

# Autogenic Training – Therapy – Psychotherapy

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# Autogeny – basic principles

- Inviting the person into his/her own therapeutic process
- Building nature
  - Structuredness (spatial, temporal, thematic)
  - Determined sequence
  - Well formed experience-processing
- Summarizing effect
  - New level of self regulation
  - Integrated into lifestyle

# Aim of Autogenic Training, Therapy, Psychotherapy

- Differentiation of levels (basic and advanced)
- Differentiation of aims
  - Healing, treatment, recovery
  - (Re)integration of personality
  - Development, harmony

Health promotion (WHO) – not the lack of illness or symptom but recovery, regaining health, development and harmony of body-mind-soul as a whole

Autogenity – placing the individuals in the foreground

# Levels and fields of application

- Prevention
- Intervention
- Psychotherapy
- In complex therapeutic processes
  - Psychological
  - Medical
  - Social
  - Pedagogical
  - ...

# Therapy - Psychotherapy

- Therapy - - aimed organ trainings, focusing
  - Situative solutions
- Psychotherapy - - work on evoked personal images
  - Altered state of conscientiousness
  - Projective surface for specific emotional transmissions, interpretations integrated into therapeutical work (personal meanings)

# Layers of personality

- Body – psychosomatic dimension
- Soul-emotion – psychodynamic dimension
- Mind-moral – transpersonal dimension
- Energetic dimension

# Deepening layers of conscientiousness

- Symptom treatment

THERAPY

- Revealing personal meaning and (re)integration of personality

PSYCHOTHERAPY

- Development of the whole personality

Health promotion

AUTOGENIC TRAINING

# Autogenic Training, Therapy or Psychotherapy?

- Level and field of application
- Professional competencies and specializations
- Conceptual framework
- Aim
- Level (basic/advanced)
- Setting/structure
- Layer of personality



# Thank you for your attention!



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