



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



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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