. Great spot to use a hot spot and Zoom! Central location (College and Pitkin) Could be available Monday, Wednesday, Thursday, Friday and every other Saturday during the day-willing to be flexible. Please email [pmccra@gmail.com](mailto:pmccra@gmail.com) for more information.



## Resources for the Professional

### Office Space Availability

**Office for rent**—This is a large office just north of Prospect on Shields, for rent half or full time (1302 S. Shields). Full time rent is \$800 per month, half time \$400 per month. It is spacious office, easy to create enough space for social distancing. It is a 2<sup>nd</sup> floor office with parking lot near CSU. It is in an office suite occupied by a psychologist, social worker, speech language pathologist, human resources specialists, and family therapists. One year lease beginning January 1, but earlier occupancy is possible.

Please call Lorna Hecker at 970-617-4035 for more information or to see the office.



### Job Openings

Connections has two positions available on their Adult team:

**Bilingual Behavioral Health Provider:** The Bilingual Behavioral Health Provider is responsible for responding to needs presented by clients who telephone, walk-in, or make an appointment for mental health assistance. The Bilingual Behavioral Health Provider will have a specific focus on outreach and providing assessment and crisis intervention services to the LatinX population.

**PRN Behavioral Health Provider:** PRN staff fill in for behavioral health providers when short staffed. The Behavioral Health Provider is responsible for responding to needs presented by clients who contact the Connections program seeking mental health and/or substance use assistance. This position is best suited for someone who has many years experience in the behavioral health field or has prior crisis work. Filling in for staff involves screening walk-ins and phone calls, assessing for risk, and providing information and referrals to clients. Shifts are usually 4-6 hours long, between the hours of 8:00am-8:00pm.

To see the full job descriptions and to apply, visit [www.healthdistrict.org/jobs](http://www.healthdistrict.org/jobs).

**Now Hiring**

Poudre School District is looking to hire a **Bilingual Mental Health Engagement and Outreach Specialist**. This position will entail working collaboratively with PSD Student Services and Language, Culture, and Equity teams.

To view the full job description and to apply, visit <https://psdschools.tedk12.com/hire/ViewJob.aspx?JobID=2690>.

## Resources for the Professional

### Job Openings



Harmony Foundation is looking to hire a Clinical Case Manager. The primary function of this position is to provide clinical case management for clients to ensure that continuing care plans are effectively coordinated and in place upon discharge. Clinical case managers meet with clients throughout their stay to collaboratively determine continuing care needs and consult with family members.

To see the full job description and to apply, visit <https://harmonyfoundationinc.com/history/careers>.

## Resources for the Community

### Postpartum Support Group for New Mothers

This weekly group will be focused on offering a non-judgmental space to connect those facing the realities and struggles of motherhood to one another.

8 spots available, weekly sign-up.

**Facilitated by:** Mary Beth Swanson, LCSW and Jen Phippen, LCSW

**When:** Tuesdays, noon-1:00pm (Starting November 3rd)

**Cost:** \$35 per group. Medicaid accepted.

To learn more and to refer a client, visit <https://www.willowcollectivefoco.com>.

### Grief Group

A therapy group for people who have experienced primary loss (death of a parent, child, sibling, or partner, or culturally equivalent relationship). A space to share and process your grief, develop coping skills, and connect with others who have experienced similar loss.

**Facilitated by:** Mica Adesso, PhD, LP and Caroline Fraase, M.Ed

**When:** Sundays, 2:00-3:30pm  
November 8th—December 13th

**Cost:** \$300 for entire group

For more information, contact Mica at [dr.mica.edesso@gmail.com](mailto:dr.mica.edesso@gmail.com).



## Resources for the Community

### Winter Solstice 2020 Season Women's Circle

Midwinter. Yule. The ancient origin of many well-loved traditions we still celebrate as part of Christmas. Winter Solstice marks the longest night, a time of faith, and the time of the turning of the Wheel of the Year, as we once again anticipate welcoming back the light. Anciently Midwinter fires were lit and in Celtic lands, the Yule log brought in with ceremony. Winter Solstice is a season of deep magic and faith, a potent time for release, renewal and rebirth.



