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ENTRENAMIENTO AUTÓGENO



AUTOR EDITOR, 2015. Rústica. Book Condition: Nuevo. Dust Jacket Condition: Nuevo. 1^a. La psicoterapia autógena es un tratamiento psicológico de orientación psicofisiológica, cuya acción se ejerce mediante la activación de procesos naturales de autorregulación y de neutralización de experiencias traumáticas. Sus orígenes se remontan a los estudios del fisiólogo alemán Oskar Vogt sobre el sueño y la hipnosis a finales del siglo XIX. En 1930, otro médico alemán, Johannes Heinrich Schultz, perfeccionó la técnica y creó el Entrenamiento Autógeno (Autogenic...

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- Authored by DE RIVERA, LUIS
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