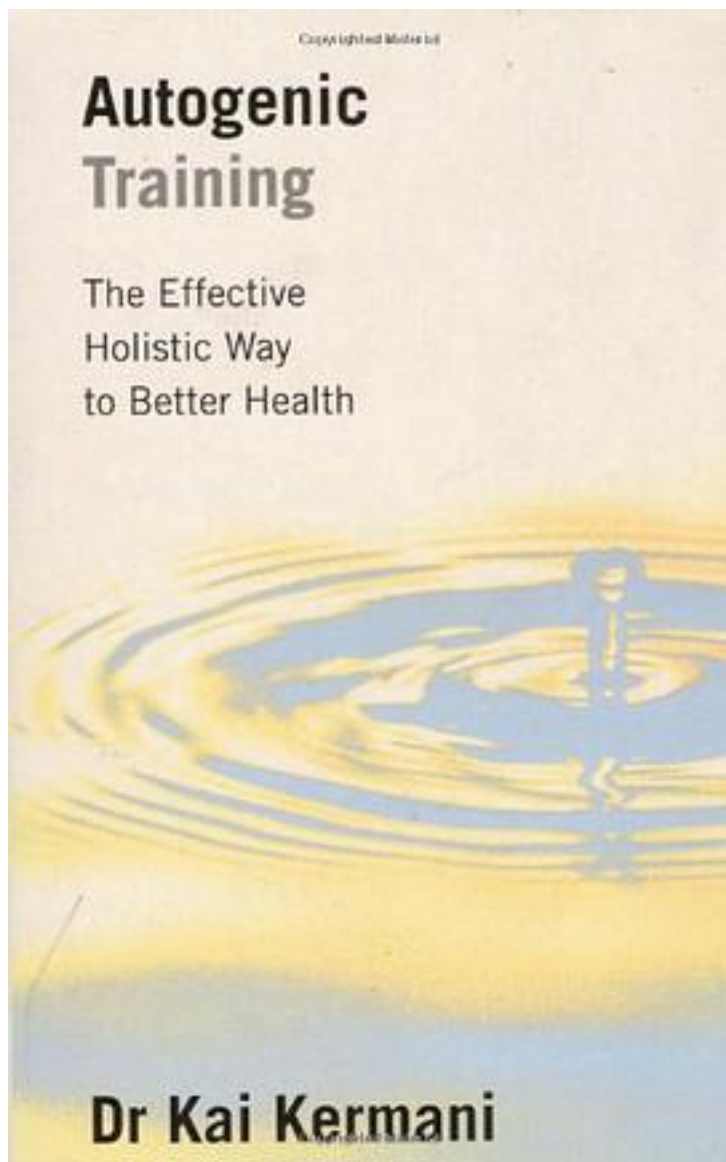


Autogenic Training



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Discover a scientifically supported method to reduce chronic pain! Autogenic Training: A Mind-Body Approach to the Treatment of Fibromyalgia and Chronic Pain Syndrome is the most comprehensive book ever written on autogenic training and its uses in the treatment of chronic pain, fibromyalgia, CFS, and other chronic conditions. Autogenic training is one of the most well-established, well-researched methods of enhancing the body's natural, self-recuperative mechanisms. It is the only mind-body technique with an origin in sound medical research, and as a result, it benefits from a solid theoretical foundation that explains how and why it works. This unique book effectively combines research, theory, and practice perspectives so that practitioners, instructors, and students can benefit from its content without having to rely on other texts and treatment manuals for clarification and guidance. Autogenic Training: A Mind-Body Approach to the Treatment of Fibromyalgia and Chronic Pain Syndrome is divided into three sections. The first brings you: an exploration of the connection between stress and chronic pain a comprehensive overview of the literature on fibromyalgia scientifically supported stress management techniques The second section: reviews the history of autogenic training discusses the requirements that must be fulfilled for the effective use of autogenic techniques in clinical practice The third section of Autogenic Training: A Mind-Body Approach to the Treatment of Fibromyalgia and Chronic Pain Syndrome consists of a detailed, step-by-step manual for autogenic training. Each "training session" concludes with an actual case presentation that illustrates the use of autogenic training in the treatment of a variety of psychophysiological (mind-body) conditions. This section also features a chapter dedicated to the most commonly asked questions about autogenic training and their answers. In addition to providing excellent reading material for clinical treatment, Autogenic Training: A Mind-Body Approach to the Treatment of Fibromyalgia and Chronic Pain Syndrome can be effectively used as a textbook for teaching graduate and undergraduate courses in psychology, nursing, and medicine.

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