

Autogeni Trening - vještina za život

Mi se borimo protiv stresa prije nego što on postane problem!

Mi smo stručnjaci u znanosti o rješavanju stresa.

Kao predvodnik autogenog treninga u Australaziji, Institut za Autogeni trening jedini nudi u Australiji program autogenog treninga za organizacije. Autogeni trening je alat čija je djelotvornost utemeljena na dokazima, isplativ je i vrlo moćan alat za rješavanje stresa koji pomaže vašim zaposlenicima da se dobro osjećaju, da dobro razmišljaju, da dobro rade i da rade sigurno. Naša pažnja je usmjerena na prevenciju problema povezanih sa stresom i radimo sa vašim zaposlenicima, ekonomično u skupinama i u vašoj tvrtci, tako da svatko ima koristi. Znamo da nije dovoljno usmjeravanje pažnje na stresore na radu i pružanje tretmana i rješenja nakon što se problem očituje.

Mi se borimo protiv stresa prije nego što on postane problem!

To je savršeno rješenje za upravljanje rizicima za vašu tvrtku!

Preporučila ga je policija pokrajine New South Wales u Australiji.

Prikazano je u Australskom Rudarskom Magazinu, veljača 2012

Činjenice o stresu

- 1 od 5 ljudi će oboljeti od duševne bolesti u razdoblju od 12 mjeseci. (Black Dog Institut)
- Mentalni poremećaji su treći vodeći uzrok ne-smrtonosnih uzroka bolesti i ozljeda. (BDI)
- Depresivni simptomi su češći u ljudi koji rade na poslovima s visokim psihološkim zahtjevima, s dužim radnim vremenom i s niskom razinom socijalne podrške i podrške okoline. (BDI)
- 60 do 90% svih posjeta liječniku opće prakse imaju u podlozi komponentu stresa. (Harvard studija)
- Neliječen mentalni stres umanjuje našu sposobnost da se osjećamo dobro, da dobro razmišljamo, da radimo dobro i da radimo sigurno.

Zašto su naši programi usmjereni na psihički stres?

Kao psiholozi za mentalno zdravlje mi razumijemo da je stres u samoj srži psihičkog i fizičkog blagostanja i radnih učinaka. On utječe na svakoga i ne mora već postojati dijagnosticirana bolest da bi psihički stres potkopao sposobnost vaših zaposlenika da normalno funkcioniraju na najbolji mogući način.

Što možemo mi učiniti a drugi ne mogu

Nudimo jedini program autogenog treninga u Australiji za zaposlenike u organizacijama (tvrtkama). Razvijen od strane dva slavna njemačka neurologa i znanstvenika, a to su profesori Schultz i Luthe, koristeći stroge znanstvene protokole, autogeni trening je bio temelj više od 3.000 kliničkih istraživanja širom svijeta. Učinkovitost programa autogenog treninga je utemeljena na dokazima i vodi do temeljnih uzroka stresa. NASA je bila toliko oduševljena pozitivnim ishodima autogenog treninga da su njihovi astronauti i vojni piloti rutinski izvježbani u autogenom treningu kako bi se mogli prilagoditi psihofizičkim stresorima svemirskih putovanja. Policija pokrajine New South Wales u Australiji preporučuje program tečaja autogenog treninga Instituta za Autogeni trening u Australiji.

Što je Autogeni Trening

Autogeni trening, što znači 'vježbanje koje nastaje iznutra', je doista snažna znanstveno utemeljena tehnika za rješavanje stresa, koju zbog djelotvornosti i učinkovitosti koriste psiholozi i zdravstveni radnici širom svijeta, i koja omogućuje vašim zaposlenicima da se osjećaju dobro, da dobro razmišljaju, da rade dobro i da rade sigurno.

Autogeni trening uči vaše zaposlenike kako oni mogu samostalno regulirati svoje neuropsihološke i fiziološke reakcije. Zaposlenici se podučavaju kako se po volji i kada god to žele mogu prebaciti na mehanizme živčanog sustava za odmor, oporavak i obnavljanje te oni zaobilaze interne procese koji s vremenom iscrpljuju sposobnost organizma da funkcionira na najbolji način. Isključenjem mehanizama mozak-tijelo koji su u srži simptoma povezanih s negativnim stresom i umorom, događaju se pozitivne

promjene u mozgu i tijelu koje dovode do veće otpornosti organizma, do blagostanja i do poboljšane učinkovitosti na poslu (radne učinkovitosti).

Dokazi naglašavaju ulogu autogenog treninga u jačanju organizacijske sigurnosti, poboljšanju učinkovitosti na poslu, produktivnosti i povratu uloženi sredstava.

Imamo više od 1.000 zadovoljnih klijenata iz kompanija kao što su: Accenture, Advocate Property Services, Allianz Insurance, AMP, Astra Zeneca Commonwealth Bank, Department of Education, Ernst and Young, Fairfax, GIO, HCF, IBM, James Hardie, Medifit, National Australia Bank, NSW Fire Brigade, NSW Police Force, Office of State Revenue, Oracle, OSA Group, Qantas, Price Waterhouse Coopers, Rank Xerox, St George Bank, Zurich Insurance.

Vaše savršeno rješenje za upravljanje rizicima za vašu tvrtku

- rješavanje stresa prije nego što on postane problem
- istraživanje temeljeno na dokazima
- usmjereno na rezultate
- preventivno djelovanje
- isplativo
- održive prednosti
- svi zaposlenici imaju koristi.

