

Information about Suggestopedia

Suggestopedia is a learning method developed in the 1960s by the Bulgarian psychologist **Georgi Lozanov** (1926 – 2012). **Lozanov's research** was focused on the topics **hypnosis** and **hypermnnesia** (enhanced recall of memories) which led him to work in the area of **suggestions**. According to the definition of Lozanov **suggestions are effective in every communication: Everybody** of us **transmits them subconsciously** – for example through **body language** –and **influences others** through them. Originally, Lozanov understood suggestopedia just as a psychological experiment that should enhance memory capacity. However, this experiment pointed the way into a new practice of teaching and learning which was the basis of new teaching methods.

What means the term suggestopedia?

The term **suggestopedia** is comprised by the words **suggestion + pedagogy**. In the word **suggestion** furthermore, two additional aspects are present:

1. **Suggestion in the sense of to suggest.** In suggestopedia lots of different **learning offers and opportunities** are suggested to the participants – for example a variety of methods, an inspiring design of the working environment or a special emphasis on group dynamics within the learning group.
2. **Suggestion in the sense of influencing.** This aspect of the word often irritates people and **triggers negative thoughts**, because it is **associated with manipulation** and lack of freedom. Quite the contrary, in suggestopedic lessons **the transparency in the course of teaching** and the **respect, appreciation and value of every human being is always up front**. **Suggestion means** in this context, **that we are always surrounded by influences** – for instance the influence of the room where the participants are learning, the basic beliefs we follow and that we emit as a teacher or the inner attitude and beliefs of the students regarding their own way of learning. In suggestopedia **we work consciously with these influences** to create a unique, relaxing and motivