

COURSE DESCRIPTION (GENERAL DESCRIPTION)

Course title: Psychological Skills Training: Autogenic Training

Course code:

Aim of the course

The course gives special experience for participants in basic Autogenic Training. Students have to visit the course every week, and they are required to write a diary about their practicing at home. This practicing means several Autogenic Training formulas and have to be done daily. Deeper engagement in the topic and reading related books, notes, etc. are reasonable only after completing this course. Therefore the course has no required readings.

Conditions of the course completion

The active presence is essential (max. 3 missed classes can be accepted!). Students are required to practice at home as well.

Optional bibliography

M. R. Sadigh, M. R. S.: Autogenic Training: A Mind-Body Approach. 2001, New York

Detailed syllabus

1. *Introduction (information about the Autogenic Training, the rules of working in group)*

2-14. *Autogenic Training exercises*

15. *Conclusions*