



Bernt Hoffmann/Brigitte
Borck/Claus Derra
Handbook of Autogenic Training
Basics, Techniques, Applications
608 Pages

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This standard handbook has been in print with dtv since 1977 and has gone through thirteen editions. It was first revised and extended in 1981. The subject of autogenic training has undergone considerable changes since then, and Sven Olaf Hoffmann, the son of the author and himself a psychosomaticist and psychologist, has worked with Dr. Claus Derra, a medical practitioner, in updating this handbook according to the most recent scientific research.

An enormous number of recent empirical studies prove the effectiveness of autogenic training as a self-healing method.

Bernt Hoffmann

Dr Bernt Hoffmann, 1911 - 1994, was a specialist in psychiatry and psychotherapy. At first, he worked as a university lecturer, then became self-employed and worked in his own practice for 40 years.

Dr Claus Derra was born in 1953 and is a specialist for psychiatry and psychotherapeutical medicine.

Prof Dr Sven Olaf Hoffmann, born in 1939, has been director of the Klinik und Poliklinik für Psychosomatische Medizin und Psychotherapie at the University of Mainz since 1982.