

# THE BRITISH AUTOGENIC SOCIETY



Many clinical observations note the improvement of symptoms and behaviour in people in whom there is greater concordance between both sides of the brain. Resolution of such chronic discordance is an autogenic process which can be specifically induced through Autogenic Training. The autogenic process involves many kinds of brain-directed, self-regulatory functioning to restore mental and physical harmony. The highly complex changes in body and mind that occur during Autogenic Training include re-balancing R and L brain hemispheres and harmonising the entire autonomic nervous system to neutralise and heal the harmful effects of emotional or physical injury.

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## FROM THE EDITOR

Welcome to Issue 2 – the Spring edition of our BAS Newsletter, and a big thank you to all who responded to the call for articles, news and updates.

In this edition we hear news from absent friends, Elizabeth Angas writes a moving account of her work with prisoners on death row, and we get to read the new AT course students share their very inspiring aims and aspirations.

News of the forthcoming BAS AGM will remind you that Sue Holttum retires as Chair in April and warmly invites new applicants for this good role.

We have a gratifyingly full section on research matters and a plethora of international conferences to attend as it seems AT is emerging from the doldrums to find a new place in today's world.

Finally, there are new courses in Autogenic Meditation and Creativity Mobilisation Technique and details of a new book on AT due out soon!

Enjoy, and see you at the AGM!  
With warm wishes,

Alice Greene  
(Email: [algreene@globalnet.co.uk](mailto:algreene@globalnet.co.uk))



## LETTERS (emails)

Dear Friends and Colleagues,

I see my name mentioned a few times in the Winter Newsletter, so I am taking up my virtual pen and writing to you. Many of the years from 2007 until now are a huge blur for me personally, yet professionally, and with the undying help of Sue, Jan Marshall, John English, Ian Ross, Ann Bowden, Chris Perrin, and many more in our society, I did finish my thesis and pass my viva and become Dr Ruth. May I say how much I miss living in England, and miss you all, my professional colleagues, my friends. And I miss the lifestyle, and the weather – I am socked in here under more than 3 feet of snow and my wood stove is drinking logs, yet I am cozy and this is a time of year I like to write.

Now I feel I must try to take up the gauntlet Sue has thrown down in her looking back over the last 6 years, or maybe the metaphor of pushing the puck along is more apt, given the season! Here in the USA I am faced with the same challenge you are facing in the UK – how to get Autogenics back into the forefront of therapies on offer to patients when relaxation is needed for the wide variety of dis-eases it helps. I would love to help out with any research projects BAS launches, with figuring out what research needs doing, and with strategising about how to influence NICE. And, I am looking for like-minded colleagues here across the country to start an Autogenic Society. If you know anyone in the US or Canada interested in AT, please let me know. In the process of starting to start, I rely on BAS, I send people to look at the BAS website, and I get lots of credibility here because of BAS. So, thank you BAS, thank you!

In closing, I would like to say that I continue to be interested in Autogenic Training and Research and that I am hoping to go to Johannesburg in S Africa next winter. There I will teach clinicians, social workers, counsellors, and similar the basic AT course along with modules relating to the Foundation Course. I have the approval of ICAT/ISATAP for the curriculum I will deliver. The timeframe has to be collapsed because I don't live there – and visitors can only stay 90 days. I am on track to get a Critical Skills Work Visa – if it does not come through, I will go anyway. I would be thrilled if one or more of you wanted to come down and work with me, combining this opportunity to bring AT to South Africa with a holiday. Please do write to me, I want to hear from you, Ruth

Dr Ruth T Naylor, CH, CBH  
(E-mail: [ruth@ruthnaylor.com](mailto:ruth@ruthnaylor.com))



“Thank you for becoming the editor ... of the newly launched newsletter. I hope you receive lots of interesting fodder which we can all share...”

(Elizabeth Angas)

“I've been following the development of BAS (from afar) with keen interest... I can see from your Newsletter that BAS is very well organised with a committed team of motivated and highly skilled professionals. Very impressive!”

(Helen Gibbons – Director, Autogenic Training Institute, Australia)

“Thanks – the newsletter was such a good window on BAS. I printed a copy for my head of Centre at the university...”

(Sue Holttum)

“Thank you so much for such a rich and professional newsletter. I look forward to having time to read it all mindfully.”

