

THE BRITISH AUTOGENIC SOCIETY



Dr Wolfgang Luthe (1922 - 1985) contributed a number of innovations of his own to the corpus of autogenic therapy by adding the techniques of autogenic neutralization, autogenic abreaction, and autogenic verbalization. Each of these he regarded as a procedure for the normalization of CNS functioning. This normalization he conceptualized as being achieved by CNS discharges of the effects of painful or excessive stimulation. In Luthe's view, nature has provided us with homeostatic mechanisms not only for the regulation of fluid and electrolyte balance, blood pressure, temperature, wound healing and so forth, but also for the readjustment of more complicated functional disorders in which cognitive involvement is prominent. He considered autogenic techniques a means of accessing the natural homeostatic recuperative mechanisms of the brain.

'Wolfgang Luthe: In Memoriam' by J Stovya Biofeedback & Self Regulation, Vol. 11, No 2 1986

CONTENTS

2. Treasurer's Report by Judith Wren
3. Re Chair and BAS Admin Report
4. ETT Report by Dr Lucy O'Hagan
AT in South Africa by Dr Ruth Naylor
5. A Year in ISATAP: Dr Lucy O'Hagan
7. AT & Spirituality by Alice Greene
9. The Four Qualities by Jenny Cuff
11. Research Update by Dr Ruth Naylor
12. ISATAP foundational address Part 1
by Prof Wallnoefer
17. Books, Facebook and Twitter
Deadlines for Summer Newsletter.

FROM THE EDITOR

Welcome to Issue 5 – 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 about changes afoot for the Society and a fascinating glimpse into Ruth Naylor's work of teaching autogenic Training in South Africa. Dr Lucy O'Hagan takes us through her years experience with ISATAP.

A new theme introduced here is AT and Spirituality followed by an introductory meditation sequence for established AT users of the Four Qualities, adapted by Jenny Cuff.

Positive results are reported on AT research into Parkinsons Disease and Stress in Student Nurses.

And I am delighted to include part 1 of his founding ISATAP Address by Prof Heinrich Wallnofer, last living student of Prof Schultz

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

Alice Greene
(algreene@globalnet.co.uk)



JUDITH WREN, HON TREASURER, WRITES

The BAS Trustees have been very busy on your behalf over the last year. This involves keeping up with all the formal paperwork, showing discussion trails between the Trustees and the ETT, and the approval and the implications of any contracts resulting in changes needed to make sure BAS complies with Companies House and the Charity Commission rules and regulations. Despite some trustees having had a number of personal issues to contend with, allowing them less time to help BAS, they all do their work voluntarily and without any pay. Some take few or no expenses. A very big thank you to them all. We have been working on recruiting external Trustees – suitably qualified people with time and skills that the Trustees or BAS as a whole do not have – to work with BAS members, including a willingness to learn AT and work within that ethos. This is progressing slowly.



In March 2016, our funds at the CAF Bank dipped below £15,000. The welcome income received from the BAS Postgrad Cert AT Training Course starting this April 2016 soon goes out again to pay for course materials and trainer fees. BAS is facing significant new costs of running the e-book project (£2,500+) and other essential Society expenditure, so 2016-17 needs tight financial management to fulfil our charitable obligations to ensure core funds are ring-fenced to guarantee the safe continuity of the Society.

New Gift aid forms will be sent out to all members so that the Treasurer has all the correct paperwork to claim back monies from HMRC. Please fill and return yours promptly so that any donation is increased by 25%. Please consider making a donation specifically to help pay for the **e-book project** – initiated by Dr Ann Bowden and the ETT, to reprint copies of the 6 volume sets of the Schultz and Luthe books, as our stocks are running low.

This year's small increase in members' subscription to £110 helps BAS to continue to pay for Lynne's considerable administrative skills and knowledge, and also to pay for necessary office computer upgrades. Lynne carries on with her many administrative duties, including sending out the pre-AGM paperwork – the invitation and schedule for the day you will receive first. A big thank you to her.

We look forward to seeing you again at the AGM on May 21st. The £45 cost for the day offers good value with the morning's annual Schultz Lecture, including Lunch, an afternoon AGM and Workshop. Certificates of attendance will be available for CPD. **Your presence at the AGM is important and needed to vote on the many changes proposed, and the election of officers and Trustees, including the new Chair of BAS.**

To date, no one has come forward to let us know they are interested in standing for election as our new BAS Chairperson. After much discussion with the Trustees, the ETT and other BAS members, I have agreed to put my own name forward for nomination for this role, as I have a wide spectrum of experience and skills that I believe could be useful to BAS while an alternative is found. My work includes 9 years as a Trust Board member for a major Housing Association; interviewing, with Baroness Maggie Jones, new professional Board members; working on large contractor procurement processes and policy documents, chairing Complaint Panels and other groups; and also proof reading for the Dean of Kings College.

You will shortly receive nomination forms for the election of officers and Trustees, including information about present Trustees who are standing for re-election – also, more from BAS members who know me and my work. Before then, please let me know if you would be prepared to stand for election to the Chair or other Trustee roles. Or indeed, if you wish to discuss any BAS matter. See you at the AGM on 21st May at Friends House Euston Road, London!



Judith Wren
Hon Treasurer BAS
(jenny@wrensnest47.org.uk)

A BIG THANK YOU TO SUE HOLTUM, CHAIR OF TRUSTEES

Sue Holtum is unfortunately so busy with the heavy demands of her academic role she regrets she may not be able to attend the AGM in May – when her formal role as Trustee and Chair of BAS comes to an end.

The Trustees are very, very grateful for all the hard work done by Sue over the years during which she has acted as both Chairperson and Treasurer! In addition, we owe her a special vote of thanks for managing the Continuing Professional Development Approval of three courses by the BPS (British Psychological Society). This BPS approval gives professional credibility to our BAS Training Courses, providing a marketing tool that gives assurance of competence. This is something we need to be careful to maintain as other approval schemes can be more demanding in their rules and regulations and their cost structures.

We sincerely thank Sue for all she has done for BAS and we wish her all the very best for her future. (Judith Wren)

(Dr Sue Holtum Sue.Holtum@canterbury.ac.uk)



BAS ADMINISTRATOR, LYNNE STEVENS, WRITES

Service to Members

Please email me at admin@autogenic-therapy.org.uk if you need to update or correct your contact details or amend your entry on the BAS website. If you have any other questions, I will either be able to answer myself or forward to the relevant person for response. If you are unable to reach Judith Wren, Treasurer, <jenny@wrensnest47.org.uk> please let me know, as I may be able to assist you.

