

**Autogenic Self-Therapy Training:  
A 4-Part Course Delivered by Craig Trafford;**  
Certified Stress Management Trainer, Reg'd. Kinesiology Consultant,  
Accredited Advanced EFT-international Practitioner

**Autogenic Therapy Training – Short Course. Part 4/4 Week 4: Description and Recap**

Autogenic Therapy is a powerful mind and body technique involving simple relaxation and body awareness exercises.

The exercises reduce the intensity of the bodily stress response, replacing it with a calmer physiological state in which self-healing naturally begins to occur.

The basic autogenic training exercises focus on various physical manifestations of:

- Relaxation in the body
- Heaviness in the musculoskeletal system
- Warmth in the circulatory system.
- Awareness of the heartbeat/pulse
- Breathing
- Solar Plexus area
- Cool forehead/Face

**How does autogenic training work?**

Autogenic Training involves learning a set of easy mental exercises using designated phrases that are repeated usually as silent thoughts whilst sitting or lying in a specific supported and neutral posture. This allows the mind and body to switch off the fight/flight mechanism, and instead promotes rest, recuperation and recovery. Autogenic means self-generating. You are, in effect, treating yourself. Initially supported and guided by a therapist, you gradually learn to trust your own process of self-healing.

**How can autogenic training benefit me?**

- Helps you to switch from stress to relaxation
- Can help increase confidence and self-esteem
- Significantly improve sleep quality
- Increases concentration and focus
- Reduces or eliminates anxiety
- Provides a tool for self-empowerment and feeling more in control
- Promotes health, wellbeing and emotional balance
- Promotes personal growth

Why would you choose Autogenic Self-Therapy Training?

- It's autogenic: a self-generated process so you'll be independent of any other voice, environment, or even time.
- It's fast; taking only around 10 minutes
- It's cost-effective; no special equipment or clothes are required
- It can be practised almost anywhere, according to the time you have available.

AT can help you to keep yourself both physically and emotionally healthy for life.

#### **Conditions AT Can Be Used Treat:**

- Panic attacks
- Phobias
- Migraine headaches
- Insomnia
- High blood pressure
- Asthma
- Irritable bowel and colitis
- Pain muscular pain
- Fatigue low energy
- Stress
- Unresolved grief
- Sleep disturbances
- And much more...

#### **AT Creator/Developers Schultz and Luthe's Essential Factors**

1. You need to be highly motivated and cooperate in the process
2. A reasonable degree of self-direction and self-control
3. Maintenance of particular body posture conducive to success
4. Reduction of external stimuli to a minimum and mental focusing on the process to the exclusion of the external environment
5. Concentrated attention on the bodily sensations

#### **BODY POSITITONS**

There are three basic body positions for autogenic training: In this short course we are working with two:

- 1 - One you can be reclining in an armchair
- 2 - Lie on your back, feet slightly apart, toes pointing away from the body

Can use blankets or cushions for comfort but must keep the body aligned  
Arms lie alongside body without touching, slightly bent at the elbows and palms facing upwards

Reminder of the 4 course modules we've covered:

- Session 1: Passive Progressive Muscular Relaxation
- Session 2: Active Progressive Muscular Relaxation
- Session 3: Guided Autogenic Self-Therapy Process – 'You'
- Session 4: Learning to Self Lead – The Autogenic Self-Therapy Process 'Me/My'

Remember to keep up with all the forthcoming great value Holistic Education classes and courses at Trafford House Calm Centre

[www.TraffordHouse.net](http://www.TraffordHouse.net)

Mondays: Kum Nye Tibetan Yoga & Relaxation Plus 2 Pilates Classes

Tuesdays: Kum Nye, Yo-Lates [yoga stretches, pilates method]

Wednesdays; Energy Medicine Pilates; 30 Minutes Abs and Core; Kum Nye Self Massage [a whole month of Facials and Kum nye Face Massage throughout April

Thursdays: Kum Nye and Pilates

Fridays: Kum Nye and Pilates

Upcoming courses:

- **Gut Health** with Kelda White
- **The Beauty of Mantra** with Mahasukha; One of the Finest Mantra leaders in the UK
- **Soulful Singing** – African and World Music Songs with Mahasukha
- **Quick, Healthy Macrobiotic-Inspired Meals and Desserts** with Niccola Willis
- **Unleash the Power of Your Heart** – Heart-Focused Energetics with Craig Trafford
- **Kinesiology Self-Testing** – The Full Course with Craig Trafford
- **And much, much more...**

Also, perhaps you'd like to suggest Holistic Education Courses you'd like to participate in via email.

We'd love to read your comments and even testimonials too. Please email us with your thoughts, impressions and suggestions...

Blessings,

Craig x