(Judith Wren)

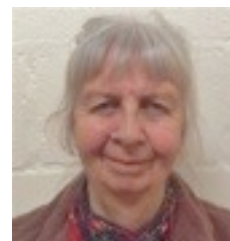
## A VERY AUTOGENIC RETIREMENT – AT helping prisoners on Death Row

Some of you may remember me, and would like to know that I am still using Autogenics for myself and others. As a fit and active 80 year old, I am now on the ‘retirement’ list of our Society, so do not charge for any teaching or therapy. I just incorporate it into my work as a spiritual healer with the Friends Fellowship of Healing ([www.quaker-healing.org.uk](http://www.quaker-healing.org.uk)) I combine it with Psychosynthesis and my skills as a nurse / psychologist. My students nowadays are anybody who wishes to learn to meditate or needs to find an effective method for dealing with stress.

Until I retired from my career, I was a university lecturer in ‘psychology of education’ looking after various sorts of qualified health professionals who were doing their teacher training. It was useful for those qualified nurses, physios, OT’s etc to learn Autogenics in order to cope with the stress of teaching; and for them in turn to teach it to their own students and patients. As a moonlighting job (whilst being a lecturer) I also had my own Autogenic practice. - I mainly worked with terminally ill patients, together with their friends and relatives, helping them to prepare for a ‘good’ death. That is, to become reconciled and to put their affairs in order. This too was combined with my work as a healer. I had trained in healing at the Bristol cancer help centre, where, at that time, there was a course for doctors and nurses. At Bristol too, I learnt about various complementary therapies(which had been left out of my orthodox training!) and I became a vegan. I also worked in a voluntary capacity, continuing the work, begun by Kai Kermani, to treat those with Aids using Autogenics. This was in the harrowing days before the present cocktail of drugs, when Aids was killing many gays and others. Many had ‘buddies’ who supported them in making a ‘living will’ and to plan their own funeral. It was a privilege to do this very moving and worthwhile work in the person’s own home or a hospice. In addition I worked for Cruse ( the bereavement counselling service) where I introduced Autogenics and Psychosynthesis therapy as a means of coping with grief.

In the late 90’s, a Quaker called Jan Arriens, set-up a pen-friend scheme called ‘Lifelines’, for prisoners awaiting execution on death row in the USA. As I had previously been a quaker prison visitor and pen-friend to prisoners in this country, I joined his scheme and started to befriend men in a Texas prison. Texas appears to have the worst conditions, the most unjust legal system, and the most executions. Over the years, I have gradually combined my letter writing to prisoners with teaching them Autogenics. I made AT into a distant learning course to help each prisoner to cope with the stress of their incarceration and of waiting to be killed by lethal injection. After I had befriended them and gained their trust, I sent them one Autogenic session at a time, adapted for the special needs of each individual. Then I waited for feedback before going on to the next session, in each letter. Of course, each man responds differently. Some are poorly educated, low in intelligence or mentally ill, so then I need to simplify the lessons to what they can understand and need. Others however, are able to respond well, learning how to enter a change of consciousness state.

I was partly inspired in this by the work of the Prison Phoenix Trust in this country, who send yoga teachers into prison to teach meditation. So I use some of their materials. It is harrowing supporting these men through their execution, so I need support myself and of course use my own Autogenics. As well as Jan Arriens, who is a friend, the Lifelines co-ordinator for Texas is very supportive of me. I hope fellow practitioners have found this account interesting.



Elizabeth. M. Angas.

(E-mail: [lzbthmangas@gmail.com](mailto:lzbthmangas@gmail.com))

## POSTGRAD. CERT. AUTOGENIC TRAINING COURSE (PGC-AT) 2014 -15

Our AT training course is now nearing its end and the ETT have been delighted by the enthusiasm, hard work and commitment of all the students. Having reverted to the old training structure of weekends, I am delighted to say that seven out of the eight students who started in March 2014 have stayed the course (sadly one had to drop out because of illness). They have completed their first case studies and Group Trainer Assistantship reports, and their second case studies and essays are arriving as I write.

Two new innovations: Firstly, students have had their first case studies assessed in mid-course: an invaluable opportunity for allowing a developed perspective on further work. And secondly, In order to comply with the term 'Module' we instigated, not one test, but two. The first, a short-answer test set at the end of Module 1, when on the brink of starting to teach AT; and the second at the end of the third weekend of Module 2 when slightly longer answers are required.



