

Intersections

**J H Schultz's Autogenic Training
W Luthe's Cathartic Autogenics
Buddhist Psychology**

Ruth T Naylor

BA, MSc, MBA(Hons), AA(Hons), DipAT
Autogenic Therapist, Psychotherapist

21 October 21, 2008

Schultz's Autogenic Training

- Secular, meditative approach
- Developed in mental health settings
- Foundational for all other Autogenic methods
- AT is a 'small psychotherapy'
 - Psychophysiological relaxation
 - Contemplation of the Body/Mind/Speech
 - In order & in your own time
 - With organ specific & personal affirmations

Luthe's Cathartic Autogenics

- Meditate actively on feelings and situations
- Person specific contemplations & expressions
 - Sound & Gesture – nonsense noises & movements
 - Emotions – *mad, sad, glad, bad* – put the body through the motions
- Crying, Anger, Anxiety, Death, Vomiting
- Laughter, Appreciation, Love

The Concentrative Autogenic Switch

1. Passive Agreement
2. "Centering" (Calmness, through posture)
 - "Closing off Stimuli"
 - "Critical Self Observation"
3. Eyes Closed
 - "Optical Subtraction – Visual"
 - "Introversion"
4. Somatising – get in touch with the body
5. Quiet, or Calm
6. Relaxation
7. Deep relaxation
 - Sensory Stimulation ↑
 - Judging ↓ Spontaneity ↓
 - "Introspection"
8. Slowing down – time thoughts, subjective psychological processes
9. "Process of Ego Loss" – ["not-self"]
 - Receptivity ↑
 - Determination ↑
 - Coherence disintegrates
 - Form transforms & disintegrates
 - Meaning changes and
 - Ego boundaries shift
10. Affect
 - Completely grounded
 - Euphoria!
11. Switch - Breaking the Circle of Conditioning
12. Experiential evidence with release, "visualised comprehension", "getting the 'picture'".

} All is of Equal Value

} Passiveness Deepening

} "physiological"
} organismic
} "psychological"

RELAX, RELEASE, REPLACE, REFRAME

RESULTS



RESULTS

- Attention shifts
 - From active focused or unfocused attention
 - Through concentrated passive attention
 - To mindful attention
- Physiological arousal reduces
- Tension discharges » homeostatic balancing

RESULTS

- Cognitive restructuring
 - Diary
 - Motivational affirmations
- A flexible, mindful awareness and realistic acceptance of shifting body states and mental states ensues and carries into ordinary life

RESEARCH RESULTS

- Schultz & Luthe – throughout
- Farnè & Gnugnoli, 2000
- Farnè & Jimenez-Muñoz, 2000
- Bühler, 2005

Proposal

- Useful points of contact
 - Between Schultz's concentrative Autogenic switch, &
 - The Pratīty-Samutpāda model of the conditioned co-arising doctrine

Western & Eastern Models

Schultz Concentrative (Totally Suggestive) Experience of the Switch

1. Passive Agreement
 2. "Centering" (Calmness, through posture)
"Closing off Stimuli"
"Critical Self Observation"
 3. Eyes Closed
"Optical Subtraction – Visual
"Introversion"
 4. Somatising – get in touch with the body
 5. Quiet, or Calm
 6. Relaxation
 7. Deep relaxation
Sensory Stimulation ↑
Judging ↓ Spontaneity ↓
"Introspection"
 8. Slowing down – time thoughts, subjective
psychological processes
 9. "Process of Ego Loss" – ["not-self"]
Receptivity ↑
Determination ↑
Coherence disintegrates
Form transforms & disintegrates
Meaning changes and
Ego boundaries shift
 10. Affect
Completely grounded
Euphoria!
 11. Switch - Breaking the Circle of Conditioning
 12. Experiential evidence with release,
"visualised comprehension", "getting the
'picture'".
- } All is of
Equal Value
- } Passiveness
Deepening
- } "physiological"
organismic
"psychological"

