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The first scientific book
of scientific-practical papers
on the problem
of
"PSYCHOLOGICAL SELF-REGULATION"
USSR, Alma-Ata, 1979

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SUMMARY

The problem of psychical self-regulation in all its aspects has always been and still is the object of great interest on the part of the scientists working in various fields. (The book is supplied with the bibliographical index).

Today the problem of psychical self-regulation is of special importance, the sense of it being connected with the necessity of finding out means and possibilities aiming at the organism reserve mobilization for cure and other applications in the unusual conditions as well as in usual states.

The aim of the first scientific book is to acquaint the readers with the researches carried out in this field, to establish contacts among research workers concerned with the problem and to achieve coordination and the information exchange as far as the problem is concerned.

The list of the authors being large, it does not represent all those who are engaged in this field. But the list of the authors and the questions discussed illustrate the importance of the problem and the interest aroused by it.

It should be emphasized that all the papers presented are original ones and contain new ideas as to the experimental-observational and applied aspects. Some of them should be singled out particularly - those which deal with the complex change research arising in the organism under influence of self-suggestion (for example, of the normal subjects being trained in the active self-suggestion - AS and its variation - internalized active self-suggestion - IAS).

The book consists of the parts dealing with experimental-theoretical research, curing and other applications of self-regulation, and the papers in general biological aspects.

The papers given in the general biological part are of special interest. First of all it relates to the works realized in the domain of bio- and psychoenergetics (especially the phenomenon ANTI which shows the possibility of the distant and contact influences by means of psychical self-regulation - self-suggestion on the biological and inorganic objects which causes the change of their structure).

The considerations stated above allow to regard the psychical self-regulation as the problem of general biological plan.

Issuing the present book permits to hope that such publications will be regular and will lead to the establishment of the information exchange coordination and the further development of theoretical and experimental research and the practical application of the investigation both in the psychical self-regulation field and in the neighbouring fields.

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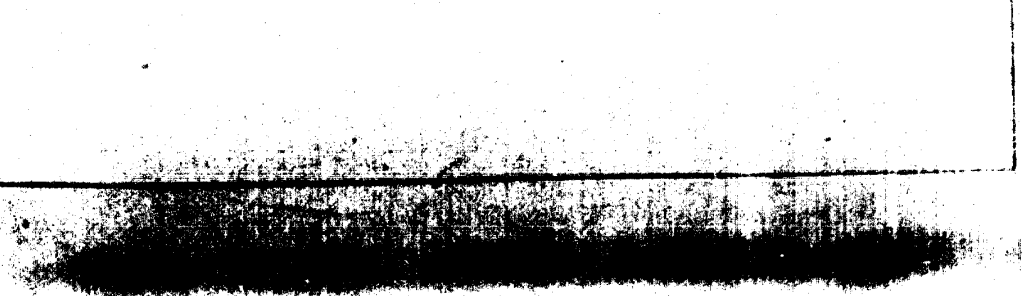
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Bryzhanova, Z. G., Inyushin, V. M., Ivanov, I. P., Liberman, S. L., Matrosov, M. I., Fedorova, N. N.

SUMMARY

The given symposium is the second installment of the thematic collection on the problem of "Psychical self-regulation" (I, I, Alma-Ata, 1973). It was already in the first installment, that psychical self-regulation (PSR) was treated as the problem of the general biology level. At that time the approach to PSR as to the evolutionary conditioned characteristic, which is one of the significant and leading quality of an organism. In particular, close to it up with its various possibilities, bio-and psychotone interaction was formed. This is the notion and corresponding trends of complex study and medical application. The role of the corresponding trends in the symposium is to provide a more complete picture of the possibilities of an organism—bio-psychotone interaction. This direction at this particular stage is believed to be the most perspective in experimental and theoretical as well as in applied examination of PSR. The information of the symposium and the vast number of works, published on this problem (in particular, in the scientific literature, there are more than 1000 denominations, taking into consideration the published bibliographic index and articles of the symposium) testifies to a substantial biologic influence manifesting, specifically, such certain peculiarities. A peculiar bio-psychotone interaction may be marked as one of the biological features of a living organism. The role of the biological features of a living organism is taken into account in other sciences, for example, by energetic (including laser). Undoubtedly, the study of the biological (including biogenetical) stimulation beyond the PSR influence promotes vast and more detailed experimental and more precise definition of mechanism of psychical self-regulation and, thanks to this the expansion of scope of its practical application is made. That found its reflection in the reports of a section, devoted to adjacent problems of the general biology level.

All stated here, with regard for the works represented in the symposium forms corresponding directions of further all-round experimental theoretical and applied study of psychical self-regulation.

INFORMATION

The first thematic symposium of scientific-practical works on the problem of "Psychical self-regulation" was published in 1973, in Alma-Ata.

The chairman of the Organization Committee and editor-in-chief — ROMEN, A. S.

Editorial board: Inyushin, V. M., Ivanov, I. P., Liberman, S. L., Matrosov, M. I.

The symposium consists of the collection of scientific practical papers on the problem of "Psychical self-regulation" (I, I, Alma-Ata, 1973). The chairman of the Organization Committee and editor-in-chief — ROMEN, A. S. (Polev Reptanib, General Post Office, 48000 Alma-Ata, USSR)

Editorial board: Inyushin, V. M., Ivanov, I. P., Liberman, S. L., Matrosov, M. I., Fedorova, N. N.

The first thematic conference "Psychical self-regulation" was held in Alma-Ata, June 7-7, 1973.

The chairman of the Organization Committee and editor-in-chief — ROMEN, A. S. (Polev Reptanib, General Post Office, 48000 Alma-Ata, USSR)

Editorial board: Inyushin, V. M., Ivanov, I. P., Liberman, S. L., Matrosov, M. I., Fedorova, N. N.

1. Experimental-theoretical problems of psychical self-regulation (PSR). Chairman — Roman, A. S. (Alma-Ata)

2. Medical application of psychical self-regulation. Chairman — Matrosov, M. I. (Moscow)

3. Outmedical application of psychical self-regulation. Chairman — Gissen Leonid Danylovich (Moscow)

4. General biology associated phenomena. Chairman — Inyushin Victor A. (Moscow)

(All the reports, submitted to the first Conference, and compiled in the first above mentioned thematic Symposium.