Jane Bird

(E-mail: [jane@autogenic-therapist.co.uk](mailto:jane@autogenic-therapist.co.uk))

## STUDENTS ON THE COURSE



My professional background is based in working with young adults in mainstream education who are deaf or hearing-impaired, or who have learning difficulties. Since learning AT in 1983, it has now become an integral part of my life. I have not only gained more insight into this amazing therapy since starting the PGCert-AT course but my own practice has become more enriched. Once my Training has completed I wish to help people who have stress induced problems and to work with people who suffer with Tinnitus – a distressing condition which at present has no known cure.

Sue Edmund

(Email: [ssnedmunds@hotmail.com](mailto:ssnedmunds@hotmail.com))



I have a background in psychology and management consulting. I enormously enjoyed learning the differences between the procedure, process and practice of AT. It was inspiring to discover the depth of knowledge, scientific and theoretical principles that the AT therapist holds, whilst always ensuring a clear learning process for the client. It confirmed my conviction that AT appears deceptively simple yet is profoundly powerful... I look forward to teaching AT in private practice and would like to focus on bringing AT to groups in the charitable sector, particularly helping long term carers, unemployed and youth in our communities.

Myriam Kamhi

(Email: [myriamk@live.co.uk](mailto:myriamk@live.co.uk))



As a Social Worker of 30+ yrs experience, I have just taken on a new post in Sussex as the Community Service Manager for support staff & volunteers and strategic resource planning. I found the AT course very enjoyable – but also challenging in a good way – met some amazing people, students and tutors, and learnt a huge amount of new insightful things. The more I get involved with the AT process, the more I am amazed by the extent of changes that are possible through AT. It has been a fascinating journey of discovery. I plan to run AT groups within my voluntary setting, and get referrals through my team colleagues.

Elaine Waight

(Email: [elaine@familysupportwork.org.uk](mailto:elaine@familysupportwork.org.uk))



For over 10 yrs I enjoyed a successful career within prestigious organisations, gaining experience in coaching and mentoring, and educating individuals and groups. Within the AT PG Cert training I found the Group Trainer Assistantship at the Hospital most useful, as well as the ongoing debriefs before and after the AT sessions with the leading therapist, and observing her interventions during the course. It has been very interesting to see the clients' unfolding process. I am about to begin an MA in integrative psychotherapy and counselling. AT will fit perfectly into the therapeutic approaches that I will offer clients within my private practice.

Francesco Lodi (Email: [franc.lodi@gmail.com](mailto:franc.lodi@gmail.com))



I am a sixth form teacher in Malta. I have enjoyed seeing experienced trainers deliver this professional course which has deepened my knowledge and personal practice, as well as helping me fine tune my own ideas about AT. When I finish, I would like to teach AT with its positive affirmations as a valuable stress reduction tool for pupils, especially in the build up to exams. Also, as the only AT practitioner on the island, I would like to spearhead AT in Malta. It would be fulfilling if AT were one day available on the Maltese National Health Service.

James Formosa (Email: [formasajames@gmail.com](mailto:formasajames@gmail.com))



I am a teacher of 7-8 yrs old children with learning difficulties in Wandsworth where 25% children have diagnosed Special Needs. On the course I enjoyed the support, good humour and dedication of my fellow students, and at the RLHIM, I saw two therapists at work and could observe how a successful AT course is run – an excellent basis from which to begin a practice of my own. I shall present AT in school, to parents and my local GP Practice and offer to run AT Courses – and work wherever AT leads me.

Jane Morris (Email: [janemorris70@hotmail.com](mailto:janemorris70@hotmail.com))



As a nutritional therapist, I see many clients suffering from digestive complaints, particularly IBS, or hormonal imbalances, such as endometriosis, PCOS or a difficult peri-menopause. These are very much stress related and I see AT as a tool to help these clients. AT would also help clients achieve the necessary lifestyle changes.

Claire Pigott (Email: [claire.pigott5@gmail.com](mailto:claire.pigott5@gmail.com))

## BAS ADMINISTRATOR – LYNNE STEVENS – WRITES

### SERVICE TO BAS MEMBERS

Please contact me if you need to update or correct your contact details, amend your entry on the website, or order BAS leaflets or books. Any other questions I will either answer or forward to the relevant person. Your contact details will be updated and emailed out with from time to time, along with the Chair's messages, as an e-mail attachment.

