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- 651. ШАК В.М. Закон о само регуляции психических видов деятельности. В со.: Вопросы психотерапии, М., 1966.
- 652. ШИЖОНЬ М.А. Психотерапия в комплексном лечении больных неврозами и психоневротическими расстройствами в санатории "Звезда". В со.: Психотерапия и деонтология в комплексном лечении и реабилитации больных на курорте, Харьков, 1972.
- 653. ШИЖОНЬ М.А. Восстановление угасшей силы нервов. СПб, 6/г.
- 654. ШИЖОНЬ М.А. К вопросу о психотерапии психогенных фобий при неврозах. В со.: Вопросы психотерапии в общей медицине и психоневрологии, Харьков, 1972.
- 655. ШИЖОНЬ Г.М. Практическое руководство по лечению дистонии. М., 1972.
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- 657. ШИЖОНЬ М.А., ШИЖОНЬ М.А. Адаптация и коллективная психотерапия при лечении хронического алкоголизма. В со.: Вопросы психотерапии в общей медицине и психоневрологии, Харьков, 1968.
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- 659. ШИЖОНЬ М.А. Опыт организации психотерапевтической помощи на курорте. В со.: Психотерапия в курортологии, Харьков, 1972.
- 660. ШИЖОНЬ М.А., ШИЖОНЬ М.А. Индивидуальная в семье и коллективной психотерапии сердечно-сосудистого и желудочно-кишечного синдромов при неврозах и психоневротических состояниях. В со.: Психотерапия и деонтология в комплексном лечении и реабилитации больных на курорте, Харьков, 1972.
- 661. ШИЖОНЬ М.А. О методах самоприказов в тренировке гимнастов. В со.: Известия, в. I, М., 1973.
- 662. ШИЖОНЬ А.Г. Опыт применения психотерапии в условиях курорта при неврозах и психоневротических состояниях у больных с неврозами и психоневротическими состояниями. В со.: Психотерапия и деонтология в комплексном лечении и реабилитации больных на курорте, Харьков, 1972.
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The first thematic book of scientific-practical papers on the problem of "PSYCHICAL SELF-REGULATION" USSR, Alma-ata, 1975

The chairman of the organization committee, editor-in-chief - ROMAN A.S.

Editorial board: Izvshin, V.M., Ivanov, I.P., Litvinov, S.I., Matronina, N.I.

MICROFILMED

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).

Nowadays the problem of psychical self-regulation is of special importance, the cause 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 extremal conditions as well as in usual states.

The aim of the first thematic 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.

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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-theoretical and applied aspects. Some of them should be pointed 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 - internal and 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 ANVI which shows the possibility of the distant and contact influences by means of physical 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 physical 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 physical self-regulation field and in the neighbouring fields.

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The second thematic symposium of scientific practical papers on the problem of "PSYCHICAL SELF-REGULATION" USSR, Alma-Ata, 1974.

The chairman of the organization committee, editor-in-chief — *ROMEN, A. S.*
(Postal Restante, General Post Office, 480000 Alma-Ata, USSR)

Editorial board:
Beyashova, Z. G., Inyushin, V. M., Ivanov, I. P., Liberman, S. L., Matronina, M. I., Fedorova, N. N.

SUMMARY

The given symposium is the second instalment of the thematic collection on the problem of "Psychical self-regulation" (I, I, Alma-Ata, 1973).

It was already in the first instalment, 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, closely tied up with its reserve possibilities, bio- and psychoenergetic interaction was formed. This is the reason and corresponding trend of complex study and practical application which may be thematically defined in the given symposium, as "Psychical self-regulation — reserve possibilities of an organism — bio- psychoenergetic 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 artistic literature, there are more than 1000 denominations, taking into consideration the subjoined bibliographic index and articles of the symposium) testifies to it.

A peculiar bio- psychoenergetic influence manifesting, specifically, as a certain, i.e. a biological stimulation may be marked as one of the leading properties of psychical self-regulation. At the same time the phenomena of the biological stimulation take place also in other influences on an organism, for example, by monochromatic light (including laser). Undoubtedly, the study of the biological (including bioenergetic) stimulation beyond the PSR influence promotes vast and more detailed exposure and more precise definition of mechanism of psychical self-regulation and thanks to this the expansion of scope of its practical application is possible. 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 directly 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., Matronina, M. I.*

The symposium consists of two sections: experimental and theoretical. The experimental section is devoted to the experimental, General Biology Association and the theoretical section is devoted to the theoretical. In the enclosed "Bibliographic index" there are 105 denominations (compiled — *Romen, A. S.*)

Summary and Table of Contents in English.

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

The chairman of the Organization Committee and Conference — *Romen Alexander Semenovich.*

Special settings on the following subjects were held:

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

2. Medical application of psychical self-regulation, Chairman — *Al'tov, V. A. (Moscow)*

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

4. General biology associated problems, Chairman — *Inyushin Victor A. (Alma-Ata)*

All the reports, submitted to the first Conference, and compiled 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 resolution the actuality 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 cause of the personal and social — and — everyday 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-technical achievements. Special attention is to be paid to bio- and psychoenergetic aspects of PSR, which permits to investigate its display (and action) with regard to the most intimate inward and outward changes in it.

At this Conference an Initiative Coordinative Informational Centre on the problem of "Psychical self-regulation and bio- psychoenergetic" was elected. *Al'tov, A. V. (Moscow), Gissen, L. D. (Moscow), Dezhnev, O. V. (Sverdlovsk), Inyushin, V. M. (Alma-Ata), Romen, A. S. (Alma-Ata), Sviridov, A. M. (Leningrad), Shvartz, L. (Leningrad)* were introduced into the centre staff.

