

Do you want to feel less stressed and anxious?

Do you feel exhausted - drained of energy?

Are you losing control of your life?

Working too hard - finding it hard to cope?



"Business success is all about striving for results. Autogenic Therapy helps me switch off and find some inner peace so I feel totally refreshed and ready to meet challenges head on".

CH - London N5

If you want to take control
of your health and well-being:

AUTOGENIC THERAPY

CAN HELP YOU
TO HELP YOURSELF



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BRITISH AUTOGENIC SOCIETY

Full Member, British Autogenic Society

GREVILLE WATERMAN Dip AT

I am a qualified Autogenic Therapist based in North London. I am also an Accredited Mediator and have completed a Foundation Course in Psychotherapy & Counselling.



I ran a successful Sponsorship and Marketing Consultancy for many years and from personal experience I am well aware of the toll that stress and anxiety can take on the body and mind.

I found Autogenic Therapy very helpful for my own well-being and personal development and was amazed at the power of this simple and easy-to-learn technique to restore health and energy and help me sleep better.

I therefore decided to train as an Autogenic Therapist and to help Clients take charge of their lives and become empowered to help and heal themselves.

WHAT IS AUTOGENIC THERAPY (AT)?

Developed in Germany during the 1920's by neurologist and psychiatrist, Dr Johannes Schultz, Autogenic Therapy (AT) is a relaxation technique that:

- Is medically accepted, powerful and proven
- Empowers you to reduce your own stress and anxiety levels
- Easily, Quickly and Safely

"Autogenic" means *"generated from within"* and the technique mobilises our own systems for healing and recuperation.

AT consists of a series of simple, easily learned mental exercises which allow the mind to calm itself by switching off your body's stress responses.

What conditions can be helped by AT?

- Anxiety / Panic Attacks
- Depression / Stress
- Sleep Problems
- Fatigue / Low Energy
- Poor Concentration
- Migraine / Headaches
- Irritable Bowel Syndrome
- High Blood Pressure
- Asthma
- Muscular Pain and Tension

AT provides you with a toolbox and the inner resources to maintain a healthy balance and deal with stress.

Whenever you feel stressed, AT can help you release your physical and mental tensions and experience an inner calm.

How is it taught?

AT is taught individually or in small groups.

The course consists of:

- Initial conversation - your history and immediate problems
- 9 weekly sessions
(1 hour if individual, up to 2 hours if in a small group)
- Follow-up session 6-8 weeks after the course

You practise the mental exercises for a few minutes, three times a day and keep a brief daily record of your experiences.

AT can be practised easily almost anywhere:

- At home
- In the office
- In bed
- Even on the train

How does Autogenic Therapy work?

You learn to switch off your body's "fight or flight" stress response and switch on its "relaxation response".

AT is about simply letting go of striving for results, establishing mental contact with your body and becoming the Passive Observer of your inner self.

In this state, the inherent self-regulatory mechanisms of the brain function naturally to allow re-balancing of the activities of the right and left-brain hemispheres.

This, in turn, supports the workings of the immune system, promotes healing processes and can bring about greater emotional balance and peace of mind.

Who can AT help?

AT can help almost anybody who is in a stressful or pressured life situation improve their physical and emotional health.

AT is particularly useful for:

- Business Executives
- Parents of young children

What are the benefits of AT?

- Reduced anxiety
- Increased ability to relax
- Improved sleep
- Improved self-confidence
- A calm centre within yourself
- Better health and emotional balance
- Resilience in coping with stressful situations
- A sense of being in charge of your life
- Increased energy and creativity

Why learn AT?

- IT WORKS!*
- Quick, Easy, Effective
- Totally safe and non-invasive
- Takes no more than 10-15 minutes every day
- Can be practised almost anywhere and in every situation that arises
- No special clothing or equipment necessary
- Confidentiality guaranteed

* A survey on Stress Management techniques positioned AT as one of the most effective and fastest growing treatments.

Source: *Live! Mail on Sunday Magazine* 17.10.2010

What do doctors say about AT?

"AT is a simple but effective way of tapping into our natural self-healing processes. I know from first-hand experience that learning AT is almost like being immunised against the stresses of daily life"

Dr. Roger Neighbour,

Past President of the Royal College of General Practitioners.

What do my clients say about AT?

"I feel calmer, less anxious and better able to cope with life".

"I have developed the ability to control my anxiety and to be more accepting of situations beyond my control".

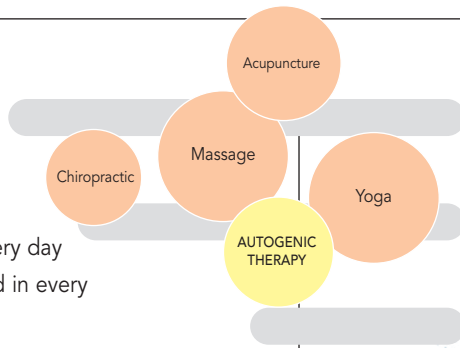
"I sleep more deeply and through AT I have a working tool to help me get a grip on anxiety and stressful situations".

"I feel more tolerant and less quick to react. The AT Course gave me more than I could have expected or hoped for".

"I am much calmer and react better to situations that previously would have made me very anxious".

"I have a greater ability to see the positives in my life".

"After just a few weeks practising AT, I'm already feeling much better and more positive".



FEES

Autogenic Therapy

9-week Course plus Follow-up Session

INDIVIDUAL - £500

At initial assessment, £80 non-returnable deposit is due. Balance of £420 is due on first day of course.

COUPLES - £400 (per person)

At initial assessment, £80 non-returnable deposit is due. Balance of £320 is due on first day of course.

GROUP - £300 (per person)

At initial assessment, £80 non-returnable deposit is due. Balance of £220 is due on first day of course.

Corporate rates can also be negotiated.

Next Steps

Call or email me to discover more about Autogenic Therapy, how you can learn it either on a group or individual basis and how it can HELP YOU TO HELP YOURSELF.

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