

## PSYB17-135:5 Psychological Skills Training: Autogenic Training

### Aim of the course

**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.

### Content of the course

Topics of the course:

- *Introduction (information about the Autogenic Training, the rules of working in group)*
- *Autogenic Training exercises*
- *Conclusions*

Learning activities, learning methods: practical work

### Evaluation of outcomes

Learning requirements, mode of evaluation, criteria of evaluation

requirements: Students are required to write a diary and practice at home as well.

mode of evaluation: *1-5 grades*

criteria of evaluation: Active presence is essential.