The first Conference resolution on the problem of "Psychical self-regulation" was a good basis of practical activity of the Centre.

Here are the main conferences, on the agenda of which there was the problem of psychical self-regulation as well:

June, 1973. Czechoslovakia (Prague) — I International Conference on psychotronics' researches.

June 25—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 19—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-psychoenergetic".

Psychical self-regulation (PSR) — regulation of various processes and actions (reactions) of an organism (influence 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. Romer. It 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 swinging of weight (SSW) — a test on definition of self-suggested ability, and of some personal qualities (the indicated versions and the given test proposed and elaborated by A. S. Romer).

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 Alekseev, A. V. Applied since 1966, generally in sport practice. During the last years special addition to PRT was proposed by Gissen, L. D.)

Psychical activity (PA).

Psychical influence (PI).

Psychical self-influence (PSI).

Psychotherapeutics (PT).

Psychoprophylaxis (PP).

Psychohygiene (PH).

Suggestology (SGL).

Suggestopedics (SOP).

Relaxopedics (RP).

Biological activity (BA).

Biological field — biofield (BF).

Biological plasma — bioplasma (BP).

Bioenergetics (BE).

Psychoenergetics (PE) — the science studying energetic changes (and their manifestation) appearing under the influence (stimulated) of psychical activity (psychoenergetism — the manifestation and significance of psychoenergetical factor).

Psychoenergetic activity (PEA).

Psychoenergetic 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), nonachromatic green light (MGL). (Here as well, for example monochromatic red light (MRL), nonachromatic green light (MGL).

ABSTRACTS*

Roman, A. S. "Experimental-theoretical and applied problems of psychical self-regulation" (p. 5).

The versatile trend of experimental-theoretical studying of psychical self-regulation (PSR) is described. The manifestation of self-suggestion as the basis of PSR is particularly marked. Applied possibilities of PSR including its inward and outward activity.

Chapter I

EXPERIMENTAL-THEORETICAL PROBLEMS

Alecseev, A. V. "An effect of shortened variant of Psycho-regulating training on tremor" (p. 17).

A new, shortened variant of the tranquilizing part of the psycho-regulation training consists of six formulas fundamentally different from the formulas of the classical 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.

Bakhtyarov, 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. 20).

The article deals with some psychological conditions promoting 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. 22).

The psychological basis of psychotherapeutical methods joined by the kind of their action is discussed. It is suggested to mark "self-suggestion" narrower, dividing it into active and passive forms. Auto-suggestion (passive) and auto-dialysis (active) are formulated in this article and the attempt to compare their expected possibilities is made.

Bogachev, V. N. "On the possibilities of the arbitrary regulation of temperature by using electric stimulation of negative emotional gnomic zones" (p. 23).

The experiments demonstrated that the process of "teaching" to maintain the temperature of a rabbit's ear is more of statistical nature than biological significance.

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

* The abstracts are arranged in Russian alphabetical order.

The integration of internal and external determinants is analyzed and their dependence upon self-consciousness of a personality as the subject of psychical self-regulation is mentioned.

Vinuchstano, A. L. "Peculiarities of psychical self-regulation depending on the direction of the thinking ideas content" (p. 29).

An experiment of heightening the efficiency of influence of autogenic training on the psychical ability to learn depending on some individual psychological person's characteristics is described here.

Vand, L. B. "To the problem of the psychical self-regulation hierarchy" (p. 31).

A hierarchical scheme of psychical self-regulation (PSR) is observed. The scheme includes three levels: a third-vision consciousness, a vigil consciousness and a level of insensible actions. PSR is interpreted as an art of coding, decoding and search for solution.

Gerasimov, V. V., Sedikh, A. I., Shunin, A. I., Chernokov, G. S. "On psychical influence of dynamic exercises for muscles relaxation" (p. 34).

The experiments showed that the frequency of fluctuations and the character of the sportsmen's tremor curves did not vary essentially under the influence of dynamic exercises for relaxation. The fluctuation tremor amplitude of the sportsmen, who are able to relax muscles at will is considerably smaller as seen from the length of the curves of tremograms.

Gissen, L. D., Kulinova, L. P., Matkin, V. R., Lisenka, Y. M. "Some objective results of psycho-regulating training influence on organism" (p. 35).

It is revealed in the electroencephalographic researches that the psycho-regulating training methods change the potential of readiness lowering its amplitude in 1.5-2 times. Bioenergetic data show that the use of psycho-regulation heightens the ability of cells to utilize the food oxygen.

Grave, P. S. "The cognitive aspect of psychical self-regulation" (p. 38).

The relation of the phenomena observed under psychical self-regulation to the psychosomatic problem is expounded, as well as their role in systemic-cybernetic investigations of the psychical functional structure organization is brought out. A synthesis of the "equivalence" of the information (logical and signal) physiological effects for the psychobrain activity is advanced.

Grinberg, V. A., Yarlovetsky, V. S., Levitsky, P. M. "The study of gas interchange in static effects and active self-suggestion" (p. 40).

The dependence between the degree of self-suggestion, rate of the gas interchange and the type of temperament is revealed. The gas analyzer and spirometry of self-suggestion can be used as the indicators of self-suggestion.

Gubel, I. "Sophrology" (p. 41).

The versatile therapeutic influence united by the notion of sophrology is described. The recommendations for more successful use are given here.

Doroshenko, V. A., Smirnov, V. A., Turova, I. M. "Electrotherapy and the states of the brain and the body's tonic states" (p. 42).

