Autogenic Training for Migraine

Skills For Improving Your Wellbeing

What is Autogenic training?

Autogenic training is considered the oldest Western approach for achieving self-regulation and promoting recovery from many health issues. Autogenic training is NOT merely a relaxation practice, but a psycho-physiological form of psychotherapy that addresses the mind-body interconnection. During the training, trainees learn a series of mental exercises that help them generate a state of inner balance and ease, thereby promoting increased health and well-being.

How can Autogenic training help with Migraine Pain?

Some migraine theories include dysfunction of the autonomic system, and "over arousal" of the central nervous system. Autogenic training teaches easy-to-use mental exercises that help rebalance the autonomic system, create a natural outlet of unresolved emotions, and help lower the "over arousal" of the central nervous system. Many practitioners describe these effects as calming, therapeutic, and thus provide much needed benefit in reducing migraine symptoms.

What does the course include?

The course is open to **6-8 people**, and is offered **once a week** for **eight weeks**, **1.5 hours** long each session. Each participant is taught the six basic and advanced autogenic exercises. Participants are given session handouts, and session recordings. Topics taught include: What is autogenic training, the different postures used in the practice, the six standard autogenic training formulas, organ specific and motivational formulas, and much more.

Requirement for participation:

- Completion of the Resources for Migraine Management basic course.
- Sign the disclaimer for the course.
- Commitment to participate in all eight weekly sessions.
- Schedule an interview with Dan Kaufmann prior to the course.
- Fill questionnaires before, and at the end of the course.
- Commitment to practice the skills taught on a daily basis.

For more information contact Elizabeth at: Elizabeth@daniellefoundation.org

Dan Kaufmann, Ph.D. is a Research Assistant Professor at the Department of Neurology, University of Utah. In his private practice, Dan helps people cope with migraines, tension-type headaches, anxiety, and depression with hypnosis, NLP, and biofeedback. Clients rely upon him for techniques and cues to take control of their anxiety and pain. With each new healing skill he acquires, his clients learn to enjoy life more.