Pratīty-Samutpāda Twelve Links Conditioned Co Arising Model

Link 1	<i>Avijjā</i>	Ignorance
Link 2	<i>sa kāra</i>	Embodied conditioning
Link 3	<i>viññā a</i>	Ignorance emerging into consciousness
Link 4	<i>nāmā-rūpa</i>	Consciousness is 'embodied conditioning' instantiating as a sensorial body
Link 5	<i>a -āyatana</i>	Sensorial body is consciousness channelled into the six sensorial realms
Link 6	<i>phassa</i>	The six sensorial realms are a way of speaking about a sensorial body experiencing sensory contact
Link 7	<i>vedanā</i>	Sensory contact consists of the six sense spheres engaged in pleasurable, painful, or neutral sensations
Link 8	<i>ta hā</i>	<i>Vedanā</i> is the precipitation of sensory contact <i>as</i> desires
Link 9	<i>upādāna</i>	Desire is a euphemism for how pleasurable and painful conditioning manifests as appropriational activities
Link 10	<i>bhava</i>	Appropriation describes how desire becomes on-going behaviour
Link 11	<i>jāti</i>	The on-going coalesces, giving birth
Link 12	<i>mara a</i>	To consequences of appropriational trajectories; birth is the on-going leading to its inevitable conclusion, death

Pratīty-Samutpāda Model of the Conditioned Co-Arising Twelve Links

Link 1	<i>Avijjā</i>	Ignorance
Link 2	<i>sa kāra</i>	Embodied conditioning
Link 3	<i>viññā a</i>	Ignorance emerging into consciousness
Link 4	<i>nāmā-rūpa</i>	Consciousness is 'embodied conditioning' instantiating as a sensorial body
Link 5	<i>a -āyatana</i>	Sensorial body is consciousness channelled into the six sensorial realms
Link 6	<i>phassa</i>	The six sensorial realms are a way of speaking about a sensorial body experiencing sensory contact
Link 7	<i>vedanā</i>	Sensory contact consists of the six sense spheres engaged in pleasurable, painful, or neutral sensations
Link 8	<i>ta hā</i>	<i>Vedanā</i> is the precipitation of sensory contact <i>as</i> desires
Link 9	<i>upādāna</i>	Desire is a euphemism for how pleasurable and painful conditioning manifests as appropriational activities
Link 10	<i>bhava</i>	Appropriation describes how desire becomes on-going behaviour
Link 11	<i>jāti</i>	The on-going coalesces, giving birth
Link 12	<i>mara a</i>	To consequences of appropriational trajectories; birth is the on-going leading to its inevitable conclusion, death

Proposed Links

Concentrative AT Switch Points

Consulting an AT Therapist –

Point 1: begin

Points 2-4: S'avāsana, the Yoga Dead Pose; spontaneous emergence of conditioned 'unconscious contents'

Points 5 & 6: calm observance; deepening passivity

Points 7 & 8: intellect & sensation meet; time slows, reality emerges

Point 9 - 12: switch and release

Pratīty-Samutpāda Model Links

Links 12, 11: life, behaviour

Links 10, 9: pain, lack and want

Links 8 & 7: agree and start

Link 6: the six sensorial realms experience sensorial contact

Link 5: full consciousness

Link 4: body/mind/speech awareness

Links 3 & 2: consciousness of ignorance and conditioning revealed

Link 1: ignorance

Resources

British Autogenic Society

www.autogenic-therapy.org.uk

European Journal of Autogenic and Bionomic Studies

www.formist.eu/formist/formist?PAGE=european_journal

Ruth Naylor

www.ruthnaylor.com

Mini-Sampler AT

- I will demonstrate two of the three postures
- I will show you what I do daily when I practice AT
- *Please do not try this yourself as this is a method that must be learnt over time*
- Thank you!



Questions & Answers

Conversation & Debate