

23RD AMN CONGRESS HANDS-ON TEACHING COURSE ON

ACUTE AND CHRONIC STRESS,
SEQUELAE AND WAYS OF RELAXATION WITH
FOCUS ON AUTOGENIC TRAINING

WITH PROFESSOR MAX HILZ

AMN INTENSIVES

3RD EDITION



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ACUTE AND CHRONIC STRESS, SEQUELAE AND WAYS OF RELAXATION WITH FOCUS ON AUTOGENIC TRAINING



WITH PROF. DR. MED. DR. MED. HABIL. DR. H.C.

MAX J. HILZ

M.D., FEAN, FAAN

SPECIALITIES:

- Neurology
- Clinical Neurophysiology
- Neurological Intensive Care Medicine
- Disorders of the Autonomic Nervous System (ANS)

PROFESSIONAL AFFILIATIONS:

- Until September 2013, Professor of Neurology, Medicine, and Psychiatry at New York University, New York, NY; until September 2017, Chair in Autonomic Neurology at the Institute of Neurology, Queen Square, London, United Kingdom;

- Professor of Neurology at the University of Erlangen-Nuremberg, Germany, until April 2019;
- Adjunct Professor of Neurology at Icahn School of Medicine at Mount Sinai, New York, NY, USA, since June 2015;

Prof. Hilz also passed the board examination of the American Board of Electrodiagnostic Medicine. He is licensed to practice medicine in Germany, the United Kingdom, and in the State of New York, USA.

PROFESSIONAL AND SCIENTIFIC BACKGROUND



**Autonomic Disorders
Research Group in the
World Federation of
Neurology**

– Former chair



**EAN Autonomic
Nervous System
Scientific Panel**

– Former chair



**Autonomic Section of the
American Academy of
Neurology**

– Former chair



**German
Autonomic
Society**

– Past President



**European
Federation
of Autonomic
Societies**

– Past President



**Journal of the
Neurological
Sciences –**

Associate Editor



**Clinical Autonomic
Research** – Member
of the editorial board



**Neurology and
Therapy** – Member
of the editorial
board



**European Journal
of Neurology** –
Member of the
editorial board

**AUTONOMIC
NEUROSCIENCE:
Basic & Clinical**

**Autonomic
Neuroscience: Basic
and Clinical**
– Associate Editor

Prof. Dr. Max J. Hilz was part of the small group that developed the Autonomic Disorders subspecialty examination of the American United Council of Neurologic Subspecialties (UCNS). He also serves as advisor to the European Medicines Agency (EMA) on issues related to the autonomic nervous system.

Prof. Hilz co-authored several guidelines, e.g., on syncope, erectile dysfunction, orthostatic hypotension, supine hypertension, and diabetic neuropathy, and he published 370 original and review articles and book chapters, as well as the textbook *Autonomic Disorders in Clinical Practice*.

FOCUS AREAS:

- Peripheral and Central Autonomic Nervous System Disorders, *particularly*
 - Hereditary Sensory and Autonomic Neuropathies
 - Fabry disease
 - TTR-Familial Amyloid Polyneuropathy
 - Central autonomic dysfunction, e.g. in multiple sclerosis, epilepsy, or after traumatic brain injuries and stroke.



Prof. Dr. Max J. Hilz is a member of the Brain & Heart Task Force within the World Stroke Organization and is particularly interested in autonomic complications of stroke and in their recovery.

MENTORSHIP

Prof. Dr. Hilz mentored more than 50 doctoral students and fellows from many different countries during their stays in his autonomic laboratories in Germany or New York, and he feels committed to teaching junior colleagues and students about autonomic disorders and diagnostic approaches.

ACCOLADES

- Valsalva Award of the Italian Autonomic Society
- Otto-Loewi-Award of the Austrian Autonomic Society
- EFAS-Legend-Award of the European Federation of Autonomic Societies
- Honorary doctorate of the University of Cluj-Napoca.

Prof. Dr. Max J. Hilz also holds Honorary Professorships at the University of Transylvania in Brasov, Romania, and the University of Zhengzhou, China.

COURSE DESCRIPTION

PART I

Introduction on the Physiology of Acute and Chronic Stress, particularly on the autonomic nervous system modulation of all organs, specially the cardiovascular system

TOPICS:

- The effects of acute stress and those of chronic stress;
- Stress sequelae, including syncope, sudden unexplained death, cardiovascular complications such as arrhythmias or myocardial injury, gastrointestinal or sexual dysfunction, stunning heart syndrome, aka Takotsubo syndrome, anxiety or other psychological complications;
- Changes occurring during stress that can be seen with a multitude of stressors, e.g., also in patients with a history of chronic diseases or a history of traumatic brain injury;
- Various methods promising to alleviate acute or chronic stress and its complications, such as Yoga, Tai Chi, progressive muscle relaxation, various types of music, and olfactory stimulation;
- The beneficial effects of only a few sessions of guided **Autogenic Training** on the physical and psychological effects of anticipatory stress, induced by the expectation of somewhat unpleasant stimuli, as used in clinical neurophysiology.

COURSE DESCRIPTION

PART II

Various Components of Autogenic Training

TOPICS:

- Demonstrate that the expected effects and benefits, such as muscle relaxation, feeling of comfortable warmth, of a relaxing and comforting regular and rhythmical heartbeat, of freely flowing and soothing respiration, comfortable and relaxing abdominal warmth, and a relatively cold and relaxed forehead, are all closely related to an increase in parasympathetic and a relative decrease in sympathetic cardiovascular and organ modulation;
- Learn that the suggested sensations will occur in anyone who wants to relax because they are the result of physiological adjustments;
- Understand that **Autogenic Training** is not at all related to any esoteric methods, to any philosophical ideas or pseudo-religious beliefs, but results from standard autonomic adjustments that will occur unless the participants refuse to relax or attempt to demonstrate that the methods cannot have any beneficial effects on them;
- Understand that **Autogenic Training** is based on autogenic, i.e., self-generated, self-induced effects, provided the participants exercise and use the *Training* regularly - the *instructor* only conveys first guidance to assist participants in their desire to experience the various aforementioned parts of relaxation.

COURSE DESCRIPTION

PART III

Sessions of Autogenic Training

TOPICS:

- The 1st practical training session familiarizes the participants with the various steps of **Autogenic Training** and gives them the opportunity for feedback and for a repeated experience of physical and mental relaxation;
- Participants will experience that **Autogenic Training** is based on the participant's experience of physiological phenomena and does not impose any external values or philosophical concepts;
- The **Autogenic Training** is practised in a comfortable, sitting, reclined, or lying position;
- Participants may end the **Autogenic Training** session by actively reestablishing muscle tone and full alertness;
- Consequent **Autogenic Training** reduces negative stress effects and mitigates somatic or mental complaints

COURSE SPECIFICATIONS AND REQUIREMENTS

- Participants should **wear comfortable clothes**, preferably take off their shoes, watches, any tight belts or jackets.
- Participants must **turn off** any alarms / cellphones and these should be left in the special designated place indicated by the organizers during the entire training course.
- Any audio or video recording during the seminar **is not permitted**.
- In case of any attempt to record the speaker's presentation, he will have to abort his presentation. From the speaker's experience, many participants in relaxation training feel highly uncomfortable and cannot adequately relax if they are video-taped or otherwise recorded during their attempt and desire to relax.

THANK YOU!



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