The reports, submitted to the Second Conference, taking place in 1975 are gathered in the second thematic Symposium.

In the conference reports on the activity and great significance of the problem of psychical self-regulation and the necessity of its all-round study was marked.

In particular it was stressed that the PSR influence affects an organism itself, as well as its surroundings (this is the essence of the personal and social — and — evolutionary significance of PSR). It was marked, that PSR in its essence is the problem of the general biology level, and its study must be held on the interbranch level, with regard for modern scientific biological achievements. Special attention is to be paid to bio- and psychotone interaction with regard to the most intensive investigation of its practical application.

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June, 1973. Czechoslovakia (Prague) — I International Congress on psychotechnics researches.
 June 28—30, 1973. Norway (Oslo) — IX International Congress on psychotherapeutics. Special sittings on autogenic training were singled out.

July 1—4, 1973. Sweden (Uppsala). VI International Congress on hypnosis. Special sittings on Yoga, Autogenic Training etc. were singled out.

August 16—25, 1973. Brazil (Rio de Janeiro). IV Panamerican Congress on hypnosis and psychosomatic medicine and III Brazilian Congress on hypnosis.

Terminology (and abbreviation) used in publication (and discussion) of the material on the problem of "Psychical self-regulation bio-psychoneurogenic".

Psychical self-regulation (PSR) — regulation of various processes and actions (reactions) of an organism (influences on them), realized by itself with the help of its psychical activity (self-influence).

Psychical regulation (PR) — regulation of various processes and actions (reactions) outside the organism (influence on them) with the help of psychical influence (activity). PSR is of special significance here (especially its outward manifestation).

Self-suggestion (S) the basis of PSR — a complex volitional process, providing with the forming of readiness of an organism for a certain action (reaction) with the necessity of its realization. At the same time its characteristic feature is that the situation or action, produced by psychological activity of the organism is more important and often renders more pronounced influence on it than real conditions.

Autogenic training (AT) — a method of PSR, the basis of which is an application of special self-suggesting formulas, allowing to influence some processes in an organism, including ones, which do not yield to the control of consciousness. (The method proposed and elaborated by I. Schultz, is applied since 1925. A number of modifications was proposed later by different authors).

Active self-suggestion (AS) — a method of PSR based on special self-suggestions, which provide peculiar background conditions and necessary aim influence on an organism and processes taking place in it (proposed and elaborated by A. S. Romanov, is applied since 1964).

Intermittent active self-suggestion (IAS) — a version of AS allowing, in particular, to render special training with the use of back communication.

Self-suggested corrected behaviour (SCB) — a version of AS. Self-suggested awing of action (SSW) — a test on defining of self-suggested ability, and of some personal qualities (the indicated variables and the given test proposed and elaborated by A. S. Romanov).

Psycho-regulation training (PRT) — a method of PSR, the leading component of which are special formulas of self-suggestion, that make it possible to render psycho-regulation influence on an organism. (Elaborated by Alexeev, A. V. Applied since 1956, generally in sport practice. During the last years special addition to PRT was proposed by Ginech, L. D.)

Psychical activity (PA).

Psychical influence (PI).

Psychical self-influence (PSI).

Psychotherapeutics (PT).

Psychoprophylaxis (PP).

Psychohygiene (PH).

Suggestology (SGL).

Suggestopedics (SQP).

Relaxopedics (RP).

Biological activity (BA).

Biological field — biofield (BF).

Bionergetics (BE).

Psychoneurogenesis (PE) — the science studying energetic changes (and their manifestation) appearing under the influence (stimulated) of psychical activity (psychoneurogenism — the manifestation and significance of psychoneurogenetical factor).

Psychoneurotic activity (PNA).

Psychoneurotic activity (PEA) — Power changes (and their manifestation) appearing under the influence of psychical activity.

Bioluminescence (BL).

Electrobioluminescence (EBL) — luminescence of biological objects under the influence of electrical field (in particular, of high-frequency impulsive electrical field of high tension).

Electroluminescence (EL) — luminescence of non-biological objects under the influence of electrical field (in particular, of high-frequency impulsive electrical field of high tension).

Monochromatic red light (MRL), monochromatic green light (MGL),

ABSTRACTS*

Roman, A. S. "Experimental-theoretical and applied problems of psychical self-regulation" (p. 9).
The article deals with the experimental-theoretical studying of psychical self-regulation (PSR) in the form of self-regulation of self-regulation as the basis of PSR in a specially marked. Applied possibilities of PSR increasing its inward and outward activity.

Chapter 1
EXPERIMENTAL-THEORETICAL PROBLEMS

Alexeev, A. V. "An effect of shortened variant of Psycho-regulating training on tremor" (p. 17).
A new, shortened variant of the psycho-regulating training consists of six formulas fundamentally different from the formulas of the Cassava variant of autogenic training according to I. Schultz's method. The shortened variant of PSR has a marked tranquilizing effect, that has been revealed while studying tremor in gymnasts.

Baghlyarov, O. G., Zlochevsky, S. E. "Logical peculiarities of cognitive situation in the sphere of psychical self-regulation phenomena" (p. 18).
The report examines the cognitive situation in the sphere of investigations in the problem of psychical self-regulation (PSR), and marks the peculiarities of the situation and the necessity of working out the corresponding logical apparatus for adequate description of PSR processes.

Belous, V. V. "Primary functional relations between the characteristics of the temperament as the condition of self-regulation" (p. 25).
The article deals with some psychological conditions providing active minimum with necessary adaptation of different individuals to different demands of activity.

Belyaev, G. S. "On the psychological basis of the active psychotherapy" (p. 23).
The psychological basis of psychotherapeutic methods joined by the kind of their action is discussed. It is suggested to mark "self-suggestion" narrowly, dividing it into active and passive forms. Auto-suggestion (passive) and auto-suggestion (active) are formulated in this article and the attempt to compare their possibilities is made.

Bogachev, V. A. "On the possibilities of the arbitrary regulation of temperature by using electric stimulation of negative endbulbs of vagus nerve" (p. 27).
The experimental investigation of the possibility of arbitrary regulation of the temperature of a rabbit's ear is more of statistical nature than biological, scientific.

