

1994/95



Prof. Dr. Georgi Lozanov, doctor of Medical Sciences, is the founder of the science of the suggestion and suggestopedagogy. He is a physician, a neuropsychiatrist and a psychotherapist. He has also worked as a brain researcher at the Bulgarian Academy of Sciences. 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 methods for learning foreign languages and other subjects on the level of the reserve capacities of the brain/psyche. He has created some original psychotherapeutical methods for treating neurotic and psychosomatic diseases. He has also developed some methods for meditative self-development.

Recently he created a new scientific direction: desuggestology and desuggestopediy - getting free from pathological suggestions.

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

He trains teachers, physicians, psychologists, managers and students from all over the world. Dr. G. Lozanov and Dr. E. Gateva Hinkova support the activities of many suggestopedagogical centres in the world. Recently they work mostly in Austria (Viktorsberg and Vienna).



Assoc. Prof. Dr. Evelyn Gateva Hinkova, doctor of Pedagogical Sciences, is a Senior Researcher at the Centre of Suggestology at the Sofia University "Saint Kliment Ohridski". She is in charge of the teacher training programme in Suggestopedagogy. 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 25 years together with Dr. G. Lozanov is a contribution to pedagogics. She investigates the influence of different kinds of art - their place in suggestopedagogy and desuggestopediy for utilizing the reserve capacities of the brain/psyche. Dr. Gateva Hinkova 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 as well. She instructs teachers, psychologists, managers and students from all over the world. Dr. Gateva Hinkova is also a visiting lecturer at a number of universities, institutes and organisations in Europe, Asia and America.

Much of her work has been published. Her most important monography is "Creating Wholeness through Art" (1991; London; Minneapolis).

Note:

Due to the political situation in their home country Bulgaria, they were unable, for 10 years, to set up and maintain contacts with colleagues in other countries and thus disseminate information about the developments in their field. During that time various alternative approaches using the name of Dr. Lozanov appeared in many countries.

There are several companies which have officially registered themselves with the "Lozanov", "Suggestology" and "Suggestopedic" trade-marks. Dr. G. Lozanov is no member of these institutions and he is not associated with them.

Without his knowledge or consent, some individuals have even used Dr. Lozanov's name as being the author of certain publications, cassettes, etc.

Many people, as well, falsely claim that they have been trained as teachers by him.

All of these people are unable to produce the corresponding certificat, signed by Dr. Lozanov personally. They act and work on their own responsibility.

CENTRE FOR THE SCIENCE OF SUGGESTION - DESUGGESTION AND RESERVE CAPACITIES OF THE BRAIN/PSCYHE -

(SUGGESTOPEDAGOGY AND DESUGGESTOPEDIA)
AT THE STIFTUNG KLOSTER VIKTORSBERG

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The well-known research work of Dr. Lozanov in the field of the science of the suggestion and the reserve capacities of the brain/psyche originates from psychotherapy, but it is not merely a clinical discipline. It is concerned primarily with liberating and utilizing inhibited creative capacities and other reserve capacities of the brain and the psyche.

It should not be associated with traditional clinical conditioning and suggestive programming. In practice, manipulative and hypnotic suggestions are not recommended. On the contrary, it seeks to offer, on a multi-level basis, information for free absorption to the brain/psyche. The state of concentrative psycho-relaxation is spontaneous. Thus relaxation, fantasies, breathing exercises, etc. are not guided or manipulated.

On the basis of his research numerous effective methods of instruction and self-instruction using brain reserves have evolved, which are suitable for various subjects and for all age-groups.

The methods of foreign language learning are the most widely known of all. Dr. Lozanov has been experimenting on the different alternative methods of foreign language instruction. Recently, he, together with Dr. Gateva Hinkova, has experimented at Sofia University a new variant.

Now they have the means to fully train teachers. The teachers working with this method must be highly-qualified professionals. They receive a formal certificat, stating to which level they have been trained.

Dr. Lozanov and Dr. Gateva Hinkova offer a programme of foreign languages, as well, in which students can achieve the following.

1. During 100 teaching periods, without homework, they can assimilate the basic lexic and grammar of the target language. They will be able to speak (with some mistakes that do not affect effective communication), read basic texts, and understand a significant amount of the spoken foreign language. With advanced students the results are correspondingly better (self-correction of mistakes, richer vocabulary and more competent writing ability).

2. Students do not feel tired; on the contrary, they are enthused by the pleasant activities and relaxed atmosphere, despite the relatively large amount of material.

3. A student's memory improves both during and after the course.

4. Motivation increases, and the desire to pursue further studies is aroused.

5. Students may also recover spontaneously from some neurotic and psychosomatic disorders.

6. The inner equilibrium improves and it becomes easier to cope with everyday conflicts and tensions.

7. Students often recommend these courses to their relatives and friends.

8. Interest in the arts generally increases considerably.

Dr. Lozanov and Dr. Gateva Hinkova are also engaged in a number of other activities:

- * Teaching physicians, psychologists and managers about a modern "reserve capacities approach".
- * Training people and specialists, dealing with the "Free Choice-Method" (Dr. Lozanov) of improving memory, increasing self-control and overcoming stressful situations.
- * Training people and specialists on how to develop their voices into becoming fresher, healthier, steadier and more communicative (method of Dr. Gateva Hinkova). A vibrant, correctly trained voice is better able to transmit subtle nuances of thought and speech, transfer great quantities of information, and thereby save time.

Basic literature:

1. Lozanov G.: Suggestology and Outlines of Suggestopedia; New York, 1978 /Sofia, 1971/Montreal, 1984/Bogota, 1985
2. Lozanov G. and Gateva E.: The Foreign Language Teacher's Manual; New York-London-Paris, 1988/Sofia, 1981/Roma, 1983/Tierp, 1984
3. Gateva E.: Creating Wholeness Through Art; London-Minnesota, 1991/Sofia, 1982