

Stress management through autogenic training – practical session

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Short Communication

ABSTRACT

Autogenic Training (AT) by Schultz in combating stress. Autogenic training is a self-relaxation technique through concentration. Schultz defines, "A method of rational physiologic exercises designed to produce a general psychobiologic reorganization in the subject(client) which enables them to manifest all the phenomena otherwise obtained through hypnosis". AT is one of the best methods in stress management. The benefits of autogenic training are enormous, the ability to rest and restore energy at will, the capacity to relax not through an effort of will power but through the dissolution of inner psycho-physiologic tension, to control of bodily processes that are originally autonomous, such as circulation or respiration, increased capacity for voluntary physical and mental performance and the ability to reduce or abolish discomfort and pain. It also enhances the increased self-control by concentrating, while in the autogenic trance, on ideas expressed as formulas (order is freedom) these can subsequently realize themselves like ordinary post-hypnotic suggestions and as well as Heightened insight, self-critical ability & self-determination attained through introspection while in the autogenic trance, leading toward the goal of optional self-realization, Stetter F, Kupper (2002). In this workshop the background, recent researches, AT's benefits and practical session will be conducted to experience the benefits.

Keywords: Autogenic training, stress management, psycho-physiologic tension, self-control and concentration