Borishevsky, M. I., Tishchenko, S. P. "On the problem of directional-psychical self-regulation of a personality" (p. 27).

* The abstracts are arranged in Russian alphabetical order.

"On the conditions of internal and external self-regulation in the sphere of psychical self-regulation" (p. 28).

Vinichukina, A. L. "Peculiarities of psychical self-regulation depending on the duration of the thinking it is involved" (p. 27).
An experiment of identifying the efficiency of autogenic training on the psychical ability to work determining the same individuals' psychical personality characteristics is described in detail.

Van L. L. "On the problem of the psychical self-regulation 'nerveless'" (p. 31).
A hierarchical scheme of psychical self-regulation (PSR) is proposed. The scheme includes three levels of psychical self-regulation: 1) self-regulation of self-regulation, 2) self-regulation of self-regulation of self-regulation, 3) self-regulation of self-regulation of self-regulation of self-regulation. The level of measurable actions, which is appropriate as an act of coding, depending on the level of self-regulation.

Gerashimov, V. V., Sedikh, A. I., Shumlin, A. I., Chesnokov, G. S. "On the influence of exocentric exercises for muscles relaxation" (p. 24).
The experiments showed that the frequency of contractions and the character of the exocentric tremor curves are not very strongly influenced by the influence of dynamic exercises for relaxation. The fluctuations in the amplitude of the exocentric tremor are able to relax muscles at work is considerably smaller as seen from the height of the curves of tremograms.

Gissen, L. D., Kuzinova, L. P., Malkin, V. R., Lisenko, Y. M. "Some objective results of psychoregulating training in the sphere of psychical self-regulation" (p. 30).
The article deals with the results of the investigation of the psychical self-regulation in the sphere of psychical self-regulation. It is shown that the psychoregulating training in the sphere of psychical self-regulation leads to a decrease in the level of activity of cells to utilize the available energy.

Grave, P. S. "The cognitive aspect of psychical self-regulation" (p. 30).
The article deals with the cognitive aspect of psychical self-regulation. It is shown that the psychoregulating training in the sphere of psychical self-regulation leads to a decrease in the level of activity of cells to utilize the available energy.

Grinberg, V. A., Yarovetsky, V. S., Levitsky, N. M. "The study of the interdependence between the active self-suggestion and the change in the level of temperature in the ear" (p. 33).
The article deals with the study of the interdependence between the active self-suggestion and the change in the level of temperature in the ear. It is shown that the active self-suggestion leads to a decrease in the level of temperature in the ear.

Gube, I. "Sobriety" (p. 43).
The article deals with the notion of sobriety. It is shown that sobriety is a state of active self-regulation of a personality.

Grigorovich, V. A., Smirnov, V. A., Tsvetkov, I. M. "Psychoregulating training in the sphere of psychical self-regulation" (p. 29).
The article deals with the psychoregulating training in the sphere of psychical self-regulation. It is shown that the psychoregulating training leads to a decrease in the level of activity of cells to utilize the available energy.

Zlochevsky, S. E. "The ways of regulation of psychical potential of self-regulation" (p. 26).

The paper deals with the study and realization of potential possibilities of the subconscious sphere use for optimization of intellectual activity.

Zel'ev, V. A. "Possibility of emotional self-regulation of the blood pressure and the respiratory function" (p. 80).
 It is not possible to change the level of the arterial pressure in the rabbits, when factors of the peripheral or central origin serve as reinforcement. Reinforcement at the same relation makes a partial instruction of board of the respiratory peripheral emotional origin stimuli are used.

Kozin, A. P. "On the principles of teaching the psychophysiological self-regulation" (p. 83).
 The offered method of teaching psychophysiological self-regulation is the attempt of simplification of the process of assimilation of self-regulation formulas.

Kondratyev, A. M. "Yoga and physical self-regulation" (p. 85).
 This report is devoted to the system of yoga as the specific form of psychical self-regulation the aim of which is the achievement of the special data of psychics called "samadhi".

Krupnov, A. I. "The fronto-occipital of the brain and activity regulation" (p. 87).
 Individuals with high signs of activity have a tendency to the lower values of the alpha-index in both recordings for high alpha of intensity beta-2 rhythms oscillations in the frontal recording and higher values of alpha-2 rhythm frequency in the frontal and occipital recordings. Individuals with a low mentioned behaviour activity show a contrasting trend in relation to the above mentioned EEG indicators.

Levitskiy, P. M. "Studying the blood at a static pose and its active self-suggestion" (p. 89).
 Studying the blood after a static pose and its active self-suggestion showed the likeness of the blood's reactions; especially clearly increased the number of blood's white cells, in particular as for the control over the mastering of organism to static effort and about the force of self-suggestion.

Luthe, W. "Autogenic feedback training" (p. 61).
 Different ways of use of biologic feedback in the process of teaching autogenic brain (AT) are described in particular as for the control over the mastering of definite AT exercises, so for the heightening the effect of their activity.

Makarenko, Y. A. "Qualities of the self-willed regulation of the heart rate in the situation of control experiment" (p. 67).
 In the experiment on the untrained rabbits an automatic reinforcement was made by means of electrical stimulation of the emotional areas of brain in response to acceleration or deceleration of the heart rate. Autogenic character of this changes confirms that they are carried out on the basis of instrumental conditioned reflex.

Malkov, N. E. "Methods of the definition of the concentration of the attention" (p. 73).
 In the present work there are expounded methods of investigation of the individual differences in the degree of the concentration of the attention worked out by the author.

Marishuk, V. I. "Hypnosis suggestion as the method of increasing the efficiency of autogenic training" (p. 75).
 It is revealed that the formation of habits to relaxation is being more effective and quicker under conditions of combining the autogenic and organic relaxation, and under conditions of combining the autogenic and organic relaxation in the process of autogenic training" (p. 73).
 It is revealed in the process of investigations that after formation of habits of arbitrary relaxation of muscles during the general relaxation lowering of maximum and minimum of arterial pressure including this under the conditions of ambulation tension takes place.

