Autogenic Training – Therapy – Psychotherapy

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Autogenity – 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 – psychodinamic dimension
- Mind-moral – tranpersonal 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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