The electrotherapy purposes of tonic and heterodynamic methods for psychophysiological human state monitoring is stressed. The authors worked out the control system with the help of which electrotherapy states correlates of constant process of training.

Zlochevsky, S. E. "The ways of realization of psychological potential of intellectual self-regulation" (p. 43).

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

Zotov, Y. A. "Possibilities of emotional self-regulation of the blood pressure and the respiratory function" (p. 50).

It's not possible to change the level of the arterial pressure in the rabbits, when negative emotions either of a peripheral or central origin serve as reinforcement factors. It is possible to make a partial instruction of board of the respiratory function at the same reinforcement and it is more successfully carried out when the peripheral emotional origin stimuli are used.

Kozin, A. P. "On the principles of teaching the psychophysiological self-regulation" (p. 53).

The offered method of teaching psychophysiological self-regulation is the attempt of simplification of the process of assimilation of self-regulation formulas.

Kondratov, A. M. "Yoga and psychical self-regulation" (p. 55).

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 state of psychics called "samadhi".

Krupnov, A. I. "The frontal sections of the brain and activity regulation" (p. 57).

Individuals with high signs of activity have a tendency to the lower values of the alpha-index in both recordings for higher signs of intensity beta-2 rhythms and the level of the asymmetry of the summary energy of beta-strips-EEG oscillations in the frontal recording and higher values of the alpha-rhythm frequency in the frontal and occipital recordings. Individuals with a lower level of behaviour activity show a contrasting trend in relation to the above mentioned EEG indices.

Levitsky, P. M. "Studying the blood at a static pose and its active self-suggestion" (p. 59).

Studying of 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 and the speed of coagulation. This can testify to adaptation 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 training (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. "Peculiarities of the self-willed regulation of the heart rate in the situation of controlled experiment" (p. 67).

In the experiment on the unanesthetized rabbits an automatical reinforcement was made by means of electrical stimulation of emotional areas of brain in response to acceleration or deceleration of the heart rate. Autogonistic character of this changes confirms that they are carried out on the basis of instrumental conditioned reflex.

Mal'kov, N. E. "Methods of the definition of the concentration of the attention" (p. 70).

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. "Eugenic suggestion as the method of increasing the efficiency of autogenic training" (p. 72).

It is revealed that the formation of habits to relaxation is going more effective and quicker under conditions of combining the autogenic and eugenic suggestions.

Marishuk, V. I. "On arbitrary lowering of arterial pressure 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 emotional tension takes place.

Mirovsky, K. I., Mertsalov, V. S., Soljanik, V. L., Sukhorukov, B. I., Katsilevskaya, L. G., Kobzar, A. D. "The use of biofeedback for the increase of psychosomatic medicinal self-influence effectiveness" (p. 74).

This work deals with indicating methods of physiological processes, which are not observed, while normal, and the most rational approaches to the patient's use of information about the state of his sore and sound functions.

Molyako, V. A. "The intellectual self-regulation in solving design problems" (p. 76).

The special method was used in these investigations (the method of "hidden bans"), which has analogies in psychological and psychiatric practice (i. e. in Japanese Zen-psychology).

Pavlov, I. S. "Concerning physiological foundations of the autogenic training" (p. 78).

The work deals with the state of "turning" in autogenic training (AT) from the point of view of the analysis of state of functional system of behavioural action (Anokhin, P. K.). The relation and the role of conscious and unconscious spheres of human psychics in the state of AT is marked.

Rozhnov, V. E., Slutsky, A. S. "Design for the determination of the state of tranquillity 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 galvano-skin reflex (GSR) was used as an objective data.

Romen, A. S. "About psychic self-regulation training in childhood and youth" (p. 82).

Possibilities and some peculiarities of teaching psychic self-regulation in childhood and youth for medicinal and sanitary purposes, including sport practice are pointed out here.

Romen, A. S., Belazova, L. I., Ivanov, I. P. "On the usage of active self-suggestion (AS) during training in fencing" (p. 88).

The expediency of usage of active self-suggestion (AS) according to the stages of concrete training lesson in purpose of its intensification is considered here. The influence of AS on some psycho-physiological characteristics of sportsmen, on tremor and some individual peculiarities in particular is marked.

Romen, A. S., Beyasheva, Z. G., Luninina, I. D., Davlydenko, L. M. "About some electrophysiological changes in the process of formation of ability of voluntary self-suggestion" (p. 91).

Changes of electro-encephalogram, galvanic skin response, skin temperature are investigated and compared in the process of formation of ability to systematic self-suggestion. Considerable shifts of some examined parameters were revealed. Studying of the response data, which are obtained while the self-suggestion, correlated

(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.

Savitsky, V. V., Saptchenko, G. V., Jakimenko, A. G., Kolesha, A. A. "On the question of mechanism operation of active self-suggestion" (p. 102).

Examining the electrophysiological indices (periods of electroencephalograms and electrocardiograms) as a complex of portions between which the definite relations exist the cause and effect connection between the centres and periphery was established. The formalistic methods of control characterize objectively the operations of active self-suggestion (AS) and reveal the possibility to shift to the field of individual, controllable functional therapy.

Taranucha, A. I. "On the kind of spontaneous psychical phenomena, occurring in the state of self-suggestional immersion" (p. 105).

This article deals with a description of peculiar psychical phenomena, occurring sometimes in the state of self-suggestional immersion in some persons. They may see suddenly with their "inside vision" an unknown coloured motionless visual image.

