

AT

Learn to relax

What is Autogenic Training?

While sharing similarities with contemporary mindfulness-based stress reduction approaches, AT is a unique, holistic, body-based self-help system combining mindfulness, self-hypnosis and active strategies to process difficult emotions.

Regular practice of Autogenic Training may bring you meaningful moments of:

- Relaxation
- Release &
- Restoration



You need to commit to regular practice of at least 20 minutes every day to get the most out of learning this practical balancing technique.

What's involved?

If AT seems right for you:

- We would meet once a week for 8 weeks and then around a month later
- You learn new AT exercises each week
- You practise what you've learned between sessions
- You share your AT experiences and get support
- Over time you can develop an AT practice that works for you



With practice you can learn to flexibly use these balancing exercises that could bring many enjoyable and nourishing moments into your life.

Initial assessment

This includes a confidential review of any current challenges and potentially relevant history because AT exercises may release stress patterns you need to work through. AT is inherently self-balancing and it also includes specific exercises to help process difficult experiences. However, knowing some of your background helps us explore together if you are ready to do the course. It also helps me guide you through the exercises and, if necessary, suggest additional support.



‘The Relaxation Response
is a natural gift that anyone
can turn on and use.’
Dr Herbert Benson

How can I find out more?

www.autogenic-therapy.org.uk

The British Autogenic Society is responsible for overseeing the training and quality of service provided by Autogenic Therapists in the UK.

www.atdynamics.co.uk > Autogenic Dynamics

Dr Ian Ross describes extensive research underpinning AT and related practices.

How much does it cost?

Current course fees are outlined on the [Appointments](#) page of my website.

AT can be learned individually or in small groups of up to five people.

Individual lessons last up to one hour.

Small group sessions last up to two hours.

David Whistance

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