

Dying Well - The Bonny Method of Guided Imagery and Music at end of life.

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ABSTRACT: The Regina Qu'Appelle Health Region Palliative Care Music Therapy Program works with patients in acute care, hospice and community care, from early palliative up to end of life. The Bonny Method of Guided Imagery is one of the music therapy techniques available to patients while in the early end stage of their illness. This case study will demonstrate the role of The Bonny Method in addressing psychosocial and spiritual issues particular to end of life, and in the subsequent peaceful death experience of a forty year old palliative cancer patient. In reviewing her final eight months of life, the case study will demonstrate the patient's willingness to explore her emotions of shame related to having cancer, fears of the cancer metastasizing, and the grief and sadness common to anticipatory grief, and to a traumatic incident that she experienced as a youth. It will demonstrate how she was able to reconcile relationships with family members prior to death, as well as acknowledge her part in this conflict. It will show how she drew insight from the sessions to direct her own course of treatment, resulting in an increased sense of control. Lastly, this case study demonstrates both archetypal imagery and imagery that reflects the dying process, augmented by poetry written by the patient as a further means of expressing and understanding her experience.