Mirovsky, K. I., Merislov, V. S., Soljanik, V. L., Subbotnikov, B. I., Yakovlev, L. G., Kobza, A. D. "The use of biofeedback for the increase of psychomotoric and attentional work efficiency" (p. 74).
 This work deals with individuals who are engaged in physiological processes, which are not observed, is normal, and the most effective approaches to the patient's use of information of the state of his own and sound functions.

Molyak, V. A. "The intellect, self-regulation in solving design problems" (p. 76).
 The special method was used in these investigations (the method of "median bands"), which has analogies in psychological and psychological practice (i.e. in Japanese Zen-physiology).

Pavlov, I. S. "Concerning physiological foundations of the autogenic training" (p. 78).
 The report deals with the state of "turning" in autogenic training (AT) from the point of view of the systems of functional system of behaviour's action (Anokhin, P. K.). The relation of the role of conscious and unconscious spheres of human psychics in the state of AT is marked.

Roshnov, V. E., Slutsky, A. S. "Design for the determination of the state of tranquility in the process of autogenic training" (p. 80).
 The report concerns the design, giving a patient the opportunity of receiving reversed information about the condition of his nervous activity in the process of autogenic training. The galvanic skin reflex (GSR) was used as an objective data.

Romen, A. S. "About psychic self-regulation training in childhood and youth" (p. 81).
 The report deals with some peculiarities of teaching psychic self-regulation in childhood and youth for medicinal and sanitary purposes, including short practice are pointed out.

Romen, A. S., Belasova, I., Ivanov, P. "On the usage of active self-suggestion (AS) during training in autogenic training" (p. 82).
 The experimental usage of active self-suggestion (AS) according to the stages of concentration in the process of its mastering in the process of autogenic training. The influence of AS on some psychophysiological changes in the process of training and some individual peculiarities in particular is marked.

Romen, A. S., Belyakova, Z. G., Lurina, N. N., Davilichenko, L. M. "On the usage of electro-physiological changes in the process of formation of ability of active self-regulation" (p. 83).
 Changes of electro-physiological changes in the process of formation of ability of active self-regulation in the process of autogenic training. The temperature are investigated also comparison in the process of autogenic training with autogenic self-suggestion. Considerable effects of some experiments are mentioned. The study of the process of autogenic self-regulation in the process of autogenic self-suggestion.

(auto, cross correlations) and factor analyses showed their importance for the theory and practice of self-regulation as on the whole so for self-suggestion in particular.

Savitskiy, V. V., Sapchenko, G. V., Jakimenko, A. G., Korshak, A. A. "On the question of mechanism operation of active self-suggestion" (p. 102).
Examining the electrophysiological indices (periods of electroencephalograms and electrodiagrams) as a complex of relations between which the relations exist the cause and effect connection between the centres and register was established. The formalistic methods of control characterise objectively the operations of active self-suggestion (AS) and reveal the possibility to shift to the level of individual, control and functional therapy.

Taranoucha, A. I. "On the kind of spontaneous psychological phenomena, occurring during the self-suggestion immersion" (p. 103).
This article deals with the description of peculiar psychological phenomena, occurring sometimes in the state of self-suggestion immersion in some persons. They may see suddenly with their "inside vision" an unknown coloured motionless visual image.

Shumilov, V. B., Kalinick, V. N. "On the influence of autogenic training on precision of time intervals marking" (p. 107).
Autogenic training permitted to raise the precision of time index marking of young people, who were preparing for operator activity. There is a correlation between the success of their special training and the precision of time intervals marking.

Vasilevetskiy, V. S. "On physiological characteristics of full respiration" (p. 109).
This paper presents a spiographic analysis of full respiration and indicates changes in ventilatory and lung volumes during the respiratory stereotype organization in the medical training "health-group" with making use of active self-suggestion (AS).

Vasilevetskiy, V. S., Rovny, A. S., Tarasenko, I. F. "The investigation of latent period of tension, latent period of relaxation and forearm muscles temperature in the course of self-suggestion" (p. 111).
The report describes changes in latent period of tension, latent period of relaxation, LPR, and forearm muscles temperature in the state of vigilance and autogenic hypnosis. An interrelation between LPR and the index of temperature change was established.

Varishkin, V. P. "About the aim character of physical human activity" (p. 112).
This report says about "psychical" human activity as special contents psychobiological system (Vygotsky, L.). In the course of history as a component of man's essence (K. Marx) "psyche" becomes the decisive factor of his social progress. The effect of straight influence of individual psychical system as well as static effect when is used by yoga, self-suggestion, hypnosis is raised by the bioplasm (Trubnitskiy).

Chapter II.
CUPE USAGE

Baskiyev, O. I., Lobkov, V. V. "Changes of blood circulation under respiratory exercises with elements of active self-suggestion with the sick having heart vascular pathology in the process of metotherapy" (p. 117).

The report gives data on positive blood circulation shifts in the process of active self-suggestion (AS) under metotherapy training with the sick having vascular pathology in the process of metotherapy (upper rate).

Baranov, B. M., Zhmurov, V. A. "The experimental applications of intensive autogenic training course for treatment of the impotence" (p. 119).
Methods of applying intensively the course of the autogenic training (AT) for treatment of the different forms of the impotence are mentioned in the article. The rationality of applying these methods of AT for treatment of impotence is proved by clinical results.

Belajev, G. S., Lesjebkova, L. N., Koplova, I. A. "The peculiarities of autogenic training (AT) in the psychoneurological hospital" (p. 121).
The author describes the methods and procedures of therapeutic course of autogenic training (AT) in the psychoneurological hospital are under consideration.

Brustlovskiy, Z. S., Tsibulskiy, A. G. "On one of the variants of the combination of autogenic training (AT) with music" (p. 123).
In some cases during treatment of patients with the help of the combination of autogenic training (AT) and music for a creative reception of music and self-suggestion formula was noted. As the result of it the patients became more lively and the application of AT is hardly to be of use. In this connection the authors made an attempt to find the optimum in combination of the AT and music.

Prizgubov, I. P., Anicanov, L. M. "Autogenic training in curing the cerebral dynamic nervous system" (p. 125).
The authors of the article (in V) in complex therapy of some syndromic nervous system diseases (Compensation) in which AT was effective in treatment of cerebral neocortex and subcortical level of children.