In the mythic cycle of the Goddess, this is the season of the hag, she who releases herself to rebirth. Far different than the hectic busy-ness of Christmas, Midwinter is a season of quiet, reflection, taking stock and deep listening to our own inner wisdom. It is time of potent dreaming and genesis time of feeling into what we want to create in the coming new year.

We're gathering in Circle this year on the actual date of Solstice, which comes in at 5:02 am ET. Join us as we take time to reflect, acknowledge our gifts and what we have created this year, and release to make room to seed our heart's desires for the new year to come.

**When:** Monday, December 21st  
Noon-1:30pm

**Where:** Online via zoom

If you are new or returning to The Sophia Women's Circle, you may reserve your spot at <https://www.eventbrite.com/e/winter-solstice-2020-seasonal-womens-circle-tickets-119375963721>.

### Yoga Wellness via Zoom

Yoga helps reduce cortisol levels, boost serotonin and brain GABA levels which improve mood and reduce anxiety. Class is taught by a Licensed Clinical Social Worker trained and educated on helping you work through complex trauma, mental health and general wellbeing. Kelly is a certified Trauma Sensitive Yoga teacher, Certified Yoga Instructor and a Level 2 Reiki practitioner. Kelly works to help each person feel comfortable in their bodies, empowering them with education and self-regulation skills. Each client is invited to explore yoga in a gentle and safe environment. Breath work, trauma sensitive cues, pose modifications, meditation and education will be used to build self-empowerment. Each class will end with meditation and optional group discussion of present moment experience in the class.

**Instructor:** Kelly Thielk, LCSW, ADS, RYT400, Reiki II

**When:** Mondays, 8:00am—Energy Flow Yoga—Start your week off right and get that energy flowing.  
Wednesdays, 6:00pm—Slow Flow Yoga—Calm your mid-week stress and slow the flow down.

**Cost:** Donation based.

Register by sending your email and donation to [PayPal.me/SoulShineWellness](https://www.paypal.com/merchot?p=SOULSHINEWELLNESS). For more information, contact Kelly at [thielkelly2@gmail.com](mailto:thielkelly2@gmail.com).

## Resources for the Community

### NAMI Connections Recovery Support Group

Many know that the National Alliance on Mentally Illness (NAMI) supports family and friends of loved ones living with a mental illness. Did you also know that the Larimer County chapter has a group for those living with a mental health disorder?

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. Participants will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

Read more about the program here:

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Connection>

**When:** 1st and 3rd Friday of each month, 5:30-7:00pm

**Where:** Online via zoom

Please contact Wayne Kever at [wkever@comcast.net](mailto:wkever@comcast.net) for more information and to obtain the zoom link.



### Recovery Group

With increased social isolation, anxiety, and unemployment, relapse rates are on the rise. It can be harder to stay in alignment with your healthiest values for recovery. You are not alone! Whether you are just beginning to wonder if you are using substances, "a little too much" or if you have been in recovery for a long time, this is a group for you.

Beyond the Mirror Counseling & Wellness' recovery Group integrates mindfulness, stress reduction, behavioral strategies and a few other steps to create wellness for Colorado individuals. In a safe and supportive environment, you can share your stories and connect with others.

**When:** Date and time TBD

**Where:** Online

**Cost:** Most insurances accepted, including Medicaid. Sliding fee scale is available.

If you are interested in participating in this group, please contact Beyond the Mirror at 970-413-2264 or email [beyondthemirrorcounseling@yahoo.com](mailto:beyondthemirrorcounseling@yahoo.com).

## Resources for the Community

### **Free, Anonymous and Confidential COVID-19 Support Line Available for Larimer County 970-221-5551. ext. 3.**

SummitStone Health Partners recently received a grant from FEMA to expand mental health resources in Larimer County due to the ongoing COVID-19 pandemic. The counseling and resource support line is available free of charge to anyone who may be impacted by COVID-19. Services provided by the grant, which is called Colorado Spirit, can now be accessed 24/7 through the Health District of Northern Larimer County's long-standing Connections line at (970) 221-5551. Please press extension 3 to access these services.

"This support line provides a safe, anonymous outlet for those who may be experiencing a number of emotions due to the effects of the pandemic," said Program Manager Alison Hartman, MA, LMFT. "Our trained counselors are here to talk to folks who may be experiencing anxiety, depression, hopelessness, worry or even cabin-fever at levels they never have before. They may not be at the crisis level but really just feeling like they need someone to help them work through this extremely difficult time."