Shumilov, Y. B., Kalnick, 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.

Yazlovetsky, V. S. "On physiological characteristics of full respiration" (p. 109).

The paper presents a spirographic analysis of full respiration and indicates changes in ventilatory and lungs volumes during the respiratory stereotype reorganization in the medical training "health-group" with making use of active self-suggestion (AS).

Yazlovetsky, V. S., Rovny, A. S., Taranenko, 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 self-induced hypnotism. An interrelation between LPR and the index of temperature change was established.

Yarishkin, V. P. "About the aim character of physical human activity" (p. 112).

This report says about psychical human activity as special contents psychological system (Vigodsky L.), in the course of history as a component of man's essence (K. Marx); psychics becomes the decisive factor of his social progress. The effect of straight influence of individual psychical system as well as static effect which is used by yoga, self-suggestion, hypnosis is arisen by the bioplasma (Inyushin).

Chapter II. CUPE USAGE

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

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The report gives data on positive blood circulation shifts in the process of active self-suggestion (AS) under respiratory gymnastics with the sick having vascular pathology in the process of nestotherapy (summer care).

Baranov, B. M., Zhmurov, V. A. "The experimental application of the 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., Lejepekova, L. N., Kopilova, I. A. "The peculiarities of autogenic training (AT) in the psychoneurological hospital" (p. 121).
Organizational and methodical peculiarities of therapeutic course of autogenic training (AT) in the psychoneurological hospital are under consideration.

Brusilovskiy, Z. S., Tsirman, 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 the separate perception of music and self-suggestion formula was noted. As the result of it the patients became more irritable 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.

Bryazgunov, I. P., Anicanov, L. M. "Autogenic training in complex therapy of some systematic neuroses of children" (p. 125).

The authors used autogenic training (AT) in complex therapy of some systematic neuroses of children. Combination of hypnotherapy with AT was effective in treatment of enuresis nocturna and continuous fever of children.

Burno, M. E. "On psychical self-regulation in psychosthenic patients with hypochondriac sensations" (p. 126).

The work deals with psychosthenic hypochondriac sensations both of a cutaneous and visceral character. Methods of treating psychosthenic patients psychical self-regulation, which differ from usual methods of treating hysterical hypochondriac sensations, are suggested.

Bourtyanskij, D. L., Kryshchal, V. V. "Psychical self-regulation in the system of psychotherapy of the sick with primary disorders of potency" (p. 127).

On the basis of medical treatment 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 differential use.

Bichko-Tokovaya, N. G. "The influence of self-suggestion on the motor and acid forming stomach function in patients with ulcer diseases" (p. 131).

The report describes the data of the influence of self-suggestion (SS) on motor and secretory stomach function studied in 62 patients with stomach and duodenum ulcers. The experimental investigations showed that SS can stimulate and decrease the motor stomach function. The acid forming function is less influenced.

Vasylov, V. F. "The role of autogenic training in the complex psychotherapy of patients suffering from organic disease of the central nervous system with the main syndrome of 'Muscularspasm'" (p. 133).

In a hospital for convulsive patients (hospital for nervous diseases) 82 patients suffering from an organic disease of the central nervous system in which the main syndrome was the spasm of the eyelid muscles of the paroxysmal nature were examined. All the patients received complex psychotherapy, in which was used the use of autogenic training with hypnotherapy. The results are given in the article.

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Gluzman, O. S., Leginova, E. D. "Physiological methods of treatment of dystrophic disease in the elderly patients" (p. 133).

200 patients with hypertonic disease at the age of 45-72 were under observation in a clinical sanatorium near Alma-Ata (1100 m. above the sea level) in the course of 4 years. The patients of the 1-st group were treated with controlled respiration with elements of autogenic training. The results of the sick of the 1-st group were better than those of the second one.

Gluzman, E. B., Sherclis, B. M. "The role of pantomime in autogenic training of neurotic patients" (p. 137).

Original autogenic training methods which make use of pantomimic poses are discussed in the paper.

Garba, B. V., Vovk, N. P. "The role of active self-suggestion in the professional training of mentally diseased" (p. 138).

The article is about the application of active self-suggestion in combination with cultural therapy and pharmacotherapy in order to quicken the adaptation of mentally diseased persons to work at the sewing shop.

Danish, G. "On the medical use of psychosomatic correlations" (p. 141).

On the grounds of long observations the necessity to use the psychosomatic correlations in the process of 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., Lvova, R. I. "Differentiated self-regulation techniques in restorative treatment of postinsult patients" (p. 144).

The paper presents the results of application of various self-regulation techniques, differentiated in accordance with the character of motor disturbances in post-insult patients with reference to their personal peculiarities. Among the applied self-regulation techniques there was autogenic training ideomotor movements and active self-suggestion.

Dmitrieva, I. V. "To the question of limits of using the motivated self-suggestion and elements of autogenic training while treating neuroses in the children of junior school age" (p. 146).

The application of methods of the motivated self-suggestion and elements of autogenic training guaranteed the most stable improvement. This fact is confirmed by the catamnestic observations.

Donchenko, N. M. "Autogenic training in the treatment of the neuroses in children and juveniles" (p. 148).

The article presents the results of application of autogenic training in some systemic neuroses in children: 602 juveniles children with enuresis and 326 with stuttering were treated.

Donchenko, N. M., Kukurekin, Y. V. "The significance of autogenic training for treatment of psychogenic sexual disorders in males" (p. 150).

The article deals with the employment of autogenic training for treatment of 54 males suffering from psychogenic sexual impotence with disordered copulation. The results are positive.

