

**Federal state budgetary educational institution of higher education
"North Ossetian State Medical Academy"
Ministry of Health of the Russian Federation**

**DEPARTMENT OF GENERAL HYGIENE
AND PHYSICAL CULTURE**

Autogenic training

Educational-methodical manual on the organization
of independent work and study of the disciplines
"Physical culture and sports" and "Elective course in physical
culture and sports" the main professional educational program
of higher education – specialty program in the specialty
31.05.03 Dentistry (partially implemented in English)

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"Autogenic training", educational and methodical manual for students; North Ossetian State Medical Academy: Vladikavkaz, 2016. – 20 p.

One of the reasons for the growing popularity of autogenic training (AT), or autosuggestion, is the desire to overcome the onslaught of overload not at the expense of pharmacological drugs, but with the help of physiological methods to mitigate emotional tension. Due to the fact that the method of autosuggestion is based on the principle of training the nervous processes of excitation and inhibition, which leads to activation and increase the ability of self-regulation of the individual, its psychological and psychotherapeutic significance is undeniable.

This training manual contains tips for mastering autogenic training, the most important result of which is the ability of a person to solve problems related to physical and mental health without assistance.

The training manual for students "Autogenic training" can be recommended for students of the main and special medical groups studying in the specialty "Medical care", "Dentistry", "Pediatrics", "Medical and preventive care", "Pharmacy". Compiled in accordance with the curriculum. The materials presented in the recommendations meet the requirements of the educational standard for medical students.

UDC 613.735

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*Approved and recommended for printing by the Central Coordination Office
Scientific and Methodological Council of the FSBEI HE NOSMA MOH of Russia
(Protocol No.1 of September 2, 2016)*

THE PURPOSE OF THE LESSON: to introduce and teach the methodology of autogenic training

THE STUDENT SHOULD KNOW:

- Basic mechanisms of autogenic training.
- Effectiveness of autogenic training.
- Basic and auxiliary exercises of autogenic training.
- Autogenic training as a way to deal with stress and anxiety.
- Autogenic training as a method of overcoming fatigue and improving performance.

THE STUDENT MUST BE ABLE TO:

Use autogenic training methods to influence your body when it is necessary to eliminate emerging problems associated with a particular adverse physical or psychological condition.

ISSUES TO BE ADDRESSED:

- Sources of autogenic training
- Mechanisms of action of autogenic training
- Indications and contraindications for autogenic training
- Conditions for the practice of autogenic training
- Postures for practicing autogenic training
- Basic exercises of the first stage of autogenic training. Introductory notes
- Auto-suggestion formulas of the first stage of autogenic training
- Dynamics of the autogenic state
- The highest level of autogenic training
- Practical exercises on the mastery of autogenic training
- Autogenic training as a way to deal with stress and anxiety
- Autogenic training as a method of overcoming fatigue and improving performance

RECOMMENDED LITERATURE

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1. Sources of autogenic training

The basic mechanisms that are now used in autogenic training are based on the observations of researchers who have studied the problem of hypnosis. In the 20s of our century, the French pharmacist E. Couet developed a technique that he called "the school of self-control by conscious autosuggestion." Couet assured his patients that they would be able to recover if several times a day, taking a comfortable position (sitting or lying down), whispering or mentally, they would repeat 30 times in a row a specific formulation of somatosuggestion, for example: "My fear passes", "My condition is improving more and more". Couet emphasized that the self-suggestion must be free of any strong-willed efforts.

Another source of autogenic training is the ancient Indian yoga system. Over the centuries-old history of its existence, yoga has collected observations about the close relationship between the spiritual and physical life of a person, about the possibility of using special exercises to influence the psyche and the work of various body systems.

The founder of autogenic training is a German doctor and scientist Johann Schulz. Realizing that anxiety has a negative impact on the mental and physical condition of patients, the doctor tried to help them reduce the level of anxiety by using various options of hypnotic influence. Speaking with his patients after the sessions, Schultz noticed that in the process of hypnosis, they form and consolidate very specific subjective sensations associated with the formulas pronounced by the hypnotist. He found that the hypnotic state induced for therapeutic purposes in most patients was accompanied by similar sensations: a feeling of heaviness in the arms and legs; a feeling of warmth and pleasant relaxation in the muscles of the body; a feeling of warmth in the abdomen; a feeling of coolness in the forehead.

Schultz proceeded from the fact that if you teach a person to evoke sensations corresponding to those that he experiences during immersion in a hypnotic state, this will allow him to enter a state close to hypnotic without the help of a doctor, and through self-hypnosis independently get rid of many painful mental and physical disorders that interfere with normal life and work.

Later, Schultz's ideas were widely used not only in medicine, but in other areas of human activity related to extreme situations, and in everyday life.

Autogenic training allows people who have mastered its basic techniques to do the following:

- ✓ quickly get rid of fatigue; faster than during normal sleep or passive recreation;
- ✓ relieve mental stress resulting from stress;
- ✓ influence a number of physiological functions, such as frequency respiratory rate, heart rate, blood supply to individual patients body parts;
- ✓ develop existing psychological abilities (thinking, memory, attention, etc.);

- ✓ more effectively mobilize your physical abilities during classes sports, easy to deal with physical pain;
- ✓ master the techniques of self-suggestion and self-education.

The therapeutic effectiveness of autogenic training is largely determined by the fact that the special psychophysiological state that accompanies autogenic immersion allows the human body to launch mechanisms of self-regulation and restore the work of impaired functions. This applies to both disorders in the work of individual systems of the body, and disorders in the field of the psyche.

2. Mechanisms of action of autogenic training

Autogenic training is based on three main mechanisms:

1. Close connection of body muscle tone, rhythm and depth of breathing with the degree of emotional stress experienced by a person. The mental state of a person is not only expressed in certain changes in his breathing, it is fixed in facial expressions and gestures, in the tension of individual muscle groups. The brain, receiving impulses from muscles and joints, records the connection between emotional states and the degree of tension of certain muscle groups.

Consciously relaxing the muscles of the body, changing the rhythm and depth of breathing, a person can affect the physiological processes occurring in the body. Complete relaxation of the muscles, slowing down the rhythm and reducing the depth of breathing contribute to the inhibition of brain activity, bringing the persons state closer to the state of drowsiness, which can turn into sleep.

2. The presence of a connection of consciously evoked mental images (visual, auditory, tactile, etc.) based on past experience and the mental and physical state of a person.

3. Mental and physiological processes are most closely related to verbal formulations, which has been repeatedly confirmed during hypnotic sessions.

The state of autogenic immersion is different from sleep or drowsiness. The high efficiency of autosuggestion during autogenic training is associated with a special level of brain activity, this state is characterized as relaxed wakefulness, when the response to external interference is weakened, and attention is focused on the internal state.

3. Indications and contraindications for autogenic training

H. Kleinsorge and G. Klumbies (N. Kleinsorge & G. Klumbies 1967), reporting on the popularity of the method, give a list of 39 nosological forms in which *autogenic training, according to the authors, has absolute indications*. Over the past years, this list has expanded significantly, and considerable clinical

material has been accumulated on the effectiveness of autogenic training in various diseases.

According to the general opinion of experts, autogenic training is most effective in the treatment of neuroses, functional disorders and diseases associated with a violation of cortical–visceral regulation. Numerous studies and the use of the method in clinical practice have shown that autogenic training helps to reduce nervous and emotional tension, feelings of anxiety and discomfort, has a normalizing effect on the state of basic physiological functions and the regulation of metabolic processes in the body. Under the influence of autogenic training, mood improves, sleep is normalized, the level of functioning and voluntary regulation of various body systems increases, the client's personality is activated, and other methods of therapy are implemented more productively.

The most significant indications for AT classes are the following: borderline states and neuroses, psychopathies, substance abuse, pain relief, psychoprophylaxis of diseases of the cardiovascular system and diseases of the gastrointestinal tract: therapy of vegetative–vascular disorders, peripheral circulatory disorders, hypertensive arterial syndrome, the initial stage of hypertension, angina pectoris, functional neurogenic arrhythmias, gastric ulcer, gastritis, metabolic disorders, in surgical practice – psychological preparation of patients for surgical treatment, as well as ideomotor rehabilitation therapy using feedback during limb reimplantation after traumatic amputation.

Contraindications for autogenic training are the following: during or immediately after a heart attack (it is recommended to resume AT classes approximately three months after the attack, as they can help prevent possible attacks in the future); diabetes requiring insulin therapy requires constant monitoring of blood and urine sugar levels, which is usually impossible for most diabetics; with glaucoma (increased pressure in the eyeball) AT can be effectively used to reduce blood pressure, provided that the pressure is regularly checked to make sure that it does not increase, as it can sometimes occur; in the presence of mental illnesses such as schizophrenia and epilepsy; when undergoing treatment with electroconvulsive therapy; when using alcohol or drugs.

4. Conditions for the practice of autogenic training

A person who has firmly mastered the methods of autogenic training can practice in almost any conditions. However, at first, during the period of mastering the basics of autogenic training, conditions should be created for training that will facilitate the achievement of the necessary results. These conditions include:

1. The presence of a fairly quiet place. Background noise (speech sounds, slamming or creaking doors, the sound of footsteps, etc.), if it is not too loud, does not significantly interfere with classes.

2. Moderate illumination of the room.
3. The person's confidence that he will not be disturbed during the lesson.
4. Comfortable temperature (should not be too hot or too cold).

5. Postures for autogenic training

During classes, any of the three main poses can be used, depending on the available opportunities and preferences: lying down, sitting on a chair or in the "coachman's pose".

a) Lying position



Figure 1 lying position ("dead position" or "shavasana»)

Lie on your back on a sofa or bed, feet shoulder-width apart, arms along your torso. It is important that the position of the body, arms and legs excludes any tension. You can put a small pillow under your head, but you can do without it.

b) Sitting position in a chair



Figure 2 sitting in a chair

Sit back, back and back of the head rest on the back of the chair, put your hands on the armrests. The legs can be bent at the knees or stretched out in front of you, with the feet shoulder-width apart.

c) Pose "coachman on droshky»



Fig. 3 pose "coachman on droshky»

If you can not relax in a comfortable chair or lying in bed, then you can use a chair or stool for classes. In this case, you can engage in autogenic training, using the pose of "coachman on a droshky". This name was suggested by Johann Schultz, who drew attention to the position that the coachmen took when they dozed while sitting on the droshky waiting for passengers. In this position, when sitting on a chair or in a low-backed chair, you should find a position of the torso when it is in a state of stable balance, without leaning back or falling forward, elbows are on the hips, feet are shoulder-width apart, knees are bent at right angles, hands hang from the inner side of the hips. The chin is lowered to the chest.

6. Basic exercises of the first stage of autogenic training.

Introductory

instructions:

a) The first standard exercise "Heaviness»

The creator of autogenic training, I. G. Schultz, proposed to cause physiological shifts by passively concentrating on the rudiments of sensations that accompany these shifts. Since the relaxation of the muscles is accompanied by a feeling of heaviness in them, he suggested that to relax the muscles passively focus on the actual weight of the body. You can feel the weight of the body by doing the following experiments: a) put your hand on a balloon or crumpled paper, make sure that under the influence of the weight of the hand they are squeezed; b) put your hand on the scale, watch the deflection, reflecting the gravity of the arms; C) in any of the poses for autogenic training, try to lift your hands, gradually increasing efforts in the deltoid muscle, make sure that when a small stress is not possible, because prevents the weight of the hands; feel the weight; g) lying in the bathtub filled with water, raise the relaxed outstretched hands; when the hands rise above the water, feel the increment of severity in them; another option: drain the

water from the bath and observe the increment of heaviness in the whole body as the water flow. Thus, you can make sure that heaviness is inherent in our body and there is no need to inspire it.

b) The second standard exercise "Heat"

Immersion in an autogenic state is accompanied by a redistribution of blood in the body – its content decreases in large vessels and muscles, increases in the capillaries of the skin. This is accompanied by a feeling of warmth in the limbs and torso. Passive concentration of attention on real body heat can cause the physiological shift described above. 11 Body temperature – 36, 6 degrees Celsius is quite enough to feel the heat. This is not difficult to verify by doing a simple experiment. Sit down. Bend your arms at the elbows, place your hands at the level of your stomach so that the hands with slightly bent fingers are facing each other with their palms facing each other. Focus on the warmth which is radiating the palm of your hand. Subjectively, it feels like a heat ball between the palms of your hands. Bringing the brushes closer and farther away, you can feel the diameter of this ball. After working out in this way for 3 to 5 minutes, you need to bring your palms closer to your cheeks, at a distance of 1 to 2 centimeters and feel the heat radiated by your palms with your cheeks.

c) The third standard exercise " Heart»

While being in an autogenic state, the heart rate decreases. This corresponds to a feeling of calm, measured pulsation in the body. Passive concentration on this pulsation during autogenic training helps to reduce the heart rate, normalizes the rhythm of the heart. In order to passively concentrate on the pulsation, you need to do several experiments to detect it: a) put the second, third and fourth fingers of the right hand on the radial artery of the left hand, remember the rhythm of its pulsation; the same can be done by placing the index finger of the right hand on the jugular fossa above the upper end of the sternum; b) connect the fingers of both hands in a “lock” and place the relaxed hands in front of you; feel the pulsation in the bases of the fingers covered by the fingers of the other hand; c) sitting on a chair, put your feet on your feet and watch as the.

d) The fourth standard exercise " Breathing»

This exercise helps to calm the breath. One of the elements of the autogenic state is calm breathing. 12 It was found that passive concentration on the breath contributes to its calming, slowing down and thereby—the emergence and deepening of the autogenic state. Breathing during autogenic training is calm, shallow, as in a dream; inhaling and exhaling is done through the nose. During the lesson, passively observe the breath, without trying to do anything with it. Despite the apparent simplicity of this instruction, it can be difficult to follow it at first. For

example, sometimes there is a temptation to extend the exhalation or pause after it due to the fact that on the exhalation, relaxation and peace are deeper. It is best to observe the breath as if from the side. Observe any aspect of breathing: the movement of the air on the inhale and exhale, the cooling of the nostrils on the inhale, the movement of the abdomen in time with the breath.

e) the Fifth standard exercise, "the Solar plexus»

In the autogenic state, the activity of not only the thoracic organs, but also the abdominal cavity is normalized. This is accompanied by a feeling of warmth in the stomach. Therefore, passive concentration on real heat in the abdomen or, more precisely, in the solar plexus area normalizes the activity of the abdominal organs. The solar plexus is a set of nerve plexuses that control the activity of the abdominal organs. It is located on the back wall of the abdominal cavity, behind the stomach, in the middle of the distance between the lower edge of the sternum and the navel. Having mastered the second standard exercise, you have learned to passively concentrate on the heat of your body. Now you have to learn to focus on the heat in the solar plexus. Some difficulty is that in our consciousness, the stomach and solar plexus are not as clearly represented as the head, arms and legs. You can make up for this by determining the projection of the solar plexus on the skin of the abdomen and rubbing this place clockwise.

f) The sixth standard exercise "Coolness in the forehead»

In the autogenic state, there is a redistribution of blood, including a decrease in blood flow to the head. This is accompanied by a feeling of coolness in the forehead. 13 Passive concentration on the coolness of the forehead reduces the flow of blood to the head, an excess of which causes headaches. The use of the exercise "coolness in the forehead" allows you to increase mental performance, relieve mental fatigue and headaches. The object of passive concentration when performing the sixth standard exercise is the same as when performing the second exercise – the temperature contrast between the body heat and the coolness of the surrounding air. The difference is that when performing the exercise "heat" we concentrate on the body heat, and when performing the exercise "cool forehead", we passively concentrate on the coolness of the air in contact with the forehead. Preliminary training is that we try as often as possible to feel the coolness of the air, the direction of movement of the air, with the skin of the forehead. Especially clearly cool can be felt during walking, descending the stairs (the ascent requires a lot of effort and makes it difficult to passive concentration), when leaving the room to the street.

7. Formulas of autosuggestion of the first stage of autogenic training

Each of the standard exercises is preceded by a formula of autosuggestion: "I'm completely calm." Next, the following auto-suggestion formulas are used: My right hand (if you are not left-handed) is getting heavier. (Repeat 4–5 times) Warmth spreads down my right arm. (Repeat 4–5 times) My right hand is heavy and warm. My left hand is getting heavy. (Repeat 4–5 times) Warmth spreads down my left arm. (Repeat 4–5 times) My left hand is heavy and warm. My hands are warm and heavy (Repeat 4–5 times) My heart is beating steadily, calmly, rhythmically. I'm relaxed. My heart is beating steadily, calmly, rhythmically. (Repeat 4–5 times) My breathing is even. My breathing is calm. My breathing is rhythmic. I breathe calmly and relaxed. (Repeat 4–5 times) My breath is free. (Repeat 4–5 times) Heat is felt in the solar plexus area. (Repeat 4–5 times) My stomach feels warm. (Repeat 4–5 times) 14 There is a feeling of coolness in the forehead area. (Repeat 4–5 times) I am well rested, my head is clear and bright (Repeat 4–5 times).

8. Dynamics of the autogenic state

When you engage in autogenic training, you passively focus on calmness, the six standard exercises, and everything that happens to you. You should not try to change your condition in any way. Your body knows what state you need, and your passive attitude will allow the desired state to manifest. There are two stages of the autogenic state: 1. Passive stage. Calmness, relaxation, indifference to the environment increases, thinking slows down, while maintaining awareness of what is happening. 2. Active stage. There is an increase in awareness. The student is acutely aware of and experiences what is happening to him. Logical thinking stops, the perception of the surrounding is almost absent. Vivid experiences are possible: vivid visual images, suddenly formulated thoughts, liberation from the oppression of previously hindered experiences. After leaving the active phase of the autogenic state, there is a surge of strength, a desire to realize the experiences that took place during the lesson.