### ANNUAL MEMBERSHIP SUBSCRIPTIONS

You will shortly receive your invoice for your BAS membership fee – **due by 1st June 2015**, either by cheque or bank transfer. Full Member - £105; Overseas Member - £60; Associate Member - £75; Retired Member - £25.

[Missing the deadline will incur a charge of £25. And if your Subscription remains unpaid, your website entry will be removed. A fee of £65 is then payable to reinstate it.]

### AT COURSE TRAINING DATES

Dates for the next course are planned as follows (an extra day making an extra unit in Module 2), and we hope that some students from the BPS option will be joining us.

Module 1			Module 2		
Unit 1	26 & 27 September	2015	Unit 1	13 & 14 February	2016
Unit 2	17 & 18 October		Unit 2	9 & 10 April	
Unit 3	7 & 8 November		Unit 3	11 & 12 June	
			Unit 4	24 & 25 September	
			Viva	26 November	

## BAS AGM AND PROFESSIONAL DEVELOPMENT DAY

**SATURDAY 25TH APRIL AT FRIENDS HOUSE, 173 EUSTON ROAD, LONDON NW1 2BJ**

*Opposite Euston's rail and tube stations, ten minute walk from King's Cross and St Pancras Tubes Euston and Euston Square (Northern, Victoria, Metropolitan, Circle and Hammersmith & City lines). Bus numbers 10, 18, 30, 73, 205 and 390 pass the door, 59, 68, 91, 168, and 253 stop nearby.*

10.00 – REGISTRATION TEA & COFFEE

10.30 - ANNUAL GENERAL MEETING OF THE BRITISH AUTOGENIC SOCIETY

12.30 - BAS ON FACEBOOK – OLIVER KLOTT

1.00 - LUNCH (Over lunch, Sue Holtum hopes to meet with any members who are registered as teaching our BPS-approved Personal Autogenic Training for Professionals (self-care) course – or PATP for short.)

2.00 - THE AUTOGENIC PROCESS REVISITED with Jane Bird

4.00 - END

**COST:- MEMBERS £10; FRIENDS £15; GUESTS £25.**

**INCLUDES LIGHT LUNCH AND REFRESHMENTS.**

**APPLICATION FORM COMING BY EMAIL SOON.**



Lynne Stevens  
(E-mail: [admin@autogenic-therapy.org.uk](mailto:admin@autogenic-therapy.org.uk))

## RESEARCH MATTERS

### BAS AND THE NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE.

“I have signed up BAS as an interested party for three consultations by the National Institute for Health and Care Excellence (NICE). These are (1) the upcoming guidelines on depression, (2) consultation on depression in the context of physical illnesses, and (3) provision for well-being in the workplace. Regarding BAS’s British Psychological Society-approved AT, there have been a few enquiries from psychologists, and I would hope that interest will build as our courses are advertised every month on the web.

This in itself starts to raise awareness of AT as a gradual process.”

Sue Holttum

(E-mail: [sue.holttum@canterbury.ac.uk](mailto:sue.holttum@canterbury.ac.uk))



### INTERNATIONAL MEETINGS

Following the founding meeting of the International Society for Autogenic Training and Autogenic Psychotherapy (ISATAP) in September 2014 in Madrid, there are further meetings planned in 2015:

#### 1. HUNGARY:- 2-4 July 2015 in Budapest.

The final programme is awaited The Hungarian Association of Relaxation and Symboltherapy is planning to have most presentations translated into English. **The round table panel discussion will be led by Professor Luis De Rivera and will include practical subjects such as the application of Organ-Specific Formulae during Autogenic Training.** Posters in particular are still welcome.

Apart from the Autogenic community there will be a delegation for biofeedback, a technique which may be considered to be relevant and possibly related to AT in some way. Professor Prokotov will give a workshop. He has been using qEEG for biofeedback and for youngsters with ADHD.

Venue is in Central Budapest: 1088 Budapest, Szentkirályi u. 10.