Following discussions with the Trustees, you will all have three forms sent out to you with instructions:-

- (i) A **CPD form** to record your continuing professional development throughout the year.
- (ii) **Information about MYMOPS and PSYCLOPS forms.** You do not have to pay a fee for using these. In future we hope that all members will have a membership number and anonymous copies of these forms used by your clients can begin a data base of Patient Recorded Outcomes and provide research evidence of the effectiveness of AT.
- (iii) A **Gift Aid form** to ensure it is up to date, so Lynne and the Treasurer have the correct information to claim an extra 25% on any recently recorded donations.

Membership List

The BAS Membership List, (replacing the Members' Handbook), was sent out with the last Newsletter. This will be updated and sent out three times a year as an attachment with each Newsletter. Please let me have any changes to your details as soon as possible, so that this list can remain up to date.

AGM and British Autogenic Society Lecture 2016

Invitations have been sent out for this year's AGM at Friends House, Euston Road, London on Saturday 21st May 2016. In addition to the AGM, Dr Ian Ross will be presenting the BAS Annual Lecture, entitled "Look at the Cypress Tree – The Autonomic Afferents and Wellbeing" as well as the Education and Training Team providing an afternoon of seminars, to include Jane Bird and Dr Ann Bowden.

The Fee for the day (£45 or £25 for retired Members) includes refreshments, Lunch and CPD Certificates. Please RSVP by 12 May 2016. If by any chance you have not yet received your invitation, please let me know at once.

Lynne Stevens
(admin@autogenic-therapy.org.uk)



EDUCATION AND TRAINING TEAM REPORT

The ETT have had a busy year, preparing and updating the Postgraduate Certificate in Autogenic Training. We are please to announce that there should be 6 students commencing the course in April 2016.

Module 1		Module 2	
Unit 1	April 9 & 10 2016	Unit 1	June 11 & 12 2016
Unit 2	April 23 & 24	Unit 2	July 16 & 17
Unit 3	May 7 & 8	Unit 3	Sept 24 & 25
		Unit 4	Nov 26 & 27

A reminder to BAS members for CPD

You are invited to attend one or more of these Training Days with prior arrangement. The course will be held at 86 Harley Street, London. There will be a cost of £40 per day and a Certificate of attendance will be given to count towards your annual CPD. Numbers will be limited so please book ahead. For detailed information about which lectures/tutorials are on each date, please do email me.

Dr Lucy O'Hagan
(training@autogenics.org.uk)



AUTOGENIC TRAINING IN SOUTH AFRICA by DR RUTH NAYLOR

My dream since Brian died has been to foster the development of a South African Autogenic Society. Alice suggested I write the 'story' of my work here in Johannesburg, South Africa. It is so complicated for me, so dear to my heart, it is my passion to do this. And now that I am here, it is not what I expected. So much need and so much opportunity...

Now I am teaching AT to people at Family Life in Parktown and at Central Gauteng Mental Health Center in Berea. Thirty people are learning. Ten are social workers paying me at South African rates. Others are learning for free – lay counselors and members of the public. About half of my trainees are either living in locations or working in them and are facing a great deal of trauma on a daily basis. There is a high proportion of murder, suicide, poor education, poor healthcare, and broken families in the histories of my trainees. There is PTSD and more stress from historical causes than people I have trained in the USA and the UK. Plus English is not the first language for many, and ways of talking about the body and inner experience are also culturally different. All this is quite challenging – lots of reducing, postponing and even some omitting for the time being...

I am lucky and thankful to have been trained by BAS and to have BAS colleagues helping me. All BAS courses meet and in some areas exceed published ICAT guidelines, and now are approved by the British Psychological Society. I am so grateful to everyone in BAS who worked hard and diligently to obtain BPS approval for the BAS courses – this is an achievement which has massive credibility around the world, and I am following BAS lead in the curriculum I've put together for RSA. Already it is approved by the RSA social work council for CPD. Next body to approach is the clinical psychologist council. Now there is some talk that University of Wits Counseling department is interested in AT as a therapy, in Family Life's experiences and in AT for student retention and possibly as part of their curriculum in future.

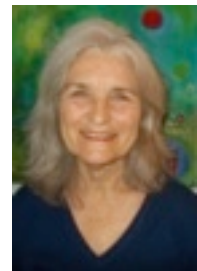
As in Canada and other countries, I knew it was entirely possible all along for South Africans to learn about and then teach AT following Schultz's guidance. Because I have a host family and because it is now so easy to work remotely, learning from me and other AT therapists who are willing to show up or to do webinars and Q&A sessions over video will be faster, and will certainly have more credibility with regulators here,

than simply trying to use Schultz's, Luthe's, Jane's or Kai's books in a DIY fashion. Whilst I am here this time round – I will come back at least two more times – I am doing a bit of an accelerated course for six of the social workers – additional face to face teaching hours, having them observe and participate in running a group, and so on.

For written resources I have permissions from: (1) Mrs Kaori Luthe to publish copies of Wolfgang Luthe's 1977 *Stress Management Workshop Manual*, 100 copies identical to the original which was published under license by Dr Hans Seyle's International Society of Stress Management in Canada, an organization I have been in touch with recently; (2) Dr Brian O'Donovan to re-print his self-published handbook *Autogenic Training in Organic Illness* (if anyone has a clean copy and will lend to me for a few days, please let me know); and, (3) Dr Alice Greene to print her 2000 *Trainer's Guide to Running an 8 Week Course*. Family Life has a set of the BAS published 6 volumes of Schultz/Luthe and a copy of Kai's book to refer to as well.

Thank you everyone for helping to make this happen, as all of these resources are still under copyright and are kindly donated – the Rand/GBP reexchange rate is dire right now, so these materials are a very valuable contribution which they could not have afforded – even under the best of circumstances.

Most of my days when I am not teaching are spent playing Chinese MahJong with Yolo, 9 year old daughter of my host family, Zanele and Lumko Lubabe. They are putting me up, taking care of me, and expecting their third child by the end of April. Brian and I were at their wedding, and now it is such a pleasure to be here for this very happy event. For other fun I am working with a woman who is launching an internet magazine about Africa called *Flow*, and as I am now involved with the European Flow Researchers' Network, I am able to help. In early April, a 4 week AT course (heaviness and warmth only) starts at a friend's house, and I'm going to a 'Herstory' event in Sandton where I will tell a personal story in 5 minutes in front of a live audience (scary?!). Maybe I can use this opportunity to market AT!



Dr Ruth T Naylor (ruth@ruthnaylor.com)

A YEAR WITH ISATAP by DR LUCY O HAGAN

I feel privileged to be on the board of the International Society of Autogenic Training and Autogenic Psychotherapy (ISATAP). From its founding in Madrid in September 2014, the momentum is gathering, bringing together Autogenic Practitioners from around the world, so that the science and application of AT can be shared and forwarded.

The 3-day long, VIth International Congress of Relaxation and Symboltherapy was held in Budapest, July 2015, in conjunction with ISATAP. Dr Edith Rom, UK, gave an inspiring account of the round table discussion on 'The role of autogenic formulae', in the last edition of the BAS newsletter, so I will give an overview of the rest of this congress. It was very well organised and we were warmly welcomed. International attendees were given their own translator – a Hungarian who teaches AT, to explain those lectures given in Hungarian, with plenty of opportunities to answer queries. Delegates came from countries including France, USA, Italy, Spain, Australia, Japan and UK.

Sadly, Heinrich Wallnoffer could not give the scheduled opening lecture due to family illness, but Luis de Rivera gave an exciting presentation, also giving us sight of brain changes from the first brain scans of someone (L d R) doing AT, showing increased activity in the right frontal cortex and the insula, which can relate to emotional control and access to the inner self.

Lecturers also included Helen Gibbons, on her use of AT with varied groups including the police, and how she has successfully adapted her work to make AT work for people across different fields. A Hungarian Physiotherapist told of how he used AT with Olympic athletes, labelling it 'sportogenics', teaching it 3 sessions a week for 3 weeks. A small group discussed AT in education. Several seminars looked at symbols / fairy tales in therapies including AT.

We were all extremely impressed by the amazing talents of the Hungarian members attending the Congress, which were showcased on the last night, including members performing an Indian dance routine, an Argentinian Tango and some instrumental pieces. I was most entertained by an amusing song written about AT and some situations we experience when practising and teaching it.

The II ISATAP Congress was held in conjunction with III Science and Meditation Congress, in beautiful Las Palmas in September 2015. As Helen Gibbons described in her brief report in the last BAS newsletter, it was a fantastic gathering of minds to enable discussions on everything science and meditation, particularly how AT fits into current scientific theories of meditative experiences.

It was well attended, including some local government representatives, a local science director, a yoga master, and parts were later aired on Spanish television. It was great to see the similarities between AT and other forms of meditative practices.

The key note speaker was Dr. Claudio Naranjo, nominated for the Nobel Peace Prize 2015. He gave a presentation on "education as a tool for change". Dr. Naranjo stated that in order to change society we must transform the education system, to develop values and beliefs based on freedom, love and virtue. Many of us felt his very special energy. He talked of the "patriarchal society" where people have forgotten the emotional part of the human being. Naranjo concluded his speech calling for a radical change in the current education systems.



The following day, Oliver Klott and Lucy O'Hagan (photo left) gave presentations on AT and Children which tied in with Claudio Naranjo's idea that a change in consciousness can't be via adults but through the education of children. Oliver described his regular use of AT at his specialist school (The Mulberry Bush Organisation) in UK. He gave a case example of a 10 year old boy who benefitted from his AT programme. Lucy showed a model for AT and how teaching children AT, including off loading exercises, can help them focus, leading ultimately to Naranjo's goals.

It was fascinating to see how professionals from all over Europe and beyond have found a place for AT in their work. For example, Luis Hernandez (Spain) along with Luis De Rivera, integrate AT with Cardiac Coherence training for driving phobia with great results. Luca Gionata (Italy) gave a visually stunning presentation on 'Neurophysiology of the AT process'.

Helen Gibbons presented 'AT as a neurophysiological tool for the treatment of stress and anxiety', with interested participants, from the various fields of meditation signing up to Luis De Rivera's level one AT training course. Luis described one of the key parts of AT as 'amplification' of mind.

In summary, these two conferences showed that AT is very much alive and that it can and should co-exist alongside other forms of meditation. This is an exciting time to collaborate with our International colleagues to further explore the mechanisms and future applications of this brilliant technique.

Links to some of the presentations can be found at the ISATAP website www.isatapsy.com.

Please email me with your comments or for further discussion

Dr Lucy O'Hagan (training@autogenics.org.uk)



AUTOGENIC TRAINING AS SPIRITUAL PRACTICE

Almost a century ago, when Sigmund Freud was founding Psychoanalysis in Vienna, and Carl Jung Analytical Psychology in Zurich, Johannes Schultz was pioneering Autogenic Therapy in Berlin. Out of the intellectual ferment of the times came a new understanding and growing confidence that diseases, previously untreatable, would now be curable by the new scientific techniques being discovered – not only through the psycho-biological manipulations of the pharmaceutical industry, but also in the newfound ways to understand and control the inner world of mind. But a century later, are we becoming disillusioned with both the drug industry AND the analytical talking therapies, and moving towards a new medical paradigm for the 21st century – spiritual awareness as the ground of self healing – with patient and practitioner as co-operating helpers towards health and wholeness?

In the last analysis, all models and maps of human functioning, though useful, can only point to the immediacy of our own experience and the levels of awareness within us – an awareness that is at base truly universal. This universal awareness can only be known through its deep appreciation in the present moment. Because it is ‘beyond the mind’ (ie all mental processes may be witnessed within it) it is not accessible through our mental theories or systems about it. This self-reflective consciousness is finally what makes us truly unique and human, with levels of inner resourcefulness and healing that we can only guess at, and occasionally touch upon, in our own work and with others. Our experience of ‘depth’ in the ‘here and now’ provides us each with our own transformative insights and access to our innate healing potential.



Most of the benefits of Autogenic Therapy lie in its practical, non-theoretical approach that supports profound relaxation into this present moment – into ‘Presence’ at the deepest level – where, as a side effect, the complex processes of healing, repair and renewal take place naturally. This healing process occurs in the autogenic state by restoring immunity, REM sleep and dreaming processes to their full capacity. Many drugs routinely prescribed today suppress or interfere with this finely-tuned biological wisdom and are the 6th leading cause of death in hospitalised patients.

