

Title of subject: Psychological Skill Training: Autogenic Training (PSYB12-149)				
Credits: 2	Semester: 5,6	Number of lessons per week: 1	Type: Lecture Seminar <u>Practical</u>	Appraisal: Examination <u>Practical mark</u>
<p>Description of the subject: 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 has 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.</p>				
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