Pozitivni rezultati

- smanjuje broj i troškove tužbi zbog posljedica stresa
- smanjuje umor i nesanicu
- smanjuje ljudske pogreške
- smanjuje rizik od nesreća
- smanjuje broj bolovanja (izostanaka s posla)
- smanjuje fluktuaciju radne snage
- poboljšava produktivnost
- poboljšava radnu učinkovitost
- poboljšava razmišljanje
- poboljšava kreativnost
- povećava moral
- jača imunosni sustav.

Helen Gibbons

- glavni psiholog i osnivač
- stručnjak za mentalno zdravlje i za stres
- predvodnik autogenog treninga u Australiji
- više od 20 godina iskustva
- dinamički voditelj
- registrirana i član Australian Psychological Society
- registrirana kod AHPRA
- registrirana kod Medicare
- član International Society of Behavioural Medicine
- član Australasian Society of Behavioural Health and Medicine.

Za više informacija o tome kako vam možemo pomoći, molimo vas da nas kontaktirate.

The Autogenic Training Institute

a PO Box 6090 Pymble NSW 2073 t 0416 102 190

e info@autogenics.com.au www.autogenics.com.au

www.autogenics.com.au/wp-content/uploads/2012/08/AutogenicsBrochure-1.pdf



WE TACKLE STRESS

before it becomes a problem!

WE ARE THE EXPERTS IN THE SCIENCE OF STRESS MANAGEMENT.

As the leader of Autogenic Training in Australasia, The Autogenic Training Institute offers Australia's only Autogenic Training Programme to organisations. Autogenic Training is an evidence-based, cost effective and highly powerful stress management tool that assists your people to feel well, think well, work well and work safely. Our focus is the prevention of stress related problems by working with your people, cost-effectively in groups and in-house, so that everyone benefits. We know that focusing on work stressors and providing treatment after the problem has manifested is not enough. We tackle stress before it becomes a problem!

It is the perfect Risk Management Solution for your business!

Recommended by NSW Police.

Featured in Australian Mining Magazine, Feb, 2012

Stress Facts

- 1 in 5 people will suffer a mental illness in a 12 month period. (Black Dog Institute)
- Mental disorders are the third leading cause of the non-fatal burden of disease and injury. (BDI)
- Depressive symptoms are more likely in people who work in jobs with high psychological demand, longer work hours and low levels of social and environmental support. (BDI)
- 60 to 90% of all visits to a GP have an underlying stress component. (Harvard Study)
- Unmanaged mental stress undermines our ability to feel well, think well, work well and work safely.



autogenics
a skill for life



autogenics
a skill for life

Why do our programmes target mental stress?

As Mental Health Psychologists we understand that stress is at the very core of psychological and physical well-being and performance. It affects everyone and does not have to be a diagnosable illness for mental stress to undermine your people's ability to function at their best.

What we do that others can't

We offer Australia's only Autogenic Training Programme to organisations for their people. Developed by two renowned German Neuroscientists, Professor Schultz and Luthe, using strict research protocols, Autogenic Training is backed by over 3,000 clinical studies worldwide. The Autogenic Training Programme is evidence-based and gets to the root cause of stress. NASA is so impressed with the positive outcomes of Autogenic Training that their astronauts and military pilots are routinely trained in Autogenic Training to help them adapt to the psychological and physical stressors of space travel. NSW Police recommend The Autogenic Training Institute's Autogenic Training Programme.

What is Autogenic Training

Autogenic Training, which means 'generated from within', is a truly powerful research-based stress management technique, respected by performance, psychology and medical professionals around the world, that enables your people to feel well, think well, work well and work safely.

Autogenic Training teaches your employees to self-regulate their neuropsychological and physiological responses. They are taught how to switch on at will the Rest, Repair, Regenerative mechanisms of the nervous system and override those internal processes that over time deplete your people's ability to function at their best. By switching off the brain-body mechanisms that are at the core of negative stress and fatigue related symptoms positive changes occur in the brain and body that leads to greater resilience, well-being and enhanced performance.

Evidence highlights Autogenic Training's role in boosting organisational safety, performance, productivity and return on investment.

With 1,000's of satisfied clients from companies such as; Accenture, Advocate Property Services, Allianz Insurance, AMP, Astra Zeneca Commonwealth Bank, Department of Education, Ernst and Young, Fairfax, GIO, HCF, IBM, James Hardie, Medifit, National Australia Bank, NSW Fire Brigade, NSW Police Force, Office of State Revenue, Oracle, OSA Group, Qantas, Price Waterhouse Coopers, Rank Xerox, St George Bank, Zurich Insurance.



Helen Gibbons

BA, PGDipAppPsych, DipEd, DipClinHyp, MAPS
ISBM, ASBHM

Chief Psychologist and Founder

About Helen Gibbons

- Chief Psychologist and Founder
- a real mental health and stress expert
- Australia's leader in Autogenic Training
- over 20 years experience
- dynamic trainer
- registered and member of Australian Psychological Society
- registered with AHPRA
- registered with Medicare
- Member of International Society of Behavioural Medicine
- Member of Australasian Society of Behavioural Health and Medicine

Your Perfect Risk-Management Solution

- tackling stress BEFORE it becomes a problem
- research evidence-based
- results-driven
- preventative
- cost-effective
- sustainable benefits
- all employees benefit

Positive Outcomes

- Reduces number and cost of stress claims
- Reduces fatigue and insomnia
- Reduces human error
- Reduces risk of accidents
- Reduces absenteeism
- Reduces staff turnover
- Improves productivity
- Improves performance
- Improves thinking
- Improves creativity
- Increases morale
- Strengthens immune system



For more information about how we can help you, please contact us.

The Autogenic Training Institute

a PO Box 6090 Pymble NSW 2073 t 0416 102 190
e info@autogenics.com.au www.autogenics.com.au



Member
Australian
Psychological
Society MAPS