The spiritual journey within leads us towards the very core of Being. The key seems to be a willingness to let go of the false, the superficial, and finally transient, in favour of the eternally ‘real Ground of Being’. Here, we see the usefulness and importance of AT as a truly psycho-integrative tool – that provides an opening to the transpersonal realms within.

Advanced Autogenic Training may be used as a tool for spiritual growth to open the mind to this deeper truth, this all-encompassing spiritual awareness in which our thoughts, feelings and sensations come and go.

Our true ground in Being is beyond the possibility of hurt. It appears in disguise as the individual soul we take ourself to be - the observer looking through the filter of ego at the physical world, including this body we inhabit. During AT, after the inner focus on sensate body awareness through the autogenic formulae has been completed, then there is a 'letting go' into the autogenic state of passive awareness – a stopping of all mental effort or trying, and a resting with 'What Is' – in stillness. The focus may be simply on the moving breath, 'without memory, without desire' as Bion says; or with the fullness of listening – wide, open and free, while letting go of any tensions.

The autogenic meditative exercises are designed to strengthen attention and depth in these deeper levels. Conscious use of appropriate personal affirmations for healing or spiritual contemplation may also be used to powerful effect. Reflection on divine qualities like love, wisdom, compassion, truth, goodness, courage etc may induce heightened awareness of these and nourish them within us. (See Jenny Cuff's helpful article below)

Regular practice of Autogenic Training as we know leads to a state of altered consciousness, '**the Autogenic State**' which is not identical to hetero-hypnosis, self-hypnosis or sleep. In this state the EEG changes closely resemble meditation – there is an increase in Alpha waves, condensation of this frequency and balancing of right and left brain hemispheres, with an upward shift into the Theta and Delta regions' ¹. These EEG changes correlate with deep states of meditation allowing access to spontaneous healing and higher unitive states of consciousness.

The Theta brain wave state of dreaming sleep is associated with a number of beneficial states, including increased creativity, some kinds of super-learning, increased memory abilities, visionary experiences, and what are called integrative experiences (where we make broadly-based positive changes in the way we see ourselves, others, or certain life situations). Experiences of sudden insights, great ideas, 'aha moments' are accompanied by bursts of theta waves in the brain. Critical and often self-sabotaging filters of the left brain are by-passed in the theta state so that a lot of work gets processed quickly. More importantly, Theta is also a state of tremendous stress relief where the brain makes relaxing endorphins that melt away stress.

The Delta brain wave pattern of dreamless sleep, is the slowest brain wave pattern. It is possible to remain alert in this very deep, trance-like, non-physical state that may be experienced in deep Autogenic States. In certain Delta frequencies, the brain releases many highly beneficial substances, including human growth hormone, which helps slow down many ageing symptoms including loss of muscle tone, increased weight gain, loss of stamina, and many degenerative diseases associated with ageing.

Peacefulness and tranquillity are easily attainable by regularly entering the Autogenic State. This 'passive awareness' can also be a transformative tool – if there is a conscious change of emphasis from identification with the experiencer to being the witness of experiences. Observing flowing mental processes and movements – without identifying with them – leads to a stabilization around the central fact of being – of 'I am'. When this witness consciousness is steady, then letting go identification with the contents of mentally based fears and desires is possible. This letting go of 'who I think I am' in the worldly sense brings a shift away from 'my personal story' which is based on the identity of Self with the 'I' of the mind. Allowing the sense of 'me and my world' to fall away, if only briefly, allows for the emergence of our deeper identity hidden in That which never dies, nor is it born – the unborn, undying truth that lives within each of us.

¹ Luthe, W., "Autogenic Therapy" – Vol IV, 'RESEARCH AND THEORY', pub. Grune & Stratton, New York, 1969.

A passage from the ancient Upanishads describes this beautifully:

“The Self knows all, is not born, does not die, is not the effect of any cause; is eternal, self-existent, imperishable, ancient... lives in all hearts... Who knows the Self, bodiless among the embodied, unchanging among the changing, prevailing everywhere, goes beyond sorrow...”

But is this deeper realisation really possible for us – even though we seem to be surrounded by all kinds of fears, desires and old habits? The answer is certainly yes. Although the timing is not ours to command, nevertheless the steady, regular Resting in Presence gradually opens us up to the possibility of its deeper realisation by gradually dissolving mental habits and identifications – and encouraging optimal healthy functioning along the way. In my experience, along with a natural diet and regular exercise, the art of physical relaxation and spiritual meditation plays a vital role in increasing inner harmony and ‘happiness for no reason’ – as well as helping to ward off many psychological difficulties and help prevent physical disease. These are well researched, healthy behaviours whose effects on the body-mind are harmoniously co-ordinating, reversing the harmful effects of stress. Every physiological pathway studied tends to spontaneously move towards healthy values. Spending time in regular daily relaxation and meditation without doubt has a profoundly beneficial effect on our mental and physical health over time.

Alice Greene
(algreene@globalnet.co.uk)



A MEDITATION ON THE FOUR QUALITIES OF WHOLENESS

The personal journey – whether we identify it as spiritual, mindful, self awareness, the inner self moving towards a higher consciousness... any number of definitions – is, to me, a way of life. I have been reflecting for some time on how much AT has enhanced my experience of an inner life – that acknowledgment of the open-hearted space where one can appreciate one’s own sense of calm and, in silent waiting, be still.

As therapists we practice holding the space around our clients and their experience of AT. While one recent client had found the AT course very practical and helpful, on her follow-up session, I thought it appropriate to offer a meditation on **the four qualities of wholeness** by Thich Nhat Hanh, with its ending on the theme of “space”. The client remarked how she had found this to be a lovely ending to AT and was prompted to add that this was really where she wanted to be. So, equipped with the practicalities of her AT training, she’d enabled herself to experience a shift which led her to feel ready to deepen her explorations towards a more meaningful sense of self than had been her experience thus far.

As we bring elements of our wider experience and training into our Autogenic practice with the will to good and right intention, it is good to remember that there is further training available for members in using the Autogenic Meditative Exercises to provide support for those clients who wish to delve further into the next steps on their personal paths. And I am grateful to Nida Ingham who, in recent correspondence with me, wrote: *‘Autogenic Meditation is psychologically based i.e. spiritually, higher consciousness etc. One of the Autogenic Meditative Exercises focuses on values. The value is chosen by the client. Whilst meditating spontaneously the client often moves to the value that they really need to be working on...’*

In line with this, and encouraged by the appreciative feedback from some of my own AT clients, I have found in experience that there is also a place for offering interested clients the following simple meditation on the four qualities. This is adapted from the original work of Thich Nhat Hanh – a well known Vietnamese Buddhist monk, teacher, author, poet and peace activist who currently lives and teaches in France.

