3.4 Applications of Autogenic Training. The available literature on AT suggests that AT has been effectively used for literally any medical/psychosomatic/psychiatric disorder that may possess a psychological component (Linden, 1990). The application of autogenic training to patients who suffer from schizophrenia has been regarded with deterring scepticism for many years (Luthe & Schultz, 1969). It was thought that the particular nature of autogenic training (e.g., passive concentration directed towards bodily feelings within oneself) would promote autistic dynamics, tendencies of withdrawal, increase the patient's retreat from reality, reinforce regressive behaviour, amplify hypochondriacal attitudes. Carruthers (1984) argues that “in preventive medicine and the promotion of what has