

What are the benefits of Autogenic Training?

Autogenic Training (AT) can benefit most people. Those who choose AT are usually looking for ways to make a positive contribution to their health and well-being.

AT is a practical approach with lasting benefits. It leads to greater self-reliance and increased self-esteem.

AT has been shown to be an effective tool in preventative medicine and an antidote to stress related disorders. It can relieve tension and insomnia, lessen anxiety and panic attacks, and enhance performance. It is ideal for people with assertiveness problems and it creates a calm centre from which to cope with the stresses of everyday life.

AT complements conventional medicine and has been used successfully in the treatment of various medical conditions including asthma, migraine, mixed headaches, fatigue, arthritis, psoriasis, eczema, colitis, IBS, high blood pressure, recovery from heart attack and diabetes. It often leads to a reduction in the need for therapist intervention and medication.

AT has been used to help treat infertility after it was found that women who failed to conceive had high levels of the stress hormone prolactin, a natural contraceptive.

Studies have also shown the benefits of AT in enhancing the quality of life for those suffering from chronic pain and chronic illness.

What is Autogenic Training?

Autogenic Training can be used throughout life, helping to establish and maintain a healthy life balance and providing skills for the self-management of stressful situations.

It is a simple, practical, non-drug approach to preventing and treating a wide range of problems associated with stress. It provides the skills to achieve profound relaxation and relief from the negative effects of stress. AT retrains the mind to calm itself and it allows **you** to be in control.

AT consists of easily learned mental exercises, which link body and mind together in association with deep relaxation. The exercises switch off the body's stress responses by switching on the relaxation response.

The basic premise of AT is that our bodies and minds are naturally self-righting, given the opportunity. Unfortunately modern lifestyles can often hinder this natural process and pressures build up that can become overwhelming and difficult to cope with.

"Autogenic" means "generated from within" and the technique uses the body's own systems to enable healing and recuperation. It allows the self-regulatory systems of the brain to function naturally, which benefits the immune system and promotes healing processes. It can bring about greater emotional balance and enhance creativity.

How is it taught?

Autogenic Training is carried out on a one to one basis, or in small groups, with a qualified therapist.

AT is adapted to the needs of the individual. All clients have a personal consultation, following the completion of a pre-course questionnaire, where any issues relating to physical or emotional health can be discussed prior to planning the course.

The course consists of 9 sessions, with 8 consecutive weeks of training and a follow-up session 2 months later. Each session lasts between 60 and 90 minutes. No special clothing or equipment is required and no awkward postures are involved.

Clients are taught the autogenic exercises together with techniques for the safe expression of anxiety, frustration, anger and sadness. Various complementary stress management strategies are also introduced.

During this time the mental exercises are practised daily and a brief record is kept to monitor progress. Regular support and encouragement, together with any necessary adjustments to the exercises, are also given.

Comments from clients who have completed an Autogenic Training course with me:

"I feel that I have been taught a wonderful life skill, which will help me to have more control over my life."

"I put less pressure on myself, I am much happier, calmer and my power of choice has returned."

"I've learnt that I am now in control of my life and the way I feel. I now have the means to deal with the gremlins we all meet in life – people and problems – and to tap into my inner strength."

"As the weeks unfolded I was amazed how problems revealed themselves and the techniques were in place to deal with them. I unravelled my muddle and put myself back together bit by bit, feeling calmer, stronger and more in control."

"I can off-load my anger, whereas before anger built up – this makes you feel so much better! I also feel healthier and get the best night's sleep ever!"

"For people who feel lost; AT gives structure, direction and goals that can be met each day."

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Or visit the British Autogenic Society website:

www.autogenic-therapy.org.uk



BRITISH AUTOGENIC SOCIETY

The British Autogenic Society is the professional regulatory body for Autogenic practitioners in the UK.

The British Autogenic Society is a member of:

United Kingdom Council for Psychotherapy (UKCP)
European Association for Psychotherapy (EAP)
International Committee for Autogenic Therapy (ICAT)

AUTOGENIC TRAINING

SHORT TERM THERAPY FOR
LONG TERM WELL-BEING

Improves health and well-being
by providing coping strategies
for managing life's difficulties

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