Zajtzev, V. Z. "To the problem of complex psychotherapy of neuroses" (p. 151).

The results of use of the step method of complex psychotherapeutic effect by psychotherapists and autotraining to 76 patients with neuroses are exposed in the paper.

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

Complex therapy was used to treat the alcoholic patients, 125 from 220 patients were exposed to autogenic training (AT). The one year observations to prove a more profound effect than other forms of psychotherapy and its important element in the system of antialcoholic therapy.

Zayashnikova, T. R. "On the use of active self-suggestion while treating the sick with organic diseases of nervous system" (p. 155).

The problem of treating the sick with the organic diseases of nervous system with the method of active self-suggestion after Roman, A. S. is discussed. The efficiency of the method in complex therapy is proved. All this permits to recommend to use this method more extensively while treating the sick with organic diseases of nervous system.

Zvanikov, M. D., Zvanikov, V. M. "The experience of use of autogenic training in combination with other methods of psychotherapy while treating sick with alcoholism" (p. 157).

The article states that autogenic training (AT) in combination with other methods of psychotherapy produces a considerable effect on the mobilization of an organism's reserves while treating inebriate alcoholism in hospitals.

Zorin, N. M., Dmitrieva, T. M., Dmitrieva, I. V. "On the importance of self-suggestion when treating the enuresis nocturnal" (p. 160).

The experience of treating 46 children with enuresis nocturnal trained to use the self-suggestion, demonstrated the efficiency of this method because of its property to prevent the relapse.

Kamishev, O. S., Pervova, V. V. "The supporting leniency of the patients, suffering from hard degree of suffering" (p. 162).

The authors used the complex method modified by them. The basis of it is the deep psychotherapy including autogenic training. The positive results are received.

Kvasovskaya, N. Y. "The experience of autogenic training (AT) application at the treatment of neuroses and states like these under laboratory conditions" (p. 165).

The article deals with the method of treatment and results of it. The best effect of the combination of AT with hypno-suggestion, imagotherapeutics and rational psychotherapy is pointed out here.

Kiselyov, V. A., Grekova, A. A. "Application of the active self-suggestion method to the patients with periodic disturbances of the brain circulation and heart ischemia" (p. 167).

The article presents the results of medical treatment of 160 patients with heart ischemia and periodic disturbances of the brain circulation due to hypertension and atherosclerosis. The obtained impressive results show that the method of active self-suggestion should be widely adopted in sanatorium treatment.

Kiselyov, V. A., Medovnikova, O. A. "The autogenic training as a method of supporting psychotherapy (in "the club of the former patients")" (p. 170).

The material of the treatment of 200 patients sick with various psychopathies with a help of autogenic training is discussed in the paper. The results of the work in the club of the former patients of the sanatorium show that the autogenic training is the powerful factor of treating and preventing the sick with organic and psychogenic.

Kokava, G. Y. "The efficiency of self-suggestion in complex therapy of sick with alcoholism and its role in the treatment of alcoholism" (p. 173).

The data of application of the active self-suggestion in complex therapy of the sick suffering from stenocardia and infarction myocardial on the basis of research the electrocardiograms (before and after treatment) and catamnestic of the sick illustrate the importance of it for readaptation and rehabilitation.

Kolesha, A. A., Savitsky, V. V., Sapchenko, G. V. "The use of autogenic training in complex treatment of the patients with myocardial infarction in the ward of intensive therapy" (p. 174).

The 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 the ward of intensive therapy.

Kolesha, A. A., Savitsky, V. V., Sapchenko, G. V. "The use of autogenic training in complex treatment of patients with ulcerous disease in the acute period" (p. 178).

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 the cranium-cerebral traumas" (p. 177).

Observations carried out on 100 invalids of World War II with after-effects of the cranium-cerebral traumas in those restorative treatment the method of active self-suggestion has been used are illustrated here. The obtained results testify to the high efficiency of self-suggestion and permit the method to be recommended for a wider use while treating patients with organic diseases of the brain.

Lisevenko, V. L., Katisakaya, R. M., Rebel, V. M. "Active self-suggestion in complex treatment of neuroses" (p. 179).

The method of active self-suggestion was applied in treating patients with different psychopathology. The usage of active self-suggestion together with minimum doses of psycho-therapeutic remedies made it possible to influence effectively unhealthy symptoms, promoted personal improvement, and activated the hidden resources of a person.

Lobkov, V. V., Bakalyuk, O. I. "The reasons for the necessity of application of the method of physical self-regulation by the sick men with the heart-vascular pathology in the process of nestotherapy" (p. 182).

Taking into consideration the peculiarities of the etiopathogenes and the methods of active self-regulation the article gives reasons for the necessity of using the methods of physical self-regulation in the complex treatment of the sick men with the heart-vascular pathology.

Lobkov, V. V., Bakalyuk, O. I. "Methods and succession of using the methods of physical self-regulation in the complex treatment of the heart-vascular diseases with nestotherapy" (p. 184).

Methods of application of the methods of physical self-regulation in combination with nestotherapy in the treatment of sick men with the heart-vascular pathology worked out by the authors are regarded here.

Matfionina, M. I. "On the use of the active self-suggestion in psychotherapy of diencephalic disorder" (p. 185).

The positive effect of the active self-suggestion (AS) use for treatment and rehabilitation of the sick men suffering from hard diencephalic disorder with the weak or the ability to work (including invalids) is regarded here.

Mironovskiy, K. I., Sukhorukov, V. I. "A falling-asleep process self-regulation during the treatment of insomnia syndrome" (p. 187).