**The method below can be used once AT practice has become generally established and peaceful.
The qualities can be read out to the client after 'I am at Peace', or practised oneself when alone.**

Breathing: Simply follow your natural breathing pattern, timing your inward and outward breath and the pace of the meditation to suit you. As in Autogenic Training, repeat the cycles three times.i.e.

(Breathing in) 'I see myself as....(eg. a flower)..... (Breathing out) 'I feel...(eg. fresh)....'

(Breathing in) I see myself as.....

(Breathing out) I feel.....'

(Breathing in) I see myself as.....

(Breathing out) I feel.....'

The images used here are only suggestions. At the end of the meditation, reflect on your own personal images that may have arisen and are most relevant to you. You may find it helpful to draw or write down your thoughts.

The Four Qualities to be meditated upon (after 'I am at Peace') are:-

1. Freshness and Beauty

Image: Flower



(We are born fresh and beautiful and over time we need to restore our freshness and beauty.)

(Breathing in)

'I see myself as a flower'

(Breathing out)

'I feel fresh'

2. Stability and Solidity

Image: Mountain



(To cultivate stability in ourselves, and in our thinking and being.)

(Breathing in)

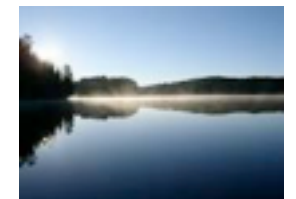
'I see myself as a Mountain'

(Breathing out)

'I feel stable'

3. Peace, tranquillity, calm

Image: Still Water



(When water is still it can reflect the sky and mountains and trees faithfully. To cultivate the qualities of stillness and tranquillity in us so that we can see things as they really are.)

(Breathing in)

'I see myself as Still Water'

(Breathing out)

'I feel peaceful and tranquil'

4. Freedom

Image: Space



(This freedom is to empty ourselves of old patterns of thought. And we need a sense of space to do that.)

(Breathing in)

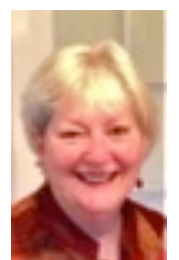
'I see myself as having space'

(Breathing out)

'I feel free'

I would be interested to hear feedback from anyone who tries these out. And please do get in touch if you have any questions or comments.

Jenny Cuff (jennycuff@aol.com)



RESEARCH UPDATE BY RUTH NAYLOR

Effectiveness of AT in improving motor performances in Parkinson's disease

M.S. Ajimsha, Nisar A. Majeed, Elanchezian Chinnavan, Ramiah Pillai Thulasyammal
Complementary Therapies in Medicine (2014) 22, 419—425.

Complementary Therapies in Medicine published a peer-review article in 2014 on a recent randomized, single blinded control trial of Schultz-type AT with Physio Therapy (PT) on Parkinson's Disease (PD). Ajimsha, Majeed, Chinnavan, and Thulasyammal (2014) worked with 66 people to discover if AT + PT improved motor performance better than PT alone over a 12 week period. People were randomized to one of the two conditions, and the therapists testing motor performance did not know which intervention persons received. At weeks 8 and 12, people in the AT + PT group showed significant performance gains from baseline compared to people who had only PT, where at baseline both groups had been equivalent. In order to control the AT intervention and standardize the protocol, AT practice was limited to SEs 1-6 Schultz-type AT and delivered 5 days a week for 15 minutes prior to a standard PT protocol. It is not clear whether the AT SE practice was delivered by hetero-suggestion or self-delivered subvocally. People were asked to NOT practice AT between times. Even in these conditions there were significant gains for people in the AT condition! The article references Schultz's *Das Autogene Training*, 1987 edition, and Kai Kerman's *AT: Effective holistic way to better health*. It is not clear in the article whether the SEs were introduced week by week or all at once. I will write to the authors to clarify how they taught the AT. If you would like to see the article and then send me any further queries you have, please do let me know.

Effects of AT on Stress Response and Heart Rate Variability in Nursing Students,

Seung-Joo Lim, PhD, RN, and Chunmi Kim, PhD, RN, *Asian Nursing Research* 8 (2014) 286-292.

Asian Nursing Research published a peer-review article in 2014 on a subject dear to the hearts of those BAS members who knew Nasim Kanji: nursing students and anxiety. Here is the abstract – if anyone would like a copy of the full article, please let me know.

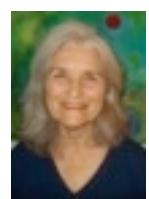
Purpose: This study was undertaken to confirm the effects of autogenic training (AT) on stress response and heart rate variability (HRV) in nursing school students experiencing stress related to clinical training.

Methods: The study was carried out from September 2012 to April 2013 in a quasi-experimental non-equivalent control group using a pretest-posttest design. The participants were 40 nursing students in their third year at either of two nursing colleges. All consented to participate. Nineteen nursing students at one college were assigned to the experimental group and underwent the 8-week AT program, and the other 21 were assigned to the control group and did not undergo any training. Stress response was assessed by questionnaire and HRV was measured three times, that is, before the program, at the end of the program, and 6 months after the end of the AT program.

Results: A significant time/group interaction was found for stress response ($F \frac{1}{4} 4.68, p \frac{1}{4} .012$), a subjective indicator. However, no significant interaction was found for the objective indicators of heart rate variability, normalized low frequency ($F \frac{1}{4} 2.59, p \frac{1}{4} .090$), normalized high frequency ($F \frac{1}{4} 2.59, p \frac{1}{4} .090$), or low frequency to high frequency ratio ($F \frac{1}{4} 1.38, p \frac{1}{4} .257$).

Conclusion: The results suggest that AT provides an acceptable approach to stress reduction in nursing students.

Dr Ruth Naylor (ruth@ruthnaylor.com)



INTRODUCTORY TALK TO FIRST ISATAP CONGRESS (PART 1 OF 2)

[Presented by Professor Heinrich Wallnofer at the first Congress of the International Society of Autogenic Training and Psychotherapy (ISATAP), Madrid, 2014, and printed here with the kind permission of the editor of the Proceedings.]

'It gives me the greatest of pleasure to write an introduction for the publication of the newly founded ISATAP. In my capacity as a lecturer, medical doctor and author, and being the last living student of Professor I.H.Schultz (IHS), I have put a great deal of effort into promoting the popularity of the original autogenic training as taught by him. Schultz had requested: 'Keep the teaching pure'. I have adhered to this (since I am convinced that he was fundamentally correct in many things) if one wants to achieve what autogenic training in its original form can achieve.

Like his teacher, the famous physiologist Max Verworn (1863 – 1921), Schultz was a passionate physiologist. As early as 1926, Schultz was already referring to the discoveries of the two physiologists Allers and Scheminsky in his textbook. They had found out that skeletal muscle releases action potentials even when only imagining movements and related activities. In the same year, 1926, after years of study, he introduced his 'autogenic organ exercises' to the scientific community. In the very first sentence of this book, Schultz quotes from the works of Oscar Vogt. 'Thirty years ago Vogt emphasized that people trained in this way will be able to recover in regular rest periods; that they will be able to control their symptoms, and that they will be able to achieve inner clarity of the psychogenesis of their reactions (autoanalysis).'

This shows that Schultz as a psychotherapist was able to think in terms of both physiology and psychoanalysis. His aim was to introduce the candidate to the **experience** of calmness (and not misinterpret AT as being only a relaxation exercise). The experience of tranquillity/peace when practising autogenic training is generated in the first place via relaxation of the muscles (and the signals of the muscles to the brainstem).

As Schultz wrote, 'If the instruction ***I am at peace*** is properly understood, the student would appreciate that this instruction is not just an exercise - it is an experience. The first actual exercise given to the student is the formula ***the right arm is heavy***. The student needs to know that they must refrain from all external physical movements and that they must attempt to 'only think' and 'to work only with mental concentration'. Nothing needs to be 'done with the arm'. Only an 'abstract thought-work' should 'occur in the head'. The formula 'I am calm' will only later develop into a target ideation to be aimed at.

At this point a second important aspect comes into play – the silence of the doctor or therapist. Schultz emphasised over and over again that autogenic training is practised in absolute silence. 'The patient practises and the doctor is silent'. Reciting the formula out loud would result 'de facto' in heterohypnosis.

Schultz meticulously distinguished between active concentration (as used in daily life), and passive (autogenic) concentration as one of the basic pillars of autogenic thinking. This was confirmed in 1964 by three Japanese researchers, K.Harano, K Okawa and G Naruse, who were able to distinguish experimentally between the two forms of concentration. With modern technology and methods this is much easier now. This is not about one method of teaching being 'better' or 'worse' than another - eg: saying the formulae out loud or remaining silent. It is about knowing when to apply one and when to apply the other. Of course, there may be cases when one must, at least in the beginning, recite out loud clearly and distinctly, so that the trainee may be able to concentrate at all.

The next point I would like to discuss is a psychoanalytic consideration. In many texts (in particular in the English literature) one finds the formula, '**My arm is heavy**'. However, Schultz felt that it was important when practising autogenics to develop a certain distance from one's self – a process of 'de-selfing'. The repetitive use of the word '**My**' may become an obstacle to this desirable state of 'de-selfing'. How can one achieve the evenly suspended attention (gleichschwebende Aufmerksamkeit) towards oneself later in the analytically advanced level, if all along we keep talking of '**My arms**', '**My heart**' etc.?

GENERALISATION OF HEAVINESS

One last point: following Schultz, the customary formula in the later stages of the process is simply 'both arms are heavy', and nothing else. Under certain circumstances there may be a benefit from using the term 'overall heaviness'. This may help the trainee to experience the heaviness. To recommend the use of 'both legs are heavy' or a similar formula may prevent the trainee from experiencing the generalisation. How otherwise shall the trainee without outside intervention experience the sensation of heaviness spreading, completely spontaneously and without 'doing', all over the body. One should not overlook how strongly this kind of experience will shape the trainee.

THE 'AUTOGENIC SWITCH' AS THE AIM OF AT AND THE DEEPENING EXPERIENCE

The trainee should experience the 'autogenic switch' in a state of passive concentration. In simple terms, this is the switch from Sympathetic tone to Parasympathetic or Vagal tone. Although this is a multifaceted process, as Schultz emphasised, it is in fact an indivisible unity. There are 12 steps to the process.[i] The AT trainee must:-

1. agree and consent
2. focus his attention, excluding the outside world, and observe himself.
3. close the eyes and turn the concentration inwards
4. become aware of the body and dedicate himself to
5. peace and
6. relaxation (5 and 6 turn into a stage of indifference),
7. This results in a reduction of arousal, which could be described as "de-wakefulness".

In this state he is less susceptible to external stimuli. His critical and spontaneous faculties are reduced and are replaced with an 'inner focus'

8. Everything slows down (including physical aspects such as pulse, breathing etc) and he arrives at the important stage of 'distance from the (ego)self' or 'de-selfing'.
9. This results in a greater susceptibility and suggestibility. Meanings alter/change and may disintegrate, coherence decays, forms change and break down (the head may suddenly feel gigantic or tiny, the borders of the self image may shift or become looser.
10. Concerning affect: the mood usually 'switches' into autochthonic relaxation – a euphoric state in which the now relaxed person feels himself more whole and more free.
11. The practitioner can justifiably speak of this process as being like a 'switch' in his state or of a "dispersion, or breaking of the circle". With respect to physiology and psychology we now arrive at the concept of the 'organismic principle', which is valid for autogenic training on all levels. One could say that this 'switch' is concerned with a 'moving closer' towards the unconscious, both in body and soul. One could certainly compare the switch to the transition from the state of wakefulness towards the state of sleep, but it is, of course, not the same. It should be kept in mind that the AT practitioner is not asleep.

12. When all of this has occurred, the individual enters what is offered up by the unconscious mind. Schultz describes this state as “experiential evidence of redemptive character”. I believe that through the extensive work with various meditative techniques we have begun to understand this human field a little bit better.

DELINEATING CLEAR BOUNDARIES.

At this point, however, a very clear boundary should be drawn: autogenic psychotherapy should not move away from its fundamental basis in physiological, psychological and psychoanalytical ideas, into a more or less religious or mystical field. Schultz always had firm ideas regarding these limits, which were also shared by his friend, the medical doctor, priest and teacher, Klaus Thomas. Both collaborated intensively as doctor and pastor in the Berlin working group for many years. People who have 'meditated' with some degree of success through any of the available methods will understand immediately when we speak of experiential evidence. It is no accident then, that Schultz wrote a (controversial) article about yoga. There are some areas of commonality with other meditative practices such as Zen Buddhism. The Dalai Lama is mentioned in the American AT literature.