In this regard, classes before bedtime should be short in order to prevent the transition to the active stage of the autogenic state – this can complicate the onset of sleep. After working out a little in the passive stage of the autogenic state, you should stop following the instructions and allow the autogenic state to go to sleep. As before

As stated in section 7, there is no way out of the autogenic state before going to bed. The autogenic state differs from the drowsy state by having a constant awareness of everything that happens to us. Therefore, interaction with awareness allows you to regulate your state. By strengthening awareness, we remain in an autogenic state, preventing it from passing into slumber. By allowing awareness to fade, we allow the autogenic state to pass into a doze and then into sleep.

9. The highest level of autogenic training

I. G. Schultz called the six standard exercises of AT the lowest level of AT and considered it a preparatory stage for working at the highest level. The highest stage of AT (autogenic meditation) allows you to work with visual images, using imaginative thinking, to work on deep psychological problems that have been pushed into the unconscious by conflicts, to better understand yourself. Signs of readiness to work at the highest level are: a) visual images that arise spontaneously during AT classes; b) vivid, memorable dreams, accompanied by a premonition of the meaning contained in them and a desire to understand it. At the highest levels of autogenic training, a person can not only get rid of fatigue, but also solve specific therapeutic tasks. This is due to the fact that, entering a state of autogenic immersion and sharply reducing the level of conscious control, the student gets the opportunity to appeal directly to the unconscious, to the reserve capabilities of the body, to the mechanisms of self-regulation. Classes at the highest level of autogenic training involve a longer time spent in a state of autogenic immersion and the development of the ability to conduct classes in conditions of external interference.

10. Practical tasks for mastering autogenic training

Task #1. "Passive relaxation »

Master the postures for autogenic training. Whenever possible, try to stay in the pose in a state of relaxation for at least 10–15 minutes. While in one of the poses, mentally scan your body, and if there is a feeling of discomfort or tension in any part of the body, stay in this area and try to relax this part of the body as much as possible. Breathe calmly, as if in a dream, inhaling and exhaling through your nose. Passively focus on the calmness that is the consequence: a) being in a quiet place; b) relaxing in a comfortable position; 16 c) disconnecting from the environment when closing your eyes. Do not inspire yourself with any special calmness, passively focus on the one that you have at this time. d) exit the autogenic state as described below.

The task №2. "Exit from the autogenic state»

Concentrate on the fact that you are well rested and will soon come out of the autogenic state, slowly clench your fists, stretch your arms, take a deep breath, at the same time on the inhale raise your hands up, bend your back, turn your face up, pause for about 1 – 2 seconds, then exhale sharply through your mouth, unclench your fists and open your eyes. After that, calmly lower your hands (see Figure 4).

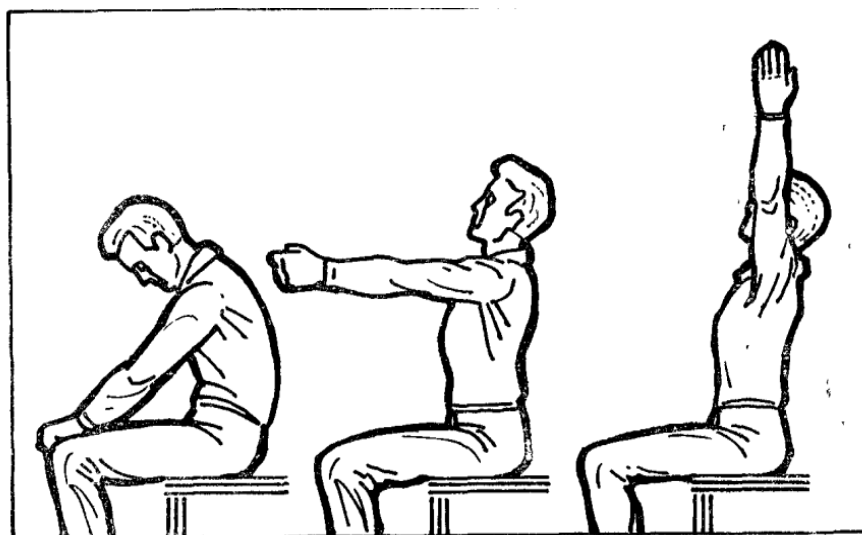


Fig. 4 exit from the autogenic state

Task #3. "Causing a feeling of heaviness»

Take one of the poses for AT, relax, passively focus on calmness. Then, while continuing to feel calm, passively focus on the actual weight of the right (left – handed–left) hand. Passively contemplate the serenity and severity until, before the feeling of gravity will not disappear, and you will not be distracted. Make an exit (except for classes before going to bed). As you relax, the heaviness will be felt in other parts of your body. Passively contemplate it where it is. During the development of this exercise, do not try to willfully spread the feeling of heaviness according to any scheme, to strengthen it by autosuggestion. Any internal work will prevent the occurrence of an autogenic state.

From class to class, as the relaxation of the muscles deepens, the sensations that accompany this process will change:

- a) the feeling of heaviness will spread to the whole body and acquire pronounced character;
- b) the feeling of heaviness is replaced by a feeling of lightness, may occur feeling of alienness of the body;
- c) the body ceases to be felt.

These changes usually appear in certain parts of the body, usually in the hands. In these cases, passively contemplate the resulting combination of sensations (for example, the body is light, the hands are absent). Remember that the feeling of heaviness in the hands is brighter than in the legs and torso. Do not try to make it uniform by force of will. The exercise can be considered mastered if there is a heaviness in the hands and feet during the training.

The task №4. "Causing a feeling of warmth in the extremities»

Relax in one of the AT poses, passively focusing first on calmness, then on calmness and heaviness. After that, while continuing to feel calm and heavy, focus for a few seconds on the real warmth of the right hand (left – handed–left). After that, make a way out of the autogenic state. If you have cold hands before the

lesson, rub them, otherwise passive concentration on heat will be impossible. In the future, the time of concentration on heat will increase, and the feeling of heat will automatically spread to the second arm, legs, torso. The maximum concentration time is determined by distraction and interference. 18 The second standard exercise is mastered if you feel the warmth of your hands and feet during the session. Passive concentration of attention on the warmth of the skin can increase its temperature by 2–4 degrees, normalize high blood pressure.

The task №5. "The evocation of the feeling of pulsation»

Relax in one of the AT poses. Focus on the calm, then the tranquility and gravity, then on the calmness, gravity, and heat. After that, while continuing to feel calm, heavy and warm, feel where you are currently feeling the pulsation, and passively focus on it. After a few seconds, make an exit from the autogenic state. In the future, the time of concentration on the pulsation will increase. From class to class, it will be felt in more and more areas of the body, and there will come a time when a calm and powerful pulsation will be felt throughout the body. The exercise is mastered if during the lesson the pulsation is felt in the arms and torso.

Task #6. " Calming the breath»

Relax in one of the positions for at and focus your attention on calm, heaviness, warmth and pulsation. Then, without ceasing to feel them, focus for a few seconds on any aspect of breathing. After that, make an exit from the autogenic state. As always, when learning a new exercise, lengthen the time of concentration on the breath gradually, remembering that the new exercise should be done only as much as you are able to do it passively. The exercise is mastered if during the lesson the breathing is calm, lulling, accompanied by the impression that "it breathes by itself". During the lesson, the mastered exercises merge into one image: a calm, heavy and warm body mass, which is under the influence of two overlapping rhythms of breathing and pulsation.

The task №7. "Causing a sensation of heat in the solar plexus»

Relax in one of the AT poses and focus on calmness, heaviness, warmth, pulsation, and breathing. Then, without ceasing to feel them, focus on the warmth in the depths of the upper abdomen. After a few seconds of concentration, make an exit. In the future, the time of concentration on the heat of the solar plexus will be lengthened, as the ego was with the previous exercises. Mastering this exercise can help the idea during the lesson, as if on exhalation, the heat passes into the stomach.

The task №8. "Causing a feeling of coolness in the forehead area»

Relax in one of the positions for at and focus on the calm, heaviness, warmth, pulsation, breathing and the warmth in my stomach. Then, without ceasing to feel them, focus for a few seconds on the coolness in the forehead area.

After that, make a way out of the autogenic state. In the future, extend the time of concentration on the coolness of the forehead. Do not try to feel a pronounced cold in the forehead – this can cause a spasm of the blood vessels of the brain, which will manifest itself as a headache. Coolness should be light. The exercise is mastered if during the lesson you consistently feel a slight coolness of the forehead. As you continue to practice, the coolness can spread to the temples, the root of the nose, eye sockets, but this is not necessary.

Task #9. " Additional exercises of the highest level of autogenic training»

Against the background of inner warmth and peace, mentally concentrate your consciousness on images of a characteristic color: snow-capped mountain peaks, the color of fiery lava, a blue flower, golden autumn landscapes. It is necessary to strive to keep in your mind a complete representation of color images. The exercise is repeated until the person learns to visualize colored images. The exercise can be performed in the evening before going to bed. It differs from the first only in that the concentration of consciousness is directed at imaginary images of one particular color: red, blue, white, yellow. You need to present a specific image: a vase, a flower, a person. Concentration of consciousness on an abstract idea: justice, peace, love, joy. Concentration on positive emotional states that arise, for example, when contemplating mountain peaks, when even in the absence of a clear mental image, there is a sense of space, freedom, arising from this representation. 6. Consciousness focuses on abstract problems, such as: "What is my goal in life?", "What prevents me from achieving success in life?". Presentation during autogenic immersion training on the "inner screen" of some monotonous, pleasant, beneficial effect on the student of color. Each exercise is performed for 30 minutes–1 hour. The exercise is considered completed if you can easily call up any color in your mind.

11. Autogenic training as a way to deal with stress and anxiety

Autogenic training helps to get rid of the negative effects of stress and anxiety. This is achieved through several mechanisms:

1. Negative emotional experiences are associated with certain facial expressions, gestures, certain "clamps" in certain parts of the body. Deep relaxation of all the muscles of the body, as it were, erases these "clamps", stops the flow of impulses to the brain from various muscles of the body, the tension of which is characteristic of negative emotional states.

2. Negative emotional states have a particularly damaging effect on a persons performance and mental state, as many people tend to over-engage in emotional states fix your attention on negative experiences. Autogenic training allows you to shift the focus of attention to completely different sensations and experiences, which contributes to a sharp weakening or complete disappearance of negative experiences, depressive states.

3. The so-called "response" allows you to take a different look at the traumatic situation itself and achieve a gradual decrease in the severity of negative emotional experiences.

4. Every person in life has had many such situations when he experienced positive emotions. Mental reproduction of these situations allows you to restore the corresponding "bouquet" of sensations (smells, sounds, colors and certain muscle sensations), which during the lesson seem to displace the previous negative emotional state with all the accompanying physical sensations.

Autogenic training allows you to significantly weaken or completely overcome negative emotions that prevent you from living and working normally. The lesson can be held according to the following scheme:

Enter the state of autogenic immersion. Extraneous thoughts, worries, and sounds float further and further away with each exhalation. All attention is on the breath. Breathing is even and calm. The body is still, relaxed, resting, all the muscles are limp, completely relaxed. All attention is paid to how with each exhalation the traces of tension, the "clamps" corresponding to negative emotional experiences are erased.

Throughout the lesson, mentally keep a smile on your face. You try to feel how you are more and more dissolved in the feelings of relaxation, peace, blissful peace that fill you.

Imagine situations (real or imagined) that allow you to restore the stock of positive emotions (rest in the bosom of nature, any events related to positive emotions, etc.).

Try to feel as much as possible how unpleasant experiences weaken and go away with each exhalation. At the end of the session, you are given a setting for what the state should be after the completion of autogenic training, for example: "After completing the lesson, the mood improves."

Activation according to the standard scheme. The duration of the lesson is 15 to 20 minutes.

To neutralize negative experiences, you can use techniques to "repeat" the situations that caused these experiences. Painful experiences, which are often the cause of a state of anxiety, are weakened as they are repeatedly reproduced, when a person sees himself as if from the outside. For the best effect, it is important to reproduce these situations, the environment and the time of action in as much detail as possible.

Autogenic response is carried out according to the following scheme:

1. Take one of the three basic poses for autogenic training.
2. Enter into an autogenic dive, consistently causing feelings of heaviness, warmth and relaxation in the main muscle groups. The body is sluggish, motionless.

3. Mentally imagine a traumatic situation (from the past or one that may arise in the future) as if from the outside. Try at the same time to feel well the

corresponding feelings, sensations, images that accompany this situation (they will be somewhat muted). The traumatic situation is called for no more than 2-5 minutes, after which a relaxed rest occurs for 2-3 minutes. Mentally, a smile is preserved on the face.

4. The activity goes to sleep if the exercise is done before bedtime, or ends with activation formulas.

Autogenic desensitization (sensitivity reduction) method)

Painful memories are often the main cause of emotional disturbances in the form of depressive states, feelings of anxiety, increased resentment or irritability. One of the ways to reduce the severity of emotional experiences associated with past events is the method of autogenic desensitization (sensitivity reduction). In the course of classes on autogenic desensitization, a multiple, consistently increasing representation of emotional states that occurred in a person in certain personally significant situations is used.

The lesson is conducted according to the following scheme:

1. Take one of the three main poses used in autogenic therapy training.
2. Breathing is smooth and calm. With each exhalation throughout the body
3. The focus of attention is limited only by your own body. Extraneous sounds, thoughts, problems are removed, becoming weaker and weaker with each exhalation.
4. Pay special attention to the facial muscles. The eyelids cover the eyes without the slightest strain. His mouth is half open. The lips seem to get a little thicker. My cheeks feel heavy. The skin of the forehead is smoothed.
5. The body becomes motionless and heavy. It is impossible to move either hand or foot. The body becomes heavy and relaxed.
6. Blood vessels dilate in relaxed muscles. The deeper the relaxation of the muscles, the more abundant the blood flows through the dilated vessels to the relaxed muscles of the body. The relaxed muscles warm up more noticeably with each exhalation. Heat waves down my arms, down my torso, down my legs. The body is relaxed, still and warm.
7. Mentally, the traumatic situation from the past, the situation, the time, the persons involved in this situation are reproduced in as much detail as possible.
8. It is possible to more accurately imagine the emotional state experienced. At the same time, control over your emotions is preserved, and the emotional state itself is experienced several times weaker than it was in real conditions.
9. It will be useful to decompose this state into components:
 - ✓ what color is it?"
 - ✓ what does this state taste like?" (bitter, salty, sour, etc.);
 - ✓ what sound is associated with this state? (high, low, average height, etc.);
 - ✓ how does this state appear to the touch? (smooth, rough, slippery, etc.).

Can be used and other parameters, but it should be borne in mind that they should not be too much, no more than 5 7.

10. Having finished "work" with emotional resonance, 3 to 5 minutes to devote to your relaxing vacation, which ends, depending on the circumstances, formulas activation or goes to sleep.

12. Autogenic training as a method of overcoming fatigue and improving performance

The feeling of fatigue and reduced performance in a person is usually only partially due to physical fatigue. Often fatigue is subjective, "psychological", not related to the actual physical state of the body. Relaxation of the body muscles and activation of self-regulation mechanisms that occur in the state of autogenic immersion, as well as the use of auxiliary images and formulations that stimulate recovery processes, will help to overcome the feeling of fatigue and improve performance.

For effective rest and improving performance, you can hold a class according to the following scheme:

- 1.** Take one of the main poses for autogenic training.
- 2.** Breathing is smooth and calm. A short, shallow breath and a long, calm exhalation. He breathes easily and calmly. With each exhalation, a passive state and a pleasant lethargy in the whole body increases. With each exhalation, all extraneous, unrelated sounds and thoughts are removed, becoming weaker and weaker.
- 3.** The whole body is relaxed, sluggish, motionless. With each exhalation, the feet become heavier and heavier. The heaviness spreads over the left and right arms from the shoulders to the hands. The soles of the feet are getting heavier and heavier with each exhalation. The feet of the left and right feet are quite heavy. The feet are heavy, like cast-iron weights. A feeling of heaviness fills both legs more and more. Relaxation, peace, passivity and contemplation.
- 4.** Mentally imagine a situation that contributes to the restoration of working capacity (rest on the river bank, on the beach, in the forest, etc.). It is important to maintain the state of autogenic immersion, linking the recovery processes with the rhythm of breathing: inhaling fills relaxation, peace, makes the images used in the lesson brighter, and with each exhalation, relaxation spreads through the body, with each exhalation, fatigue, negative emotions leave the body.

This stage of the lesson lasts from 5 to 30 minutes. An important part of autogenic training is that at the end of the training, you are given a setting that determines in general contours the state that you want to have after the end of the lesson (freshness, cheerfulness, readiness to act energetically, etc.)

Activation according to the standard scheme. The exercise takes about 10 to 40 minutes.

Tests:

- 1) **Autogenic training is a system of:**
 - a) consciously applied by a person unconditional reflexes;
 - b) consciously applied by a person conditioned reflexes;
 - c) consciously applied psychological techniques by a person;
 - d) consciously applied by a person of physical exercises

- 2) **Methods of psychological self–regulation (specify 2 correct ones answer):**
 - a) muscle relaxation by E. Jacobson;
 - b) increasing self–awareness;
 - c) ideomotor training;
 - d) autogenic training of I. G. Schultz

- 3) **Specify the purpose of the lowest autogenic training:**
 - a) to master certain exercises to control the work of internal organs, to achieve a positive mental attitude and muscle relaxation;
 - b) to master a certain technique of physical exercises for controlling the body in space, to achieve a positive attitude to the upcoming activity;
 - c) master certain exercises to control the work of various muscle groups, understand the individual characteristics of your psyche

- 4) **How many standard exercises does autogenic training include:**
 - a) 4;
 - b) 5;
 - c) 6;
 - d) 7

- 5) **What diseases are not contraindications to the use of: autogenic training (specify 3 correct answers)?**
 - a) high blood pressure;
 - b) low blood pressure;
 - c) gastrointestinal diseases in the acute stage;
 - d) bronchial asthma;
 - e) violation of peripheral blood circulation

- 6) **How many basic mechanisms underlie autogenic training:**
 - a) 2;
 - b) 3;
 - c) 5;
 - d) 8.

- 7) What is the name of the first standard exercise in autogenic therapy training:**
- a) the Severity;
 - b) Heat;
 - c) The heart;
 - d) Breathing.