A falling-asleep process disorder plays an important part in the pathology of sleep especially in the case of its unsatisfactory. The self-regulation method of permitting the recovery of falling asleep in sleepless patients has been developed on the basis of analyzing the results.

Nikiforov, G. N. "The results of use of autogenic training in complex cure of patients with periodic psychoses according to catamnestic data" (p. 190).

On the basis of observation of persons with periodic psychoses the author comes to the conclusion that autogenic training in complex cure of patients with periodic psychoses in particular with amotivational psychoses and periodic schizophrenia produces a salutary effect. It lengthens remission and raises the quality of it.

Pavlov, I. S. "Concerning the application of autogenic training (AT) in treating patients with chronic alcoholism" (p. 192).

The work deals with the cases of application of autogenic training (AT) for softening the symptoms of alcoholism chronicus with the hope to make the patients drink "normally". The application of AT depends upon the typological personality peculiarities of the patient.

Pervov, L. G. "The training of the adequate behaviour" (p. 194).

The training of the adequate behaviour is described. In the dramatized situation the ability to depress negative emotions and heighten sensitiveness is worked out. The information on the application of this training to the treatment of neurotic patients is given.

Rabehinsky, Zh. A. "On the influence of autogenic training on the activity of schizophrenics communication" (p. 196).

The positive result of use of autogenic training with the purpose of stimulation of schizophrenics in small groups. The reduction of the common course rehabilitation is marked in the paper.

Romanyuk, V. Y., Pinkusovich, A. F. "On the social-psychological investigation for the estimation of the effect of autogenic training in treatment of psychotic patients" (p. 197).

An attempt to show the expediency of application of the social-psychological investigations is made in this work to determine the influence of autogenic training on mental productivity and the dynamics of inter-personal links in a psychotherapeutic group.

Romen, A. S. "Active self-suggestion (AS) in common complex of rehabilitation and readaptation of the men sick with psychoneurotic disorder" (p. 201).

The necessity of including readaptation and rehabilitation of training physical self-regulation, the method of active self-suggestion and self-suggestion directed behaviour in the common complex is regarded here.

Slutskiy, A. S. "Peculiarities of autogenic training for the patients suffering from fear neuroses" (p. 203).

It is reported that the autogenic training method in some cases can be successfully used for the elimination of the anxiety and phobia state as the main method of treatment.

Slutskiy, A. S., Vyshlov, V. E. "The possibility of the arbitrary relaxation of the ocular muscles of the eyes as one of the means of the prospects of psychotherapy of patients suffering from blepharospasm" (p. 205).

The expediency of the arbitrary relaxation of the ocular muscles of the eyes of patients suffering from blepharospasm upon the first stages of their treatment with the expediency of the treatment is marked here.

Sokolov, I. L. Donchenko, N. M. "Psychical self-regulation in teenagers with psychoasthenia and esthetic person's development" (p. 209).

This work deals with the comparative estimation of the self-regulation results in teenagers with psychoasthenia and esthetic person's development. The article stresses the necessity of individualization of self-suggestion formulas taking into consideration each patient's personal peculiarities.

Tarasov, E. A. Tokarev, B. A. Slutskin, V. S. "On the problem of autogenic training (AT) usage in the schizophrenia curing" (p. 211).

The necessity of differentiated approach to the application of autogenic training (AT) in the neurosis-like states curing is stressed in the article. The authors cite cases of an aggravating of "secret" processual symptomatology when practising AT on neurosis-like forms schizophrenia patients.

Tokarev, B. A. Tarasov, E. A. Slutskin, V. S. "The application of yoga exercises and autogenic training in complex cure of neck osteochondrosis patients with neurosis-like states" (p. 213).

The report describes the experience of successful application of exercises of yoga and autogenic training (AT) in the neurosis-like states curing developed on the background of neck osteochondrosis. AT curing is conducted according to the principles of organotraining depending upon accent-symptoms.

Scherler, A. "Reprise practice in autogenic training after I. Schultz" (p. 215).

The importance of reprise practice in autogenic training is stated on the basis of the carried out researches, in particular for possible preventing undesirable sensations specifically in AT before sleeping.

Yachyev, R. M. "Autogenic training in complex with labourtherapy as an effective method of alcoholism curing" (p. 217).

The autogenic training in combination with labourtherapy in complex temperance curing considerably heightens its efficiency and can be recommended for a wider usage.

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.

Yatskov, L. P. "The application of self-suggestion to children with hyperkineses" (p. 220).

The article gives therapeutic results of self-suggestion method applied to children with functional hyperkineses. The results are positive.

Chapter III.

OUTMEDICAL APPLICATIONS

Bankov, M. "Autoselect — the method of relaxation on the choir" (p. 225).

The "autoselect" — 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 sport practice is taken as the basis of it.

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

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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 neuroses 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.

Gorski, V. B. "The use of ways of psychical self-regulation in gymnast-beginners training" (p. 234).

The article presents the experience of teaching gymnast-beginners the ways of psychical self-regulation (PSR) in combination with hetero-suggestion. It was established that a self-suggested sleep with growing concentration on a definite muscle rapidly and effectively develops physical strength.

Groisman, A. L. Ushakova, L. G. "Psychical self-regulation as a mean of psycho-hygiene of students' mental overstrain" (p. 236).

The article deals with the established method of psychical self-regulation approved of 405 men as a mean of psycho-hygiene students' overstrain.

Dechtyar, O. V. "On the employment of the active self-suggestion (AS) in sports gymnastics" (p. 238).

The made observations show the efficiency of the use of active self-suggestion in sport gymnastics.

Dechtyar, O. V. "Psycho-therapeutic value of active self-suggestion (AS) for the removal of conditioned reflex protective reactions" (p. 241).

The experiment of active self-suggestion (AS) method usage for the removal of conditioned reflex protective reactions is described. Psycho-therapeutic and psycho-prophylactic value of the method is shown.

Dechtyar, O. V. "The experience of the employment of active self-suggestion (AS) in the final part of studies in physical training" (p. 242).

The efficiency of the active self-suggestion (AS) method application for the restoration of the constitution after loading and its preparation for the subsequent activity is marked in the article.

Ivanov, I. P. "On the optimisation of sportsmen's psychological state" (p. 244).

The questions of sportsmen's psychological preparation and the possibilities of its concrete practical realization are observed here.

Kalininsky, 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 of autohypnosis used by Pedagogical Institute students. The combination of auto and hetero-suggestion gives possibility to learn students to independent application of the method.

Kalinick, V. N. Shumilov, V. B. "Some questions of self-regulation in a group of operators for the work of their compatibility" (p. 249).

The possibilities of the psychical self-regulation methods usage for maintaining the controllability of the operators in groups and the ways of their group activity are marked here.

Kafitch, V. N., Shumilov, Y. B. "About a correction of some psychophysiological and psychological peculiarities "rejected" with the help of psychical self-regulation methods" (p. 252).

It's shown that the methods of psychical self-regulation give the possibility to highlight some psychophysiological and psychological indices of the characteristics of operators possessing a negative psychological status of "rejected".

Kozovalev, E. D. "Self-suggestion in psychotherapy and prophylaxis of fear in swimming" (p. 257).

The role of self-suggestion 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.

Levitsky, P. M., Yaziovetsky, 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 pulse 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. 258).

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 tensing and the optimization of vegetative shifts.

Moiseev, B. K. "Differentiation application of psycho-regulation in the process of forming the senior pupils' studies motives" (p. 260).

The article deals with the results of experimental investigation of differentiation application of psycho-regulating 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 studies.

Novosvlovva, 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.

Ogar, 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. 266).

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 oral foreign speech. It promotes the development of the state of relaxation lowering fatigue.

Romen, A. S., Isaeva, E. S., Isakov, S. G., Gerasimenko, V. G. "On the formation of specialized habits in fencers' preparation" (p. 268).

Romen, A. S., Kireev, A. Y., Lobanova, N. N., Stepanova, N. N. "Some possibilities of active self-suggestion (AS) in process of formation of fencing habits are described. Common and special characteristics of AS are marked.

Romen, A. S., Kireev, A. Y., Lobanova, N. N., Stepanova, N. N. "Some ways and possibilities of intensification of fencers' psycho-physical preparation" (p. 271).

It's marked here that the use of active self-suggestion (AS) for special purpose directs and intensifies not only psychical but physical preparation also and promotes considerable development of flexibility. The result is considerably higher than after special exercises for flexibility only.

Romen, A. S., Morshtin, V. I. "On the possibilities and peculiarities of the use of active self-suggestion (AS) by basketball-players" (p. 276).

The positive influence of AS on basketball-players is described on the example of a first-rate women basket-ball team. The possibilities of a self-organized active rest and the corresponding formation of the task in intervals (musical, gymnastic) of the trainer's preparation for making a concrete short-time preparation for sportsmen (also with the stopped task, mastering of technical and tactical activity) are marked in the article.

Sadovskaya, A. S. "The use of relaxation method in teaching school-children an optional course of a foreign language" (p. 279).

The results of the experiment have shown that school-children, showing higher interest in learning a foreign language, are more apt to getting to the state of relaxation and demonstrate a better assimilation of the language than usual groups of pupils studying a foreign language with the help of relaxation. A two-year programme is covered during a year.

Svyadosh, A. M. "On the use of psychical self-regulation for the purpose of heightening the efficiency of the operators' work" (p. 282).

According to the author's statement the use of the methods of psychical self-regulation, including autogenic training, considerably increases the efficiency of operators' teaching and the results of their work.

Sirovsky, E. M. "The use of psycho-regulating training in adults foreign language teaching" (p. 281).

It is marked here that when the psycho-regulating training is used in adults foreign language teaching the greater volume of language material is assimilated.

Smirnov, D. N., Chashin, G. A. "Systematic character of the use of methods of psychical self-regulation in sportsmen's work" (p. 283).

Psychical self-regulation is realized in exact with the help of a system of special methods, which is seen in the systematic forms of their application, training and competitive processes.

Sokolov, V. A. "The role and method of exercises in the process of psychical self-regulation (PSR) and its effect on the efficiency of the work of electric operators" (p. 285).

A systematic training of electric power station operators of psychical self-regulation and psychical regulation under different conditions of their work and especially in special situations is suggested.

Talalay, A. T. "The development of psychical self-regulation methods for operators of the ruling production of the operators of PRT" (p. 287).

The report describes the program of psychical self-regulation of PRT operators. The role of psychological and psychophysiological training of operators under conditions imitating the activities of operators are given.

Hanin, Y. L. "The systematic desensitization in interpersonal adaptation of sportmen" (p. 289).
Methods and results of systematic desensitization experiments in interpersonal adaptation of sportmen to noxious influences of social micro environment both in the process of group activities and elsewhere are considered.

Shvarts I. E. "The influence of pict-rescue imaginations on the effectiveness of psychical self-regulation" (p. 291).
The paper deals with the observation of three variants of using relaxation in the didactic purposes. The data obtained in the process of experimental investigations, show the effectiveness of picturesque self-suggestion formulas.

