



Prof. Dr. Georgi Lozanov, doctor of Medical Sciences, is the founder of the sciences of Suggestology and Suggestopedia. He is a physician, a neuropsychiatrist and a psycho-therapist. He has also worked as a brain researcher at the Bulgarian Academy of Sciences. Now he is professor at the University of Sofia "Saint Kliment Ohridski" and director of the Centre of Suggestology and Development of Personality at the same university.

He is author and co-author of various suggestopedical methods for learning foreign languages and other subjects.

He has created some original psychotherapeutical methods for treating neurotic and psychosomatic diseases. He has also developed some methods for meditative selfdevelopment.

He is visiting lecturer at a number of universities, institutes and organisations in Europe, Asia and America.

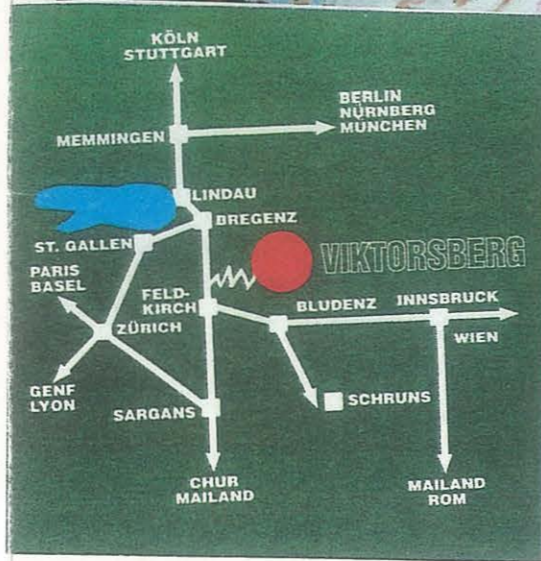
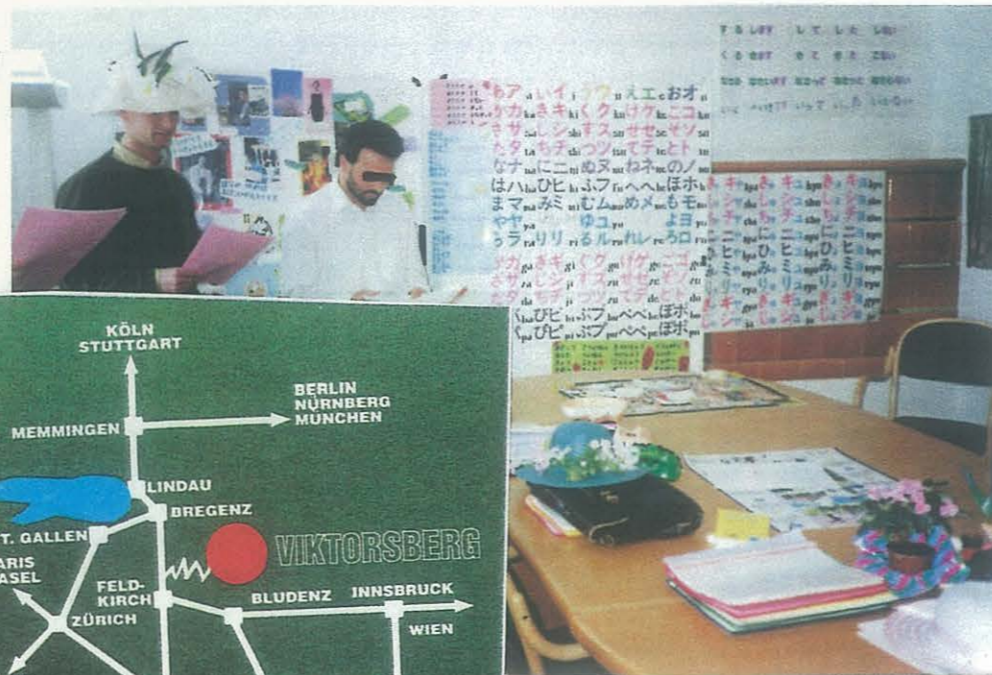
He trains teachers, physicians and students from all over the world.

Recently he has opened - together with Assoc. Prof. Dr. Evelyn Gateva - a Centre for Suggestological Training, Research and Consultations in Austria, Vorarlberg.



Assoc. Prof. Dr. Evelyn Gateva, doctor of Pedagogical Sciences, is a Senior Researcher at the Centre of Suggestology at Sofia University "Saint Kliment Ohridski". She is in charge of the teacher training programme in Suggestopedia. She graduated in Italian and Spanish philology at the above named university as well as in musical pedagogics at the Musical Pedagogic University in Plovdiv. Her scientific work for more than 20 years together with Dr. G. Lozanov is a contribution in pedagogics. She investigates the influence of different kinds of art in Suggestopedia.

