

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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