Shumilov, Y. B., Kalnick, V. N. "The psychical self-regulation as a means of optimization of training of the operators' professional habits" (p. 293).
The autogenic training (AT) lets us heighten the definite psychophysiological functions of the operators of the same-motor profile.

Shumilov, Y. B., Kalnick, V. N. "The control of the influence of autogenic training on the operators' ability for creative thinking" (p. 294).
The autogenic training with the self-suggestion didn't produce any effect on the operators' ability to solve the problems on creative thinking, but it heightened some psychophysiological indices of the same operators.

Yaslovetsky, V. S. "On forming the habit of full respiration in the medical training 'health-group'" (p. 296).
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

Romen, A. S. "Psychoenergetic activity and its inward and outward manifestation" (p. 301).
Inward and outward effect of psychoenergetic activity (PEA) including its interdependence with the bioenergetic activity (BEA) is considered. The significance of the psychical self-regulation in its purpose 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. 311).
The hypothesis of the possibility of emergence and manifestation of the so-called extra-motor actions of the organism is proposed. It is assumed that they are based on the existence of a special psychical field and psychical energy.

Byasheva, Z. G., Bekmuhambetova, B. A. "Investigation of the influence of red and white polarized light and the light of helio-neon laser on electroencephalogram of a man" (p. 313).
Increasing of electroencephalogram (EEG) rhythms in the frontal zone with its simultaneous suppression in the occiput parts of brain was seen as a result of red and white light's influence. Laser's light caused total suppression of EEG rhythms.

Byasheva, Z. G., Ibrashveva, S. Zh. "On the occiput alpha-rhythm analysis of electroencephalogram of children in the age of 7-8 in the time of sun declination" (p. 317).

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In this work the dependence of speed and tightness of sun declination by children in the age of 7-8 on frequency and amplitude of occiput background alpha-rhythm and the degree of its suppression in the time of sun declination is studied.

Velhever, E. S., Rameshkov, P. N. "Protective zones of a face and the system of reflected afferentation" (p. 320).
The role of autonomic apparatus of a face in the hypothetical system of reflected afferentation is considered. The light is thrown on some processes of self-regulation of an organism.

Gushia, A. Z., Shvarts, P. G., Semionkin, E. I., Silvin, S. I. "Treatment of trophic ulcers, unhealing wounds and inflammatory infiltrations by monochromatic red light" (p. 283).
The possibility of medical influence of helio-neon laser's monochromatic red light is considered. The received results are discussed.

Dzevitckaja, M. T. "About a method of calculation of recipes of acupuncture according to the electroconductivity of the skin integument" (p. 325).
A certain method of calculation of recipes of acupuncture for medical practice is examined. The results of the observations are given.

Inyushin, V. M. "Bioplasma and its radiation" (p. 330).
Some principal properties of bioplasma — the fifth condition of substance — are considered. Different kinds of assumed radiations of bioplasma are characterized.

Inyushin, V. M., Boedemishchev, I. D., Samikin, V. A., Tsiubaev, K. K. "About the effect of ultraviolet radiation by alive tissues in interaction with the red light" (p. 336).
The information about the secondary radiations in ultraviolet zone in the time of interaction of helio-neon laser's ray with tissues is given. The opinion of possible receiving of stimulated radiation of biological nature is given.

Inyushin, V. M., Kireeva, L. A. "Biordiography — is a method of the biological field" (p. 338).
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 photoluminescence.

Inyushin, V. M., Romen, A. S., Tkachenko, N. G., Hrushchey, V. A., Morozov, G. I., Koval, A. D. "To the question of the objective registration of fatigue" (p. 341).
Possibilities of registration of fatigue by some power changes in an organism are examined.

Krippene, S. "To the question of the distant excitation of dreams" (p. 346).
The possibility of distant excitation of dreams is considered. The positive meaning of the emotive saturation of the material intended for a discussion in oneirograms in dreams is emphasized.

Kalashnikov, S. G., Gorbunova, E. G., Chumiantseva, V. M., Tsukerman, E. M. "About the fluctuating character of electrocortical resistance" (p. 348).
Some processes of self-regulation in an organism in the communication with the environment are discussed.

Pitlumaa, 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 reactions inner and outer power structure of an organism on various influences are described. Special significance of psychoenergetic influence with the help of active self-suggestion (AS) is stressed. It is shown, that with the break of integrity of an organism the reconstruction is going first of all by means of its bioenergetic activity.

Sechevanyev, N. N. "The influence of some factors on the intensity of the biophysical effect" (p. 356).
It is marked that hypnosis doesn't influence the possibility of the emergence and intensity of the biophysical effect — BPE ("rodgoing"). Self-suggestion changes the manifestation of BPE.

Hrushov, V. A. "Informational aspect of the biological bond" (p. 368).
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.

Shibaev, V. V. "About the approach to the problem of treatment of information in the central nervous system" (p. 362).
The hypothesis of equisoptical methods of treatment of information in the central nervous system on the ground of phenomenological similarity of a number of well-known neurophysiological regularities with holographical methods of registration and treatment of information is proposed.

Shugarev, N. A., Voronkov, D. V. "Osseous tissue restoration in treatment by intramedullary osteosynthesis combined with the influence of laser's radiation" (p. 366).
Stimulating influence of helio-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 (comprises 665 original sources).
It contains work published by June, 1, 1974 in home literature (and foreign publications of the native authors) concerning the problem of psychical self-regulation to a different degree.

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