

AT

Learn to relax

What is Autogenic Training?

While sharing similarities with contemporary mindfulness-based stress reduction approaches, AT is a unique holistic 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



AT practices are flexible and designed to become a natural habit you dip into each day.

As you learn to induce the relaxation response, you will hopefully start to look forward to these balancing times that could nourish your life in many ways.

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 parts of the AT system each week
- We can adapt sessions to meet your specific needs
- After the course, you can develop an AT practice that works for you



You need to commit to regular, daily practice of between 10 to 15 minutes to get the most out of learning this practical balancing technique.

Your initial assessment

This includes a brief review of your life because as you learn to balance your body and mind, you may release stress patterns you need to work through. While AT includes specific exercises to help process these experiences, knowing about your background helps me guide you through the course and, if necessary, suggest additional support.



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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