Congress fee:- 150 Euros Prof Prokotov workshop fee:- 40 Euros

Send abstracts via e-mail attachment to Emese Kiss (organizer): [mrszekongresszus@gmail.com](mailto:mrszekongresszus@gmail.com)

#### 2. GERMANY:- 19-21 June 2015 in Nuremberg.

The meeting of the German Society for Medical Hypnosis and Autogenic Training will take place under the theme “Quality through Qualification”. <http://www.dgaehat.de/jahrestagung/>

Fees are 125 Euros per day, with 125-205 Euros per course depending on the length of the course.

Conference language will be German.

#### 3. CANARY ISLANDS:- 10-12 September 2015.

This is organised by the Canarian Society for Integrative Medicine under the subject of “Mind/Body Training”. Claudio Naranjo, the promotor for the theory and practice of enneagram is involved with the meeting. Professor De Rivera asked if we could in particular present our experience with Creativity Mobilization Technique. The meeting will coincide with the AGM of ISATAP.

Maybe we can communicate and coordinate our travel plans.

With warm wishes,

Edith Rom

(E-mail: [edithrom@hotmail.com](mailto:edithrom@hotmail.com))



## AUTOGENIC TRAINING AT THE GLOBAL HEALTH CONGRESS

Ruth Naylor's recently submitted abstract of her paper on Relaxation and AT, with Sue Holttum as co-presenter, has been accepted for presentation at the Global Health Conference being held at St Hugh's College, Oxford in June 2015. See <http://www.globalhealthcongress.org/>

### ABSTRACT

**Self-Balancing Sanctuaring: A Classical Glaserian Grounded Theory of Relaxation and Autogenic Training for Generalized Anxiety**

**Aims:** to elucidate how Relaxation and Autogenic Training work; develop clinical practice recommendations; influence access to relaxation therapies throughout the NHS.

**Data:** forty-six interviews, thirty-four diaries; non-anxious community volunteers and moderate-severe anxious clients of AT therapists. Classical Glaserian grounded theory analysis methodology determined participants' main concern (self-balancing) and how this concern was resolved (sanctuaring).

**Theory:** 3 switching strategies; restorative benefits enable and maintain allostatic balance, integrate/strengthen the core self, connect people to community, expand self-discovery, and develop character. **Adds:** a grounded perspective to the spiritual well-being debate; theoretically situates and/or challenges extant descriptive/conceptual models of Relaxation and AT.

Ruth will be running a Workshop on Classic Grounded Theory (CGT) analysis methodology, with her AT study as an example, at the 6th International Congress of Relaxation and Symboltherapy being held in Budapest on 2-3-4 July 2015.

Ruth Naylor  
(E-mail: [ruth@ruthnaylor.com](mailto:ruth@ruthnaylor.com))



## "MUMS IN MIND" – A NEW PILOT STUDY OF AT IN PREGNANCY

Lynne Stevens, service manager of the Quaggy Community Counselling Service, invited me to give a talk in February on AUTOGENIC TRAINING to a meeting of interested health professionals and sponsors of the "Secure Adult - Secure Child" project under the umbrella of the Quaggy Development Trust, which had just won the tender to manage 5 Children's Centres in West Greenwich. Co-funded by the Big Lottery fund, the British Autogenic Society and the London Catalyst, the project is aimed at disadvantaged parents in stress or in crisis, to nurture and support them with early interventions such as 1-1 Non Directive Counselling; Video Interactive Guidance to mend attachment/bonding difficulties; a Befriending Peer Support outreach called 'Parents in touch'; and Autogenic Antenatal Courses, 'Mums in Mind'; all in partnership with Greenwich Child and Adolescent Mental Health Service (CAMHS).

Numerous prospective studies in both animals and humans indicate that high stress and mood disturbance during pregnancy are associated with a variety of negative maternal and infant outcomes including low birth weight; reduced duration of gestation and preterm birth; bacterial vaginosis during pregnancy; increased risk for chromosomally normal spontaneous abortion; lower Apgar scores; smaller head circumference, and postnatal depression which may interfere with mother-baby attachment and child development. Also neuroendocrine stress is a significant predictor of substance use during pregnancy, more difficult labor and delivery and postpartum



depression (Da Costa et al. 2000). As many as 18% of pregnant women are depressed during their pregnancy, with 13% having an episode of major depression, and 14% having a new episode of depression during pregnancy.

Mind-body interventions such as yoga, breathing exercises, and meditation have been shown to reduce stress and improve mood in pregnant women and relaxation training has shown reduced anxiety and perceived stress in pregnant women and reduced rates of low birth weight, caesarean section, and instrumental extractions.

A 2008 research paper on the “Effects of a mindfulness-based intervention during pregnancy on prenatal stress and mood” showed that it reduced negative affect and anxiety and holds promise for reducing depression and improving positive affect in a pregnant population, with a trend toward improvements extending into the postpartum period in the group that received mindfulness training.

We know that AT has been used for many years both in the treatment of primary infertility and in pregnancy and childbirth. It has been shown to bring significant benefits during pregnancy, labour itself, and also post-natally.

**RESEARCH ON AT IN PREGNANCY** – The impressive work of Professor Prill (on the use of AT helping mothers in labour) in the Department of Obstetrics at the University of Warzburg involving 1,000 women, showed very convincing advantages of using AT over no treatment for the reduction and length of labour pain. AT-trained mothers had 30% shorter labour (for both first and subsequent babies), 20% fewer contractions, and a subjectively less distressing birth experience.

Another German study of 302 women who had used AT during their pregnancies found about 70% had experienced 'notable pain relief'. Professor Prill, and other authors, concluded that 'Autogenic Training helps significantly in facilitating, economising and accelerating the physiological processes of natural delivery' Much of the work done today is still based on Prill's research.

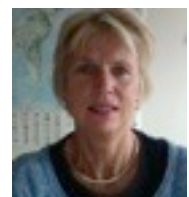
In a Japanese pilot study in 1977, the authors commented that even a very small number of AT exercises may a) shorten the 1st and 2nd stages of labour, b) decrease or prevent asphyxia in the newborn and c) reduce plasma cortisol levels during labour and delivery.

In an Italian study in 1979 A variation on traditional AT was tested against a Lamaze trained group. in which the AT-trained women reported less anxiety prior to, and less pain during, labour. Also, the expulsion time was shorter, thus replicating Prill's observations.

To seek to add to these findings, and promote AT through an up-to-date research trial, the study will compare results of AT in pregnancy with the 2008 Mindfulness trial mentioned above.

BAS has kindly promised funding to sponsor the first pilot AT group training “Mums in Mind” within the ‘Secure Adult – Secure Child Project’ which is scheduled to begin in May 2015. The trustees are confident that this also presents an opportunity to do a research study for BAS benefit, under the guidance of Sue Holttum. Lynne has kindly invited me to be her supervisor for AT during the project, and I wish Lynne every success with it.

Alice Greene  
(Email: [algreene@globalnet.co.uk](mailto:algreene@globalnet.co.uk))



## CREATIVITY MOBILISATION TECHNIQUE (CMT) AUTOGENIC MEDITATIVE EXERCISES (AME)

Following the successful courses run by Nida in 2011 and 2012, when five BAS members qualified to teach both CMT and the AME, this programme is again open for enrolments.

Nida has experienced CMT with Jean Coleman, Vera Diamond and Virginia Goldstein. She has since researched and produced a wealth of material from Dr. W. Luthe's original work, and developed an updated course structure which can now be used to carry the work into the future. This programme is an important and welcome development within the British Autogenic Society, producing a growing group of AT practitioners trained in these extended autogenic disciplines.

### The steps to take:

- 1 Learn the Creativity Mobilisation Technique yourself by attending six sessions of Group CMT planned for a Saturday or Sunday in Central London in Spring 2016 – **provided sufficient numbers enrol.**
- 2 Learn and Practise the Autogenic Meditative Exercises
- 3 Attend the CMT and AME Therapist's Training Course in Autumn 2016.

**Please phone 01483 277333 around 6pm weekdays for more information.**

Nida Ingham

(E-mail: [nida4autogenics@yahoo.co.uk](mailto:nida4autogenics@yahoo.co.uk))



## PROFESSIONAL CARING AND AUTOGENIC SELF CARE

Health and Social Care are in the news in many ways right now. The Care Act coming into law partly in April 2014 talks a lot about 'Wellbeing'. Policy makers have been talking about encouraging Self Care. Social Services and the NHS are working on Integrated Care plans to save money as budgets are cut.

Autogenic Therapy is also about enabling clients to become aware of changes, to build physical and mental 'wellbeing', and empowering them to cope with positive and negative experiences. It helps individuals with their own process of good care.

Therapists also need to practice self care. As well as practising AT for yourself, do you have a Supervisor and regular supervision sessions? Personally, I only teach a few individuals each year so I have professional people I can call on to mentor me.

Are we aware of changes to the law so that we are working not only ethically but also in line with legal requirements? The Kings Fund Website is a good source of information.

Also, I have recently been looking at my Housing Associations' new Safeguarding Adults Policy this month. It spells out that it is everyone's responsibility to raise concerns that compromise 'Wellbeing' if they are aware of issues that

- damage personal dignity
- damage physical, mental and emotional health
- indicate abuse and/or neglect
- reveal inability for the individual to control or make choices about day to day life choices
- stop people being in work, education, training and social activities

- stop people having a 'good quality' normal domestic, family and personal life
- damage a person's 'wellbeing' through poor/ inappropriate accommodation
- stop the individual contributing to their community, or to society in general.



For some very interesting CPD courses on offer, please go to [www.nscience.co.uk](http://www.nscience.co.uk).

Judith Wren

(E-mail: [jenny@wrensnest47.org.uk](mailto:jenny@wrensnest47.org.uk))

## CASE STUDY – ‘HOW AT RESOLVED ALL MY OBJECTIVES’

Anne Whybrow's client, Pauline, explains how AT helped reduce her stress, anxiety and raised BP...

“Last summer, the shock of someone running into the back of my stationary car at a roundabout resulted in my feeling stressed all the time, with very high blood pressure. Although prior to this I hadn't been to the doctors in years, I began having trouble sleeping – often only for 3 hrs a night – and I was convinced that my anxiety, lack of sleep and ‘white coat syndrome’ were all affecting my blood pressure. Wanting to find a natural way to lower it and deal with stress, I found an Autogenic therapist online through The Opal Centre, with whom I signed up for a course.

At my initial session, we talked about my problems and a questionnaire highlighted 9 areas where anxiety was interfering with my day to day life. I wrote down a list of what I wanted to achieve from AT – to feel normal again and not stressed all the time; to sleep better; to relax enough to lower my high blood pressure; to cope with medical appointments without getting anxious. This list was sealed in an envelope.

I went to weekly sessions where I was given a book and handouts detailing the current exercise. I enjoyed the sessions and, although a very private person, found that I could open up to my therapist as the exercises gradually built up over the weeks. I kept a diary of my exercises and any issues around them, plus general thoughts and feelings. This was invaluable, keeping me on track and ensuring I made time for the exercises. Although at first I did not believe that these simple exercises could help me, I slowly began to feel better. The anxiety began to subside and my blood pressure slowly came down (although it still spiked at the doctors!). I found I was laughing again and hadn't realised that there had been so little laughter in my life since that car accident. I was beginning to feel myself again.

I have now completed the course and am so much better – calm and relaxed and am enjoying myself. I attended a routine mammogram without getting in a tizzy – a first of me. At my follow up session, I was given the sealed envelope from the first session and found that AT had wholly or partially resolved all my objectives. I now sleep on average over 6 hours a night and this has helped bring my blood pressure down too. It's getting better all the time. After my initial scepticism, I would now recommend AT to anyone whose life is affected by anxiety and stress. Give it a try! It's got my life back on track. I am determined to carry on and feel I now have the tools to cope with stressful situations.”

(With many thanks to Anne Whybrow, and to Pauline for sharing her experience of AT. Ed.)

## BOOKS

**'I COULD DO WITH SOME OF THAT! – THE POWER OF AUTOGENICS'****A new book by Jane Bird**

Following the publication of 'Autogenic Training - self help for mind and body' in 2012, with my co-writer Chris Pinch's blessing, I have used it as a template for this completely new book. I have learned so much more from writing it, and have developed, if only briefly, some new thoughts. (Jenny Whittlestone has been a huge help, as development, checking and asking questions with admirable scrutiny.) I hope to be able to bring copies to the AGM, though not guaranteed.

**BAS members will get 20% discount on any order placed up to April 25<sup>th</sup>.**

Jane Bird

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Please send your comments, letters, suggestions,  
updates, reports, news, articles,  
case histories, stories, humorous anecdotes,  
– preferably with colour photos –  
to Dr Alice Greene at [algreene@globalnet.co.uk](mailto:algreene@globalnet.co.uk)

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Summer 2015 Issue – Deadline 1st June 2015

Autumn 2015 Issue – Deadline 1st October 2015