Burno, M. E. "On psychical self-regulation in psychosomatic patients with hypochondriacal sensations" (p. 127).
The work deals with psychosomatic hypochondriacal sensations both of a curative and systemic character. Methods of raising psychosomatic patients' psychical self-regulation which differ from usual methods of treating hysterical hypochondriacal sensations, are suggested.

Bourlyanskiy, D. L., Kryzhal, V. V. "Psychical self-regulation in the system of psychotherapy of the sick with primary disorders of potency" (p. 129).
On the basis of medical literature of 170 sick with different forms of primary impotence a conclusion was made that methods of psychical self-regulation are very effective on condition of their different use.

Belokobyl, Tokovaya, N. G. "The influence of self-suggestion on the motor and on the stomach function in patients with ulcer disease" (p. 131).
The author describes the results of the influence of self-suggestion on motor and secretory functions of the stomach in patients with gastric and duodenal ulcers. The author notes that investigations show a significant influence of the motor stomach function on the acid forming function. A lessening of the

secretory function of the stomach from organic disease of the central nervous system with the help of self-suggestion (p. 132).

Yakovlev, V. P. "The role of autogenic training in the treatment of psychosomatic patients suffering from neurotic patients (hospital for nervous diseases)" (p. 133).
The author describes the results of the influence of autogenic training on motor and secretory functions of the stomach in patients with gastric and duodenal ulcers. The author notes that investigations show a significant influence of the motor stomach function on the acid forming function. A lessening of the

Glozman, O. S., Legina, E. D. "Physiological methods of treatment of neurotic disorders in the elderly patients" (p. 130).
The author describes the application of autogenic training in a clinical sanatorium for patients (100 m. above the sea level) in the course of 4 years. The patients of the 1st group were treated with controlled respiration with elements of autogenic training. The results of the 1st group were better than those of the second one.

Glozman, E. B., Shevtels, B. M. "The role of pentamine in autogenic training of neurotic patients" (p. 137).
Original autogenic training methods which make use of pentamine poses are discussed in the paper.

Gurba, B. V., Vevik, N. P. "The role of active self-suggestion in the treatment of mentally diseased" (p. 138).
The author reports the application of active self-suggestion in combination with other pharmacotherapy in order to quicken the adaptation of mentally diseased persons to work at the sewing shop.

Dzish, G. "On the medical use of psychosomatic correlations" (p. 141).
On the grounds of long observations the necessity to use the psychosomatic correlation in the treatment is stated. The role of the hypnotic suggestion is stressed here. The author states that the auto-suggestion gives the sick the possibility to oppose the development of the disease independently.

Demidenko, T. D., Lyova, B. I. "Differentiated self-regulation techniques in restorative treatment of post-neural patients" (p. 142).
The paper presents the results of application of various self-regulation techniques, differentiated in accordance with the character of mood disturbances, in the treatment of patients with neurotic disorders. Among the self-regulation techniques there was autogenic training (deomotor movements and active self-suggestion).

Dmitrieva, I. V. "To the question of limits of using the multi-ved self-suggestion and elements of autogenic training while treating neuroses in the children of junior school age" (p. 146).
The author reports on the results of application of autogenic training and elements of self-suggestion in the treatment of neurotic disorders in children. The results of the treatment are most stable improvement. This fact is confirmed by the radiometric observations.

Dosechenko, N. M. "Autogenic training in the treatment of the neuroses in children and juveniles" (p. 148).
The author presents the results of application of autogenic training in some systemic neuroses in children, 6-12 juveniles (children with enuresis and 326 with enuresis) were treated.

Danchenko, N. M., Kukurakin, V. V. "The significance of autogenic training for treatment of psychogenic sexual disorders in males" (p. 150).
The author reports on the results of application of autogenic training for treatment of psychogenic sexual disorders in males. The results are positive.

Zaitsev, V. Z. "To the problem of complex psychotherapy of neuroses" (p. 151).
The results of use of the form method of complex psychotherapeutic effect in the treatment of neuroses in 75 patients with neuroses are exposed in the paper.

Zaitsev, V. Z. "On the importance of autogenic training for the treatment of neuroses" (p. 154).

Complex therapy was used to treat the strobic patients, 197 from 220 patients were exposed in autogenic training (AT). The results show a significant positive effect than other methods of psychotherapy and autogenic training as a fast element in the system of anti-epileptic therapy.

Zayashnikova, T. K. "On the use of active self-suggestion while treating the sick with organic diseases of nervous system" (p. 153).
The problem of treating the sick with the organic diseases of nervous system with the method of active self-suggestion after Hansen, A. B. is discussed. The efficiency of the method in complex therapy is proved. All this is done in order to use the method more extensively while treating the sick with organic diseases of nervous system.

Zvonilov, M. D., Zvonilov, V. M. "The experience of use of autogenic training in combination with other methods of psychotherapy while treating neuroses with alcoholism" (p. 157).
The article states that autogenic training (AT) in combination with other methods of psychotherapy produces a considerable effect on the capabilities of an organism's reserves while treating in-acute alcoholism in hospital.

Zorin, N. M., Dmitrieva, T. M., Dmitrieva, I. V. "On the importance of self-suggestion when treating the enuresis nocturna" (p. 160).
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Kamishnev, O. S., Pervova, V. V. "The supporting psychotherapy of the patients suffering from hard degree of suffering" (p. 163).
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Kvasovskaya, N. Y. "The experience of autogenic training (AT) application in the treatment of neuroses and states like these under laboratory conditions" (p. 163).
The article deals with the method of treatment and results of it. The best effect of the combination of AT with hypno-suggestion, irrago-therapy or the rational psychotherapy is pointed out here.

Kiselev, V. A., Grekova, A. A. "Application of the active self-suggestion method to the patients with periodic disturbances of the heart rhythm and heart ischemia" (p. 167).
The article presents the results of medical evaluation of 170 patients with heart rhythm and periodic disturbances of the brain circulation due to myocardial infarction. The obtained impressive results show that the method of active self-suggestion can be widely applied in sanatorium treatment.

Kiselev, V. A., Medvednikova, O. A. "The autogenic training as a method of supporting psychotherapy in the club of the former patients" (p. 167).
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Kokava, G. V. "The efficiency of self-suggestion in some cases of therapy of sick with alcoholism and in various states of the nervous system" (p. 170).

