

ACADEMIC TEACHING HOSPITAL OF THE
JUSTUS-LIEBIG-UNIVERSITY GIESSEN

- The Medical Director -

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Help for self-help

Faster, bigger, better, more dynamic - we live in an age that demands an ever-increasing level of performance, flexibility and resilience that pushes many people to their limits. One person's stomach is upset by stress, another is gripped by anxiety, and a third can no longer fall asleep in the evening because his or her thoughts keep circling around him or her.

Psychosomatic and functional complaints are on the rise. The causes for this are manifold and are not only due to external stress: What makes one person ill is perfectly tolerable for another. Depending on our personality development and structure, we react in stressful situations in the same - and unfortunately often unhealthy - way again and again. For example, someone who received too little attention in childhood, who suffered physical or psychological abuse, who was left alone or constantly put under pressure to perform, develops corresponding basic patterns and conflicts that continue to influence his or her evaluations and actions in adulthood, even if he or she is not aware of it.

The Dagmar Herzog Method (DHM) starts with the emotions, because negative emotions are what make us reproduce limiting behavior patterns over and over again. With her method, it is possible to override negative emotions with positive ones and thus fundamentally change one's own behavior. Dagmar Herzog has succeeded in implementing and applying the findings of emotion research in a particularly intensive way. The professionally and extraordinarily elaborately designed training CDs enable daily work with emotions and thus explain the rapid and - with constant application and practice - long-term success of the Herzog Method. Experiencing positive emotions helps to reduce stress hormones and improve anxiety or sleep disorders. The mood is lightened, the metabolism is positively stimulated, the immune system is strengthened. Depressive moods, anxiety disorders, psychosomatic and functional complaints can also be significantly improved or even partially cured.

I welcome the fact that more and more psychotherapeutically oriented physicians and psychologists are being trained in the Herzog Method. They can thus offer a method that also activates and strengthens the self-help potential of patients in particular.

(Prof. Dr. med. H. Woelk)

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