She has worked as a professional singer giving concerts of classical music. She has created her own method for speech-vocal voice training for different specialists. She regularly teaches Italian. She instructs teachers from many countries of Europe, America, Asia, Africa and Australia in Suggestopedia. Much of her work has been published. Her most important monography is "Creating Wholeness through Art" (1991; London; Minneapolis).



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Suggestopedia by Prof. Dr. Georgi Lozanov and Assoc. Prof. Dr. Evelyn Gateva / Sofia University "Saint Kliment Ohridski" /



The science of suggestion - Suggestology - studies the conditions in which inhibited creative capacities of the brain and the psyche can be liberated. Suggestology is in no case intended to be associated with the clinical, conditioning and programming suggestions. It is a science for working with fundamentally different kinds of suggestions: multilevel offering of information to the brain/psyche for free absorption (to suggest = to offer, to propose). It doesn't recommend any manipulative and hypnotical suggestions in the practice.

The state of concentrative-psychorelaxation is spontaneous - no guided relaxation, guided fantasies, guided breathing exercises, etc.

The consistent application of this kind of Suggestology in the process of learning has led to the development of the science of Suggestopedia. On the basis of the laws of this science numerous effective methods of instruction and self-instruction in different subjects and suitable for all ages have been evolved.

The methods based on Suggestopedia for foreign language teaching are the best known. But some versions of the methods have been spread in different countries by people not being trained professionally in that subject. We should emphasize, however, that Suggestopedia is a university subject, and people working in this field need proper qualifications.

The well-trained - both theoretically and practically - teacher in foreign language teaching can promise the students that at the end of the course they will find:

1. In one month, 80 - 100 teaching periods, WITHOUT HOMEWORK, they have assimilated more than 2,000 new words and the basic grammar of the language. They can speak with some mistakes without affecting the communication. They can read and understand the most important things in the foreign language. In a group of ten persons they understand an average of about 90 % of the material taught and are able to speak actively about 65% of all the material taught. With advanced students the results are correspondingly higher.

2. They have increased their motivation and desire to get on with their studies - especially if this could be done with the original suggestopedic

method.

3. They want to recommend these courses to their relatives and families to study using this method.

4. They do not feel tired but on the contrary have a sensation of a pleasant activity and relaxation despite the relative large amount of material.

5. They have been cured spontaneously of or have recovered considerably from some neurotic and psychosomatic symptoms.

6. They have improved their inner equilibrium and more easily cope with their personal problems in life which are connected with conflicts and tension.

7. During and after the course their memory has improved considerably.

To produce these results the methods, of course, set high requirements to the teachers. For this reason Dr. Lozanov and Dr. Gateva are continuously arranging qualification courses for teachers.

They also have other activities:

Dr. Lozanov teaches medical specialists about a suggestological approach in medicine. He also trains people by his "Free-Choice" method - how to improve the memory, to increase self-control, to overcome stressful situations more easily and to improve the activities of the immune system.

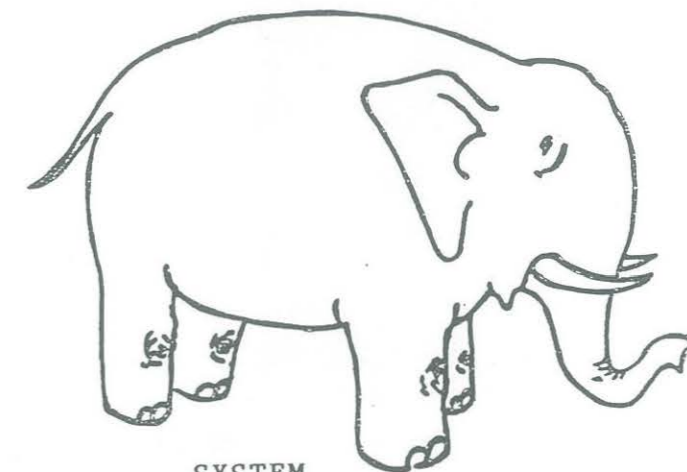
Dr. Gateva trains different specialists how to develop their voices to be fresh, stable, healthy and communicative. The fresh and correctly trained voice is able to transmit subtle nuances of thought and speech, transport enormous quantities of information saving time.

Centre for Suggestological Training, Research and Consultations
Viktorsberg, Vorarlberg, Austria

P.S. There are some companies which have officially registered the names "Lozanov" and "Suggestology and Suggestopedic" as their own trade-mark. Dr. Lozanov is not associated in any way with those institutes. Other people use his name as the author of printed materials, cassettes etc. without his knowledge and agreement. Please, check therefore the authorship of any published material using his name.



ELEMENTS OF THE SYSTEM - SEPARATE



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