

# PAMELA J. HOLM

**Heather Holm,  
MTA**

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My sister, Pamela J Holm, a CAMT member practicing in Ottawa, died on September 23, 2019 at the age of 59.

Some of you know the story. Three weeks earlier, Pam was flying home from Vancouver where she had taken the Guided Imagery and Music (GIM) Level III course. She absolutely loved GIM and was excited about adding it to her professional practice. It gave her an opportunity to combine her musical and psychotherapy skills with spiritual sensitivity, rich emotional intelligence and profound compassion, as well as integrate visual art therapy in order to facilitate healing at a deep level.

On the plane, the undiagnosed tumour in her liver started bleeding,

and she was rushed by ambulance from the airport to the hospital. Four days later she had a stroke that paralyzed the left side of her body. That very day, she delegated her active client files to a colleague and underwent emergency procedures. But the blood clots and the cancer were overwhelming, and neither the best medicine in the world, nor the love, prayers and presence of family and friends could keep her with us.

During her intense days in hospital, Pam was delighted to receive

a CAMT Continuing Education bursary cheque to help with the tuition for the GIM course. The committee asked that in return, she submit an article describing her experience for this publication. As she was unable to do that, I have joined forces with Liz Moffitt, Primary Trainer for the group, who has contacted other participants for their comments.

**Liz writes:**

“Pam is greatly missed in our GIM Level III training group. It was an enormous shock to learn how ill she was. It was clear that Pam highly valued the Bonny Method of GIM both for her clients and for her own personal growth and inspiration. Despite the physical discomfort that was plaguing her in our last semi-



# In Memoriam

nar together, she was determined to fully participate in the process and even volunteered to be in the client role for a group demonstration. Pam experienced very important imagery in that demonstration. In her last days, she shared that those images were with her in the hospital, and extremely meaningful and helpful. I'm very sad that Pam did not get to complete her GIM training to share with others as a Fellow. However, she leaves a strong legacy in our training group, and thanks to her sister Heather's work, we have the beautiful gift of Pam's music and her vision of the powerful healing potential of music on the deepest aspects of each of us."

Liz described Pam's website at PamelaHolm.ca, now a repository of her luminous songwriting, singing, sound healing and art. The chronicle of her final illness, her memorial service, biography and much more about her life can also be found there.

From Primary Trainer Noelle Bird: "It was my pleasure to supervise and assist in training Pam during her Advanced GIM training. She was a compassionate and sensitive therapist, a dedicated student, committed to learning and developing her skills as a GIM therapist. I had the honour of giving Pam a final GIM session during our training and to guide her in accessing meaningful and powerful images of inner resources which would be a support to her through her illness and transition. These images continue to be held and to speak to those of us who knew her, and to bring me comfort

and faith in her personal journey."

Pam inspired other trainees. One writes, "I would say it was clear how important GIM was for Pam, as she was battling so much pain but was determined to be there and how she would give herself over to the process completely with a willingness to go deep, find meaning and growth."

Pam's vision and commitment about the profound service that GIM can provide to people's spirits was palpable at all points in the GIM training process. And her insatiable curiosity, critical thinking and openness was evident about all aspects of GIM.

Another writes, "I didn't have any dyads with Pam but I did reflect a lot on her complete openness and vulnerability to the music. Many people can have a guard up, being cautious not to show a lot of emotion in a learning situation....but I remember looking over at Pam a few times and seeing her weeping, because she was so moved by the selection of music we were listening to at the moment. She showed a great dedication to the GIM method. Even though she was not well, she

really benefited from the course and the dyad with Noelle was very moving."

A third: "The summer 2019 GIM training was the first time I had met Pam. I remember Pam's willingness to share about her physical pain with us, and her expressing how comforting and powerful the GIM training was for her at that time. I remember her borrowing my soft blanket and wrapping it around her. I remember how much she was looking forward to visiting with a sister on her way home and how she remained so positive in her Facebook messages even after getting her diagnosis. It was a shock to find out how ill she was and yet how she was able to participate in the training. A very powerful experience for me."

A fourth: "In the little time I knew Pam, I was moved by her sensitivity, passion for music, and deep love for and commitment to community. I feel grateful to have shared in such a deep, moving and healing experience during her last GIM journey and I hold her nurturing images close to my heart."

Finally, from Nancy McMaster, Assisting Trainer: "Pam's vision and commitment about the profound service that GIM can provide to people's spirits was palpable at all points in the GIM training process. And her insatiable curiosity, critical thinking and openness was evident about all aspects of GIM. In the last month of Pam's life, her deep belief in GIM shone as she used her personal experience of it to inspire, inform and integrate her own soul. Rest in peace, Pam." ♪