The data of application of the active self-suggestion in complex therapy of the sick suffering from stroke and cerebral arteriosclerosis on the basis of research indicate the importance of it for rehabilitation and readaptation.

Kolesha, A. A., Savitsky, V. V., Sapchenko, O. V. "The results of active self-suggestion in complex therapy of the patients with myocardial infarction in the period of intensive therapy" (p. 174). This paper reveals the necessity of the autogenic training for the patients with myocardial infarction during the acute period of complex therapy within the first hours of their entry into ward of intensive therapy.

Kolesha, A. A., Savitsky, V. V., Sapchenko, O. V. "The use of autogenic training in complex treatment of patients with ulcers disease in the acute period" (p. 175). This paper deals with the possibility and expediency of the use of autogenic training in general complex of therapy with the patients of ulcerous disease in the acute period.

Kulikova, V. P. "Active self-suggestion employment with other restorative measures while treating invalids of the World War II with after-effects of cranio-cerebral traumas" (p. 177). The observations carried out on 160 invalids of World War II with after-effects of cranio-cerebral traumas in those restorative treatment the method of active self-suggestion was used are illustrated here. The obtained results testify to the high effectiveness of self-suggestion and permit the method to be recommended for a wider use while treating patients with organic diseases of the brain.

Lisovska, V. L., Katsibakova, R. M., Rebel, V. M. "Active self-suggestion in complex treatment of neurosis" (p. 179). The method of active self-suggestion was applied in the treatment of neurosis with different psychopathology. The usage of active self-suggestion together with medicinal and psychotherapeutic remedies made it possible to influence effectively upon the symptoms, promoted personal improvement, and activated the hidden resources of a person.

Lobkov, V. V., Babalyuk, O. I. "The reasons for the necessity of heart-vascular pathology in the process of restorative therapy" (p. 182). The article gives a consideration of the etiopathogenes and the methods of active self-suggestion in the complex treatment of the sick men with the heart-vascular pathology.

Lobkov, V. V., Babalyuk, O. I. "Methods and succession of using the methods of psychoregulation in the complex treatment of the heart-vascular diseases with neurosis" (p. 184). The methods of application of the method of psychical self-regulation in combination with restorative therapy in the treatment of sick men with the heart-vascular pathology worked out by the authors are regarded here.

Malygin, M. I. "On the use of the active self-suggestion in psychoregulation of the patients with the heart-vascular pathology" (p. 185). The paper deals with the effect of the active self-suggestion (AS) use for treatment and readaptation of the sick men suffering from hard diencephalic disorder with the loss of the ability to work including invalids is regarded here.

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Nikiforov, O. X. "The results of use of autogenic training in complex cure of patients with periodic psychoses according to L. S. Pavlov" (p. 187). On the basis of observations carried out with periodic psychoses the active self-suggestion (AS) is used in the treatment of patients with periodic psychoses in particular. The application of AS depends upon the type of periodic psychosis and the results of the treatment are discussed.

Pavlov, I. S. "Concerning the application of autogenic training (AT) in treating patients with chronic alcoholism" (p. 188). The work deals with the cases of application of autogenic training (AT) for relieving the symptoms of alcoholism chronic with the hope to make the patients "autogenically" the application of AT depends upon the type of personality peculiarities of the patient.

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Rabchinsky, Zh. A. "On the influence of autogenic training on the activity of schizophrenics' command system" (p. 190). The positive result of use of autogenic training with the purpose of stimulation of activity is described in small groups. The reduction of the common course rehabilitation is mentioned in the paper.

Romanuk, V. V., Pinkusovich, A. F. "On the socio-psychological rehabilitation for the estimation of the effect of autogenic training in treatment of patients with neurosis" (p. 191). An attempt is made to determine the influence of the socio-psychological investigations is made in this work. The influence of autogenic training on mental productivity and the dynamics of inter-personal links in a psychotherapeutic group.

Romina, A. S. "Active self-suggestion (AS) in complex of rehabilitation and recuperation of the men with psychomotoric disorder" (p. 192). The necessity of including recuperation and rehabilitation of the men with self-regulation in the method of active self-suggestion and self-regulation is regarded here.

Shteynberg, S. S. "Peculiarities of autogenic training for the patients suffering from neurosis" (p. 200). The results of the autogenic training method in some cases can be successfully used in the treatment of the anxiety and phobic states as the method of treatment.

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Yachkev, B. M. "Autogenic training in complex with labourtherapy as an effective method of alcoholism curing" (p. 217).
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Yatskov, L. P. "Autogenic training with diencephalic pathology" (p. 218).
The article deals with the experiment of using autogenic training (AT) in 84 patients with diencephalic pathology. The obtained data make it possible to come to the conclusion that AT with diencephalic pathology is an effective method of treatment.

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Chapter III. OUT-MEDICAL APPLICATIONS

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The "autoflect" method is described. The usage of the definite formulas of autogenic training (AT) for the local influence (On muscles, muscle groups, tendons) in the definite direction for short practice is taken as the basis of it.

Vysotskiy, B. A. "Temperament and psychical self-regulation under sports competition conditions" (p. 233).

The ways of the self-regulation of behaviour, emotional state and activity of sportsmen under the conditions of sports contest stress have been investigated.

Gacheva, L. V. "Psycho-regulation teaching as a mean of success liquidation of school children" (p. 232).
The present paper shows the experience of psychical regulation (PR) usage in combination with psychical self-regulation in order to liquidate neuroses in school children. Positive changes that took place in the pupils' behaviour speak in favour of PR as a mean of liquidation of school children neuroses.

Gorskiy, V. B. "The use of ways of psychical self-regulation in gymnastics" (p. 234).
The article presents the experience of teaching gymnasts-beginners the ways of psychical self-regulation (PSR) in combination with concentration exercises. It was established that a self-suggested sleep helps to raise the concentration on a definite muscle randomly and effectively develops physical strength.