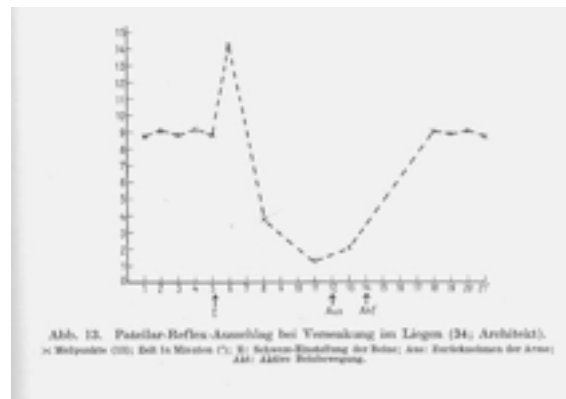
Lastly, (although it does not always have to follow this order), the majority of people practising AT will enter into a world that we normally call the “world of images”. Humans are visual beings (we believe that 80% of sensory processing is visual!). I once had, however, a colleague, Karl Wongschowsky, who experienced the rich and analytically clarifying events exclusively in a musical form!

NEW POSSIBILITIES REGARDING THE “NEUROBIOLOGY OF PSYCHOTHERAPY”

In the field of AT, we can expect many exciting developments to take place worldwide in the future – as evidenced in the textbook ‘Neurobiology of Psychotherapy’ by Günter Schiepek (Schattauer 2011) and the linked congresses etc, . Under the heading 'Synergetics of Autogenic Psycho-physical Relaxation', the authors demonstrate the difference in heart rate variability (HRV) between 'autogenic training experts' and non practitioners. This goes further than routine AT therapy – towards the possibility of using HRV training in the daily life of the AT trainer.

LOOKING BACK AT HISTORY: THE PATELLAR TENDON REFLEX

Schultz was a passionate physiologist. Early on in his publications, he used the patellar tendon reflex to describe the ratio of vagal to sympathetic tone (the level of arousal) and to measure pretty exactly the capacity for relaxation in various situations. This also revealed that simply terminating the training does not by itself achieve the switch back to the full sympathetic tone (Diagram 13. 'Aus' in minute 12 with taking back the arms) of the pre-training alertness. One also needs to take back the legs (Diagram 13 AKT at minute) in order to return to the previous level of alertness or even more.



THE PRESENT STATE OF RESEARCH

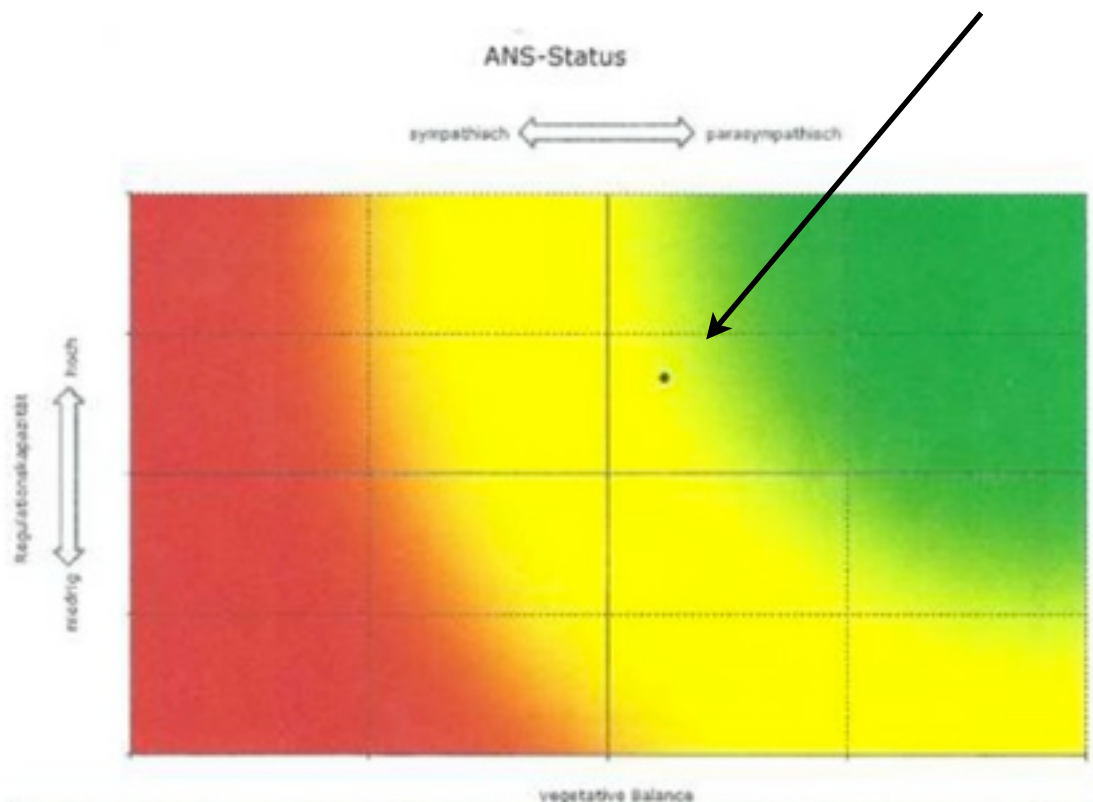
As mentioned above, the possibilities of the methods described in Schiepek's textbook mean that with modern equipment we can now measure precisely the heart rate variability (HRV) of our trainees, and their Vagal-Sympathetic Ratio – allowing us to monitor the client's progress and essential capacity for relaxation.

