

# DONNA FLACK

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## AUTOGENIC THERAPY

Autogenic Therapy (AT) was developed in Germany in the early 1900's by Dr Johannes Schultz, a neurologist and psychiatrist.

He developed a system which allows us to enter a state of altered consciousness in which we can adopt an attitude of passive awareness. Switching the body from a state of stress (fight, flight or freeze) to a state of rest, recover and recuperate. Through this passive awareness we can communicate more effectively with our bodies and tap into our self-righting, self- healing mechanism.

Autogenic Therapy influences the body's autonomic nervous system to bring about physical and mental changes in order to enhance a sense of wellbeing.

Autogenic Therapy is a technique that once learnt can be practiced at anytime, anywhere without the need for further therapist involvement or specialised equipment.

It is a skill for life which you can fit into your own lifestyle and personalise to suit your needs

Autogenic therapy is a drug-free, mind-body therapy comprising of simple relaxation and body awareness exercises.

Benefitting both physical and mental health by reversing the effects of stress and allowing the body and mind to rest, recover and recuperate.

Restoring Harmony to mind and body.



## AUTOGENICS AND ME

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'Autogenic' comes from the Greek meaning self-generated, coming from within. This process fits with me and my counselling orientation perfectly.

I believe our body has all the answers we need if we just allow ourselves the time and space to listen. Autogenic Therapy helps us to find a safe space in which we can start to accept and allow ourselves to be, just as we are.

By giving our body the time to rest, we are able to tap into our own self-healing abilities.

Autogenic Therapy has greatly enhanced both my professional life and my personal journey through pain and chronic fatigue.

I understand how life can be very difficult and at times we can feel totally out of control.

Since learning Autogenic Therapy, I have formed a different relationship with my pain.

This new relationship allowed me to turn my life around and because it made such a difference, I felt I had to share it with others. With regular practice, Autogenic Therapy can help our bodies to balance and our minds to open in order for us to become the very best version of ourselves.



## WHAT CAN AUTOGENIC THERAPY HELP WITH?

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- Chronic Pain Syndrome
- Headaches
- Depression
- Digestive Disorders
- Immune System Disorders
- Endocrine Disorders
- Respiratory Tract Disorders
- Chronic Fatigue Syndrome
- Anxiety
- Unresolved Grief
- Cardiovascular Problems
- Sleep Problems
- Neurological Disorders
- AND MUCH MORE

### **You don't need to be ill to benefit from Autogenic Therapy**

AT can enhance our creativity and problem-solving abilities by balancing the brains right and left hemispheres. AT allows us the time and space to listen to ourselves and get to know ourselves on a deeper level, communicate with our subconscious and rediscover our authentic self.



## HOW IS IT TAUGHT?

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Autogenic Therapy is taught over 9-10 weeks, individually or in groups of 6-8 both online and face-to-face

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## HOW MUCH DOES IT COST?

### Individuals

Initial Assessment – (1hour) £60

Standard session – (45-60mins) £60

Paid in Full - £600

Extra follow-ups - £60 (per session)

### Groups

(subject to suitability and availability)

Travel expenses vary



# DONNA FLACK

## HOW TO CONTACT ME

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**Donna Flack Autogenic Therapist**

MBAS Dip.AT

Person Centred Counsellor

Reg MBACP Avd.Dip.Couns



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For more information visit: [www.britishautogenicsociety.uk](http://www.britishautogenicsociety.uk)



BRITISH AUTOGENIC SOCIETY



Registered Member **172282**  
**MBACP (Accred)**

# TESTIMONIALS

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'AT helped me realise that not all of me hurt.'

'I went from feeling like a huge blob of pain back to feeling like myself who sometimes experienced pain.'

'Breathing became a pleasure not a struggle.'

'Only he who lets himself be can be himself.' 'AT is done with yourself for yourself by yourself and because of yourself.'

**Dr Johannes Schultz**  
(1884 -1970)  
Founder of AT

**Dr. Ann Bowden**  
Hon. Fellow BAS; MB, ChB, DCH,  
MFHom, Dip.AT