Grossman, A. L., Ushakova, L. G. "Psychical self-regulation as a mean of psychohygiene of students' mental overstrain" (p. 236).
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Dechlyar, O. V. "Psychotherapeutic value of active self-suggestion (AS) for the removal of conditioned reflex protective reactions" (p. 241).
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Dechlyar, O. V. "The experience of the employment of active self-suggestion (AS) in the final part of studies in physical training" (p. 242).
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Ivanov, I. P. "On the optimization of sportmen's psychologica state" (p. 244).
The questions of sportmen's psychologica optimization and the possibility of its concrete practical realization are investigated.

Kalinitskiy, L. P. "On the autogenic training usage in a Higher Educational Institution" (p. 247).
In the article there is a short description of the method of psychical and somatic self-regulation (PSR) and autogenic training (AT) usage in Higher Educational Institutions. The possibility of its application for the removal of neurosis-like states and for the preparation for the subsequent activity is marked in the article.

Kalinitskiy, V. N., Stukimirov, V. B. "Some questions of self-regulation in a group of students for the use of active self-suggestion" (p. 249).
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Kelich, V. M., Shamilo, Y. B. "About a correction of some psychological and psychobiological peculiarities 'reflected' with the help of psychoregulation methods" (p. 252).
It's shown that the methods of psychical self-regulation give the possibility to highlight some psychobiological and psychological indices of the characteristics of operators possessing a negative psychological status of 'rejected'.

Konovalev, E. D. "Self-suggestion in psychotherapy and prophylaxis of fear in swimmers" (p. 257).
The role of self-regulation against the fear of being drowned is described. The author emphasizes the necessity of introduction of a compulsory swimming course into the school curriculum and insists upon carrying out the theoretical and psychological training at sports lessons.

Lavitsky, P. M., Yastovetsky, V. S., Blumina, T. A. "The investigation of the emotional reserve of sportsmen with different temperaments" (p. 256).
The influence of active self-suggestion (AS) and emotional mobilization on post and hand dynamometry is described in the article.

Marishuk, V. L. "On the use of intercommunication of external emotional manifestations with the stability of psychical processes in purpose of psychical self-regulation" (p. 248).
It's stated by the experiments that the self-control over the external emotional manifestations and the arbitrary overcoming of them promote the overcoming of emotional tenacity and the optimization of vegetative shifts.

Moliseev, B. K. "Differentiation, application of psycho-regulation in the process of forming the senior pupils studies in 'eyes'" (p. 266).
The article deals with the results of experimental investigation of differentiation of psychoregulating training (PRT) with the purpose of forming studies motives. Positive changes in the motivation sphere of pupils show the effectiveness of application of PRT in the process of forming and developing motives of students.

Nyrovskaya, A. S. "The determination of optimum duration of the course of PRT with the purpose of forming 'difficult' pupils' positive attitude to studies" (p. 262).
The article is devoted to determination of optimum variant of the course of PRT in the process of forming positive attitude to studies in 'difficult' pupils. The course of PRT in 20 lessons is stated to be the most optimum.

Gagar, V. G. "Psychical-regulating training and psychical regulating control in teaching process" (p. 264).
The report deals with the problem of intensification of the process of teaching foreign languages with the help of psychical-regulating training and psychical regulating control use.

Plesnevich, A. S. "On the use of music in learning foreign languages by the method of 'immersion'" (p. 268).
It's marked here that the use of music in process of teaching foreign languages by the method of 'immersion' promotes acceleration of the process of forming the habits of hearing or speaking on speech; it promotes the development of the habits of release on answering language.

Romen, A. S., Isaeva, E. S., Iakov, S. G., Gerasimov, I. V., G. "On the formation of specialized habits in teachers' preparation" (p. 269).

Some possibilities of active self-regulation (AS) in process of formation of teaching habits are described. Comparison of special self-regulating forms of A. S. is made.

Romen, A., Kiselev, A. Y., Lobanov, N. N., Stepanov, N. N. "Some ways and possibilities of intensification of foreign language passive preparation" (p. 271).
It's marked here that the use of active self-suggestion (AS) for special purpose directly influences not only psychical but physical preparation also and promotes considerable development of flexibility. The result is undoubtedly higher than after special exercises for flexibility only.

Romen, A. S., Morshin, V. I. "The possibilities and peculiarities of the use of active self-suggestion (AS) by basketball players" (p. 270).
The positive influence of AS on basketball players' performance in the example of a first-rate women basketball team. The positive influence of self-suggestion on reflexes and the corresponding formation of the basketballists' motor skills. The study of the players' preparation for making a shot in short way (movement in the court) is also with the stepped level, increasing in intensity and length (width) and marked in the article.

Sadovskaya, A. S. "The use of relaxation method in teaching school children a foreign course of a foreign language" (p. 270).
The results of the experiment show that school children show higher interest in learning a foreign language as a result of getting to the state of relaxation and demonstrate a better assimilation of the language material. The groups of pupils studying a foreign language with the help of steps of A. S. one-year programme is recovered during a year.

Svyatlovskaya, A. M. "On the use of psychical self-regulation for the purpose of heightening the efficiency of the operations with the methods of teaching self-regulation, including rational training conducted by teachers, the efficiency of operators' learning and the results of their work".

Sirovskaya, E. M. "The use of psychoregulating training in glottis foreign language teaching" (p. 261).
It's shown that when the method of psychoregulating training is used in foreign language teaching the program volume to acquire material is reduced.

Smirnova, N. Ch., Shuprik, G. A. "Systematic character of the use of method of teaching self-regulation in studies in AS" (p. 265).
Psychical self-regulation is realized in close with the help of a system of special methods, which is seen in the following forms of their application: training and simulation exercises.

Stetsko, V. A. "The development of psychical self-regulation in studies in foreign languages" (p. 263).
A systematic training of electric power station operators of two different regional and working conditions under different conditions of work is conducted by V. A. Stetsko. The results of studies are given.

Stetsko, V. A., T. "The development of psychical self-regulation in studies in foreign languages" (p. 263).
The report deals with the results of psychical self-regulation in studies in foreign languages. The use of psychoregulating training in studies in foreign languages are given.

Stetsko, V. A., T. "The development of psychical self-regulation in studies in foreign languages" (p. 263).

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Hanin, Y. L. "The systematic distribution in interpersonal adaptation of group activities and therefore are considered."

Savitskiy, E. "The influence of post-awake imaginations on the effect of red light" (p. 287). The results with the observation of three variants of using relaxation in the process of experimental investigation, show the effectiveness of pictorial self-suggestion formulas.

Shumilov, V. B., Kalinick, V. N. "The practical self-regulation as a function of the operators of the same-motor practice. The autogenic training (AT) helps to heighten the definite psychophysiological functions of the operators" (p. 293).

Shumilov, V. B., Kalinick, V. N. "The method of the influence of autogenic training on the operators' ability for creative thinking" (p. 294). The operators' ability to solve the problems on creative thinking, but it heightens some psychophysiological indices of the same operators.

Yakovlevskiy, V. S. "On forming the habit of full respiration in the medical training 'health-group'" (p. 298). The paper describes methods of forming the habits of full respiration in the medical training "health-group" through respiratory gymnastics and active self-suggestion (AS).

Chapter IV.

GENERAL BIOLOGY ASSOCIATED PROBLEMS

Roman, A. S. "Psychomotoric activity and its inward and outward manifestation" (p. 301). Inward and outward effects of "psychomotoric activity (PEA) including its interdependence with the biometric activity (BEA) is considered. The significance of the physical self-regulation in its purposeful manifestation of the PEA (in particular, the manifestation of the phenomenon ARVI) is stressed.

Adamenko, V. G. "Psychoenergetic and extra-motor functions of the organism" (p. 317). The hypothesis of the possibility of emergence and manifestation of the so-called "motor actions of the organism" is proposed. It is assumed that they are based on the existence of a special psychical field and physical energy.

Bystrykh, Z. G., Bekhrambetova, B. A. "Investigation of the influence of red and white polarized light and the light of helium-neon laser on electroencephalogram of a man" (p. 319). Increase of electroencephalographic (EEG) rhythms in the frontal zone with simultaneous depression in the occipital parts of brain was seen as a result of red and white lights influence. Laser's light caused total suppress on of EEG rhythms.

Bystrykh, Z. G., Ibrashcheva, S. Zh. "On the occipital alpha-rhythm analysis of electroencephalogram of children in the age of 7-9 in the time of adult decision" (p. 327).

In this work the dependence of speed and lightness of some decisions by children in the age of 7-9 on frequency and amplitude of a sinusoidal light source rhythm and the degree of its suppression in the time of simultaneous decision is investigated.

Volynets, P. S., Romanov, P. N. "Protector zones of a face and the system of reflected afferentation" (p. 290). The role of stereotyped apparatus of a face in the hypothetical system of reflected afferentation is considered. The light is shown on some processes of self-regulation of an organism.

Gushin, A. Z., Shvalb, P. G., Semionkin, E. I., Slivkin, S. I. "Effect of electromagnetic red light" (p. 292). The possibility of modification of influence of helium-neon laser's monochromatic red light is considered. The received results are discussed.

Davyltsh, A. M. T. "About a method of estimation of reflex of motor function depending on the electroconductivity of the skin" (p. 295). A certain method of calculation of reflex of acupuncture for medical practice is examined. The results of the observations are given.

Inyushin, V. M. "Bioplasma and its radiation" (p. 300). Some peculiar properties of bioplasma seem to be the fifth condition of substance — are considered. Different kinds of acquired radiations of bioplasmas are characterized.

Inyushin, V. M., Beletnikov, I. B., Semikina, V. A., Tikhonov, K. K. "About the effect of ultraviolet radiation by alive tissues in interaction with the red light" (p. 308). The information about the secondary radiation in ultraviolet zone in the time of interaction of helium-neon laser's ray with tissues is given. The opinion of possible receiving of simulated radiation of bioluminescence is given.

Inyushin, V. M., Kireeva, L. A. "Biophotography — is a method of the biological field" (p. 309). The basis is given to the new method of registration of the biological field on the ground of a contactless interaction between a biological object and a detector.

Inyushin, V. M., Romanov, A. S., Tkachenko, N. G., Hrushev, V. A., Motozov, G. I., Kovalev, A. D. "On the question of the objective registration of fatigue" (p. 314). Possibilities of registration of fatigue by some power changes in an organism are examined.

Kripone, S. "To the question of the distant excitation of dreams" (p. 340). The possibility of distant excitation of dreams is considered. The objective meaning of the emotive saturation of the material content of a dream in connection with its formation is emphasized.

Takernin, V. G., Gerasimov, E. G., Chukharenko, V. M., Ivanov, E. M. "About the fluctuating character of electroencephalogram" (p. 343). Some processes of self-regulation in an organism in connection with the environment are discussed.

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Pillayya, R. "Biological rhythms in cerebral insult" (p. 350). Investigation of the influence of the biological rhythm on the emergence of cerebral insult is described.

Romen, A. S., Tkachenko, N. O. "About some power changes of an organism" (p. 358). The reaction time and other power structure of an organism on various influences are described. Special significance of psychoenergetic influence on the emergence of self-organization (AS) is stressed. It is shown, that with the break of integrity of organism the reconstruction is going first of all by means of its homeostatic activity.

Secheravay, N. V. "The influence of some factors on the intensity of the bioherald effect" (p. 359). It is marked that hypnosis doesn't influence the possibility of the emergence and intensity of the bioherald effect — BPE ("redoging"). Self-suggestion changes the manifestation of BPE.

Hrushov, V. A. "Informational aspect of the biological bond" (p. 369). The phenomenon of program resonance as a form of bioresonance interactions is examined. The opinion about its registration while examining the biological bond is given.

Shihev, V. V. "About the approach to the problem of treatment of information in the central nervous system" (p. 368). The hypothesis of esopistical methods of treatment of information in the central nervous system is grounded on phenomenological similarity of a number of well-known neuropsychological syndromes with biological methods of registration and treatment of information is proposed.

Shagarov, N. A., Voronkov, D. V. "Osteous tissue restoration in treatment by intramedullary osteosynthesis combined with the influence of laser radiation" (p. 366). Stimulating influence of helium-neon laser radiation in treatment by means of intramedullary osteosynthesis is examined with the help of experiments on animals.

Romen, A. S. "Bibliographic index" (p. 369). The continuation of the bibliographic index (compiler — Romen, A. S.) that was begun in the symposium "Psychical Self-Regulation", edition 1, Alma-Ata, 1973 (see 1973 original sources).

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