

SPECIALIZED EDUCATIONS

The basis of IASC specialized educations are anti-stress holistic methods and devices for detection and healing of stress-induced psychosomatic disorders, focused on acupuncture system (computerized electrodermal diagnostics/ECD, microwave resonance therapy/MRT, magnetotherapy, contemporary acupuncturology and new technologies, Eastern massage, aeroionotherapy, ...), consciousness (autogenic training, body psychotherapy, ...) and programmed active relief (kinesiologic/sports relaxation, ...), with the emphasis on practical work in anti-stress holistic diagnostics, prophylaxis and therapy, as well as on theoretical overview of most contemporary scientific and expert knowledge in these fields, given by renown lecturers, and presented in two significant IASC Anti-Stress Holistic Handbooks [1] (published in 1999), dedicated primarily to physicians, and partly to psychologists, defectologists, pedagogues, and sociologists, educated by IASC to work in medical institutions.

During period September 1999/January 2000 the IASC anti-stress holistic program (with elements of acupuncture, microwave resonance therapy, Eastern massage, autogenic training, aeroionotherapy, and programmed active relief) was organized in Kanjiza Spa for physicians collaborating with IASC Anti-Stress Center in Kanjiza. Besides, IASC organized several specialized educations for physicians interested in basics of acupuncturology, MRT, and magnetotherapy, as well as several ECD educations, while other specialized programs (contemporary acupuncturology and new technologies, new acupuncture technologies in cosmetology, veterinarian acupuncture, autogenic training, body psychotherapy, ...) are still waiting for practical realization.

After passed tests and practical exams, candidates obtain corresponding IASC certificates. Cycles of IASC specialized educations are beginning twice a year in the periods March/April and October/November, being organized on weekends:

- ***IASC basic anti-stress holistic program*** (program enclosed; 100 hours in 4 weekends). The basis of this program are holistic methods and devices for healing stress-induced psychosomatic disorders [1,2], focused on acupuncture system (computerized electrodermal diagnostics/ECD, microwave resonance therapy/MRT, magnetotherapy, contemporary acupuncturology and new technologies, Eastern massage, aeroionotherapy, ...), consciousness (autogenic training, body psychotherapy, ...) and programmed active relief (kinesiologic/sports relaxation, ...), with the emphasis on practical work in anti-stress holistic diagnostics, prophylaxis and therapy, as well as on theoretical overview of most contemporary scientific and expert knowledge in these fields. The program is recommended primarily to physicians, and partly to psychologists, defectologists, pedagogues, and sociologists, interested in autogenic training.
- ***IASC supervised holistic program of electrodermal computerized diagnostics ECD*** (program enclosed; 30 supervised hours in 2 weekends; plus possibility of purchase of the unique ECD device). The basis of this supervised program is russian electrodermal computerized diagnostics/ECD [3-5], based on measurements of temporal representative reflexogenic biological active zones of the skin, as well as on the embedded expert system which provides quick information on functional state of the acupuncture-related organs and organic systems, with possibility to detect functional disorders up to 2 years before appearance of symptoms of diseases, with the mean diagnostics reliability up to 80%. In combination with MRT, ECD diagnostics represents a mini-polyclinic for 2,000-4,000 patients per year, which might be supported by two specialized physicians, being not comparable with anything known in medical practice. The program is recommended to physicians oriented towards traditional medicine.
- ***IASC holistic program of microwave resonance therapy/MRT with Introduction to contemporary acupuncturology*** (program enclosed; 90 hours in 4 weekends; plus possibility of purchase of the MRT devices). The basis of this program are methods and devices of

microwave resonance therapy [6-10], being the synthesis of traditional Chinese acupuncture and contemporary Russian/Ukrainian biophysics and microwave bioengineering, which provides significant clinical results in anti-stress prophylaxis and therapy, and many psychosomatic diseases, with the mean efficiency of 82% in chronic and up to 100% in acute diseases. The program is recommended to physicians oriented towards traditional medicine and biophysical holistic therapeutic methods.

- ***IASC holistic program of magnetotherapy with Introduction to contemporary acupuncturology*** (program enclosed; 90 hours in 4 weekends). The basis of this program are permanent and time-varying magnetic fields, methodology of their application in medicine and stomatology, fundamentals of their biological action, with special emphasis on local and acupuncture-based applications in corresponding clinical syndromes [11-15]. The program is recommended to physicians oriented towards traditional medicine and biophysical holistic therapeutic methods.
- ***IASC holistic three-degree program of contemporary acupuncturology and new technologies*** (program enclosed; 100 hours in 4 extended weekends). The basis of this program is contemporary acupuncturology, clinical indications and methods, as well as microsystems in acupuncture and new technologies [16-20], with theoretical bases and practical work with patients, supervised by educators. The program is recommended to physicians oriented towards traditional medicine and biophysical holistic therapeutic methods.
- ***IASC holistic program of medical cosmetics and aesthetic acupuncture*** (program enclosed; 8 hours in one-day weekend). The aim of this program are bases of cosmetics (especially medical cosmetics and healthy skin care), cellulite, seborea, acne vulgaris, and other indications recommended in aesthetic acupuncture [17,19]. The program is recommended to cosmeticians oriented towards holistic therapeutic methods in cosmetics.
- ***IASC holistic three-degree program of veterinarian acupuncturology*** (program enclosed; 100 hours in 4 extended weekends). The basis of this program is contemporary acupuncturology, clinical indications and methods in veterine, as well as new technologies [17,19,21], with theoretical bases and practical work with animals, supervised by educators. The program is recommended to veterinarians as a nonmedicamentous therapy of dogs, cats, cattles, horses, pigs, sheeps, goats, and parrots.
- ***IASC anti-stress three-degree program of autogenic training/AT*** (program enclosed; 300 hours in 36 one-day weekends). Besides autogenic training as a basic method of psychological anti-stress programs, attendees are also getting acquainted with psychological debriefing and nondirective psychological advising, as additional methods [22-31]. The program is recommended to physicians, psychologists, defectologists, pedagogues, and sociologists, oriented towards psychotherapy.
- ***IASC program of body psychotherapy*** (program enclosed; 200 hours in 10 weekends, once a month). This is practically oriented reichian program of psychosomatic integration for psychotherapists, with theoretical introduction [32-38]. The successfully passed program enables entering in four-year postgraduate training program leading to European certificate for psychotherapy. The program is recommended to psychologists, physicians, defectologists, pedagogues, and sociologists, oriented towards raising of human mental standard.

POPULAR AND/OR HUMANITARIAN ANTI-STRESS COURSES

The basis of IASC popular educations are anti-stress holistic methods for healing of stress-induced psychosomatic disorders, focused on consciousness (autogenic training, ...), acupuncture system (Eastern massage, aeroionotherapy, ...), consciousness (autogenic training, ...) and programmed active relief (kinesiologic/sports relaxation, ...).

During the war and post-war 1999/2000 period in Yugoslavia, in order to minimize potential psychosomatic disorders caused by NATO aggression, IASC was conducting *humanitarian* educations on several organization levels: IASC public anti-stress instructions on holistic self-aid, IASC courses on holistic self-aid, and IASC anti-stress courses of autogenic training for inhabitants and diabetics.

Besides, in the past period IASC has also realized several educative popular courses in autogenic training and Bates exercises for better eyesight, at discount prices (most of the attendees subsequently also became the members of IASC Club, which organizes monthly popular seminars), monthly, once or twice a week, in the afternoon:

- ***IASC course for anti-stress holistic self-aid*** (program enclosed; 2 hours, periodically). The bases of this course are holistic advices on holistic self-aid from different domains (acupressure, aeroionotherapy, psychology, recreation) [1,2]. The application of Greencare aeroionizer (with 8 relaxing natural sounds too) is also recommended in order to create relaxing ionic microclimate in house and job (price: 70 points).
- ***IASC basic anti-stress courses of autogenic training/AT*** (programs enclosed; 14 hours, 7 times a month). The basis of these medically widely recognized anti-stress programs [23] is autosuggestive technique of relaxation of muscles and blood vessels, recognition of the body feeling of breath and heart, and exercise for concentration, based on Schultz's idea of the equivalence of muscular and mental strain [22-24,39-41]. The autosuggestive short relaxing messages are also softening one's undesired psychosomatic reactions in daily stressful situations.
- ***IASC higher anti-stress course of autogenic training/AT*** (program enclosed; 16 hours, 4 times a month). This anti-stress program is based on already achieved experience of relaxation, i.e. basic course of autogenic training. By visualization exercises (guiding pictures, representations) a deeper level of relaxation is achieved, which might give rise to integration of personality too [22-31,39-41]. The autosuggestive short relaxing messages are further softening one's undesired psychosomatic reactions in daily stressful situations.
- ***IASC anti-stress course of Bates exercises: By self-power to healthy eyesight*** (program enclosed; 24 hours, 6 times a month). This anti-stress program is based on Bates exercises for relaxation of eye muscles and visual center in brain, for proper seeing and accommodation, with additional relaxation techniques of breathing, visualization, massage, and acupressure of eyes [42-48]. In the era of high technology, when people spend too much time in front computer and TV screens, the Bates exercises enable healthy eyes without spectacles.
- ***IASC basic anti-stress course of traditional and contemporary aspects of massage*** (program enclosed; 32 hours, 8 times a month). This anti-stress program is based on principal theoretical and practical knowledges of ancient and contemporary techniques of stimulation of skin and underskin tissues, muscles, bone-joint system, and visceral organs. In combination with aromatherapy, it is used in prophylactic and therapeutic purposes for many psychosomatic and other disorders [18,19,47,48]. By applying basic techniques of massage one can help himself and his closest relatives in their everyday relaxation, prevention and additional therapy of numerous disorders.
- ***IASC higher anti-stress course of traditional and contemporary aspects of massage*** (program enclosed; 36 hours, 9 times a month). This anti-stress program is based on theoretical and practical specialized knowledges of ancient and contemporary techniques of

stimulation of all organs and system via skin and other tissues, through activation of neurohumoral and acupuncture systems, and projection microsystems. Combined with aromatherapy, it is applied in prophylactic, therapeutic, cosmetic, sports-recreational and metafilactic purposes [18,19,47,48]. By applying the specialized techniques of massage one can help himself and his closest relatives in their everyday anti-stress prophylaxis and psychophysical relaxation, more beautiful look and better condition, as well as in complex effects on numerous disorders of various etiopathogeneses.

- ***IASC holistic program of traditional and contemporary aspects of Shiatsu massage*** (program enclosed; 40 hours, 10 times a month). This anti-stress program is based on theoretical and practical specialized knowledge of ancient and contemporary *Shiatsu* techniques of stimulation of acupuncture system and projection microsystems, applied in prophylactic and therapeutic purposes for numerous functional as well as organic disorders, including those of psychosomatic origin [18,19,47,48]. The program is recommended to physicians and physiotherapists oriented towards holistic therapeutic methods of Eastern massage.

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