With oversight from the Colorado Department of Public Health and Environment (CDPHE), Colorado Spirit offers short-term interventions to help people understand their current situation, reduce stress, promote effective coping strategies and resilience, and provide emotional support. Counselors work closely with community organizations to connect people with available resources. The warm-line is free to anyone who has been impacted by the COVID-19 crisis.

Colorado Spirit also offers support for businesses & organizations and can give virtual or in-person presentations on:

- Recognizing common reactions to disasters
- Building coping skills for the recovery process
- Managing disaster-related stress
- Identifying and meeting senior's and children's needs

**Schedule a presentation by emailing [colospirit@summitstonehealth.org](mailto:colospirit@summitstonehealth.org).** These short presentations are geared for senior living facilities, home or work, school or clubs, meetings or events, and places of worship.

For further information, please contact [marketing@summitstonehealth.org](mailto:marketing@summitstonehealth.org) or visit [www.summitstonehealth.org/ColoSpirit](http://www.summitstonehealth.org/ColoSpirit).



## Resources for the Community

### Colorado Spirit Social Hour

Join Colorado Spirit for a weekly social hour! Do you feel isolated and looking for support? Hop online and tune into an hour of tips and activities related to coping with COVID-19.

**Next week's topic:** Self Care is Important! Let's Brainstorm Self Care Ideas and Make a Plan. (Nov. 2nd and 5th)

**Facilitators:** Annah and Becky are part of your Larimer County Colorado Spirit team. Colorado Spirit is a FEMA-funded counseling/support service for Colorado. We are called a support line, resource line and sometimes a hope line! We are traditional mental health providers who do not diagnose people or treat mental illness. Instead, the counselors are a combination of mental health professionals and paraprofessionals here to support your wellbeing and help you cope.

**When:** Mondays, 10:00am and  
Thursdays, 2:00pm

**Cost:** Free!

To kick-off each social hour, we will lay out some ground rules and etiquette. You choose your level of participation, whether you are all in with video and audio or just audio. Relax, we hope to make it as comfortable as possible.

Social hours are done via Zoom. You will receive a link once you register at <https://www.eventbrite.com/e/colorado-spirit-social-hour-tickets-125349147675?>



### Kidz Connection

Social distancing is hard. We are all struggling with this on some level. Kiddos can really struggle with this. It can be confusing. It can feel isolating. Because of this, Beyond the Mirror has a tele-therapy group for kids!

This group is for 3rd, 4th, or 5th graders looking for an opportunity to connect with other kids. Connecting with friends face-to-face may still be hard. This group is a place to talk with other kids, make crafts, play, and learn about the ups and downs of emotions. This group is open to kiddos who live anywhere in Colorado.

**When:** Date and time TBD

**Cost:** Self-pay, sliding fee scale, and Medicaid accepted.

If you are interested in participating in this group, please contact Beyond the Mirror at 970-413-2264 or email [beyondthemirrorcounseling@yahoo.com](mailto:beyondthemirrorcounseling@yahoo.com).



## Resources for the Community

### Teen Group



Group topics include, mindfulness, trusting your intuition, increasing self-esteem, healthy communication, coping tools for hard times, sticking to your values, social media struggles, healthy relationships, healthy self-talk, and more. Members can reside anywhere in Colorado.

**When:** Mondays, 5:00-6:30pm (High school group)  
Wednesdays, 4:00-5:00pm (Middle school group)

If you are interested in participating in one of these groups, please contact Beyond the Mirror at 970-413-2264 or email

[beyondthemirrorcounseling@yahoo.com](mailto:beyondthemirrorcounseling@yahoo.com).

### Wellness Studio for High School and Middle School Girls

Free to Be is on a mission to create experiences that invite self acceptance, self love and empowerment to teen girls. The new downtown Fort Collins space hosts personal growth experiences, fitness, meditation and cooking classes, workshops and much more! There will also be parent-child experiences and parent classes, as well!

Please visit [www.freetobemovement.org](http://www.freetobemovement.org) to learn more and to view the current list of experiences. Because of social distancing, space is limited so get signed up today!

