

Cultivating Emotional Balance with Autogenic Training

- a 10-week course *for expats* -

Target Audience: expats

Duration of Course: 10 hours

Sessions: 10 x 60 minutes (Wednesdays 19.00-20.00 UK time)

First Session: 21 February 2024 19.00

Last Session: 24 April 2024 19.00

Type of Education: Online (via Zoom)

Instructor: Balazs Polyanki, psychologist

Course Fee: HUF 39.000 / GBP 89 / USD 112 / person

Registration Deadline: 19 February 2024

Registration link: <https://www.emailmeform.com/builder/form/v6wslZPcFuX5zNofpebdBx55>

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Purpose: The aim of this course is to help people who moved abroad or back home and want to better cope with the mental health challenges it may bring to them. It helps them relax, focus, set and reach their goals in a more effective way. It is for people above 16 years of age and whose English language skills are at around the intermediate level.

What is AT? Autogenic Training (AT) is a structured framework developed by Johannes H. Schultz about a hundred years ago. Participants can go through a 10-step process that includes a weekly 60-minute session with an instructor for 10 weeks and specific exercises they can practice daily. It helps them relax their body, calm their mind, regulate their emotions through a developed capability called “organismic switch”.

What are the benefits of AT? There are many reasons why expats – and anyone – can learn AT. By the end of the 10-week course, they'll be able to relax their body and mind with the help of a 7-minute relaxation exercise. The “relaxation response” they can develop becomes a life skill they can use in any situations where they need more balance and presence. The ultimate goal of AT is “softening the emotional resonances”. This means that practitioners can develop an optimal level of functioning even under stressful situations and they can get rid of “parasite functions” that don't serve their adaptation both physiologically and psychologically. They can learn to cultivate their own mental processes, emotions and regulate their behavior in more effective ways.

What are the steps of the learning process? First, candidates need to fill out a brief survey. It helps rule out contraindicating factors (such as heart conditions or special mental illnesses). Then, they need to participate in a 30-minute orientation conversation based on the survey results. They get information about the method, the course, the recommended practical circumstances and the get answer to their questions. If there are no contraindicating factors about the participation, they can start the learning process. This means that once a week we meet via Zoom and discuss the theoretical, scientific backgrounds, the practical recommendations and we practice two times during each group session. Then, between the group sessions, participants are asked to practice two times a day (2 x 7 minutes) and record their experience in their “experience journal”. They receive the supporting materials (theory and practice) that is accessible via their online room. Password to the room is given during session one. It is valid for 1 whole year. Every week there is a new practice, including new formulas taking the practitioners to higher levels on their journey. This cycle is repeated till session 10 when they are ready to practice in an autonomous way, that is why it is called “autogenic” training – the instructor is not needed any longer. They acquire the knowledge and skills they can experiment with and expand their own AT.

Who is the instructor? The instructor is psychologist Balazs Polyanki from Hungary who has been teaching AT since 2000 and hundreds of practitioners learned from him in different educational settings. He collected his professional experiences from 17 different countries, he also wrote several books in the topic. He worked and lived abroad for 2 years so he also has experiences from the expat life. For more information, visit polyanki.hu

AGENDA

WEEK	FOCUS AREA	RELATED TOPICS
1	Heaviness in the right and left leg	History of AT, the “coachman sit”, relaxation
2	Heaviness in legs and right and left arms	Physiology of heaviness; relaxation response
3	Heaviness in whole body; warmth in legs	Physiology of warmth; memory of the cells
4	Heaviness and warmth in whole body	Role of conditioning; the “relaxed awareness”
5	Calm and smooth breathing	Physiology of breathing; breathing techniques
6	Regular heartbeat	Physiology of the heart; generalization
7	Warmth in the belly (solar plexus) area	Physiology of the vagus nerve; the intention
8	Comfortable coolness on the forehead	Physiology of the head; levels of consciousness
9	Working with intentional and specific formulas	Affirmations, mantras, anchors and tips
10	Expanding the practical opportunities	Working with dreams, intuition and manifestation

NOTES

1-If you are taking any type of medications or attending therapy, you are asked to **consult** with your physician or therapist and ask for their opinion related to Autogenic Training. Their written permission may be necessary.

2-AT is a standardized method that means you can be anywhere in the world, and you can turn to any certified AT instructor, you can go through the very same learning process, and get the same quality education. If you want to explore the background and the professional organizations related to AT, the following reliable sources are recommended for you:

<https://britishautogenicsociety.uk>

<https://american-autogenic-society.org>

<http://www.autogenicsociety.org>

3-AT is a research- and evidence-based relaxation technique and therapy. If you are interested in the academic and scientific background of it, the following articles are recommended for you:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7137438/>

<https://services.unimelb.edu.au/counsel/resources/guided-exercises/autogenic-training>

<https://www.medicalnewstoday.com/articles/autogenic-training>

4-AT is **NOT** recommended to learn when you are going through the toughest period of your life, facing overwhelming emotions on a regular basis, or learning other relaxation techniques at the same time. There are life events in our lives that can be challenging but we still have the capacity to learn and mobilize our resources to cope with the circumstances. Practicing AT in a group where you can learn from others’ experiences can also be an excellent way to equip yourself with coping skills. Please use the free consultation option to make the best decision.