In principle, the training is concerned with the balance between the sympathetic and the parasympathetic system, and the adaptability of this ratio. Talking of the Vagus, we can distinguish between a faster and a slower variation of distribution. The Vagus is attracting more and more attention in the modern literature regarding our understanding of the prevention and treatment of illnesses. "You may need the vagus nerve to understand pathophysiology and to treat diseases." [ii]

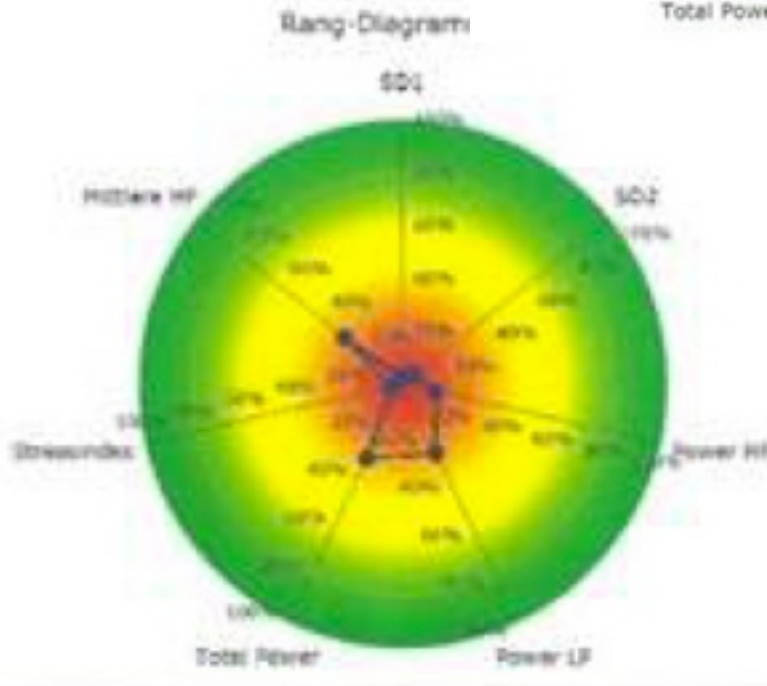
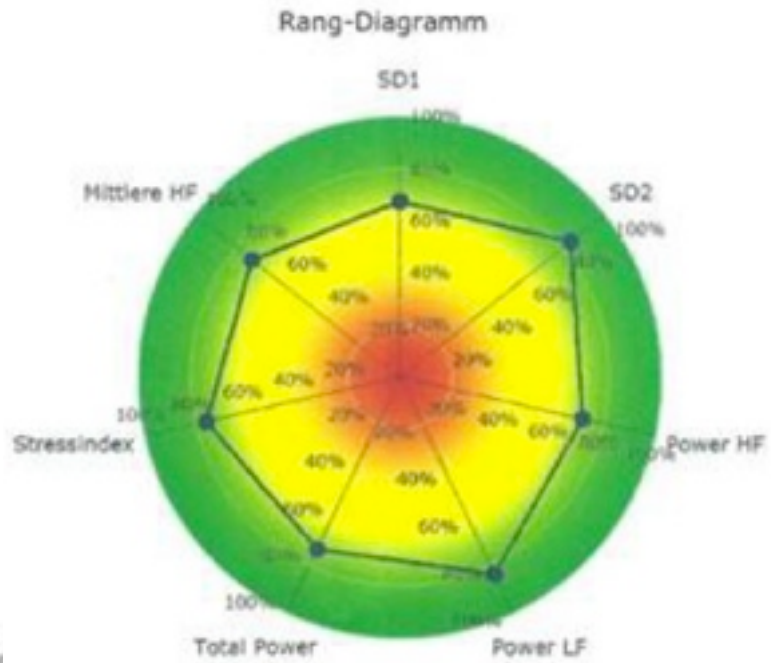
I am currently using equipment from BioSign with my laptop computer which allows me to carry out relatively simple structured studies with long-term measurements. This produces essentially two results: a state diagram of the Autonomic Nervous System (ANS) and the Rang Diagram.

The ANS-Status diagram shows the actual state of the Vagus (parasympathetic) and sympathetic system. The Rang Diagram shows the most important parameters of Heart Rate Variability (HRV) measurement. I believe it would be very useful for all those interested in autogenic training to extend their interest to HRV.

To illustrate these concepts, in the **ANS-Status diagram** below, the position of the black dot shows the momentary balance between the Parasympathetic and Sympathetic system. In this case it is closer to the Parasympathetic (green). Its position vertically in the upper third indicates a higher capacity for self-regulation.



The Rang Diagram (right) of those short term HRV parameters shows good values in all areas for this person (as indicated by the blue lines). The stress index indicated in the diagram was developed by Professor Baevsky for the Russian Space Medicine Programme and is applicable to the physically healthy individual. [iii],[iv] If a trainee develops results similar to these shown right, the training can be considered to have been successful.



In contrast, this second Rang diagram (above) shows a strongly sympathetically determined state for a person who is in a state of tension (perhaps healthy tension?) (blue lines contracted into central area)

(PART 2 of this important talk will be published in the Summer newsletter.)

Prof Wallnofer, the last living student of Prof Schultz, is a medical doctor and psychotherapist living in Vienna, Austria. He has been an AT Trainer for 42 years and the developer of Advanced Analytical AT. He has given many presentations, seminars and courses internationally and is an honorary member of BAS.



Professor Heinrich Wallnöfer
(heinrich@wallnoefer.co.at)

BOOKS – BOOKS – BOOKS – BOOKS

‘I COULD DO WITH SOME OF THAT! – THE POWER OF AUTOGENICS’ by Jane Bird at (jane@autogenic-therapist.co.uk)



INTRODUCTORY WORKSHOP - METHODS OF AUTOGENIC THERAPY (1977) by Dr Wolfgang Luthe.

Reprinted thanks to Kaori Kyuragi Luthe and Luis de Rivera the President of ISATAP. Available on Amazon.co.uk for £12.91



BAS ON FACEBOOK AND TWITTER

Whether we like it or not, social media is increasingly important. Facebook and Twitter offer us an opportunity to network, share contacts and reach as many people as possible. It is free and you can choose privacy settings that suit you. Social media is as safe as you want it to be. Have you got a Facebook or Twitter account? Please go to the following links and ‘like’ or ‘follow’ the British Autogenic Society.

www.facebook.com/autogenics4u <<http://www.facebook.com/autogenics4u>>
www.twitter.com/autogenics4u <<http://www.twitter.com/autogenics4u>>

Are you new to Facebook or Twitter? It is very easy to create a profile. There is no need to upload photos or publicise personal information. You can use it to tell others about the amazing work you are all doing. Let's embrace social media and be part of it!

Oliver Klott (o.klott@gmail.com)

WRITE & SHARE * WRITE & SHARE * WRITE & SHARE

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

DEADLINES * DEADLINES * DEADLINES

Summer 2016 Issue – Deadline 1st June 2015

Autumn 2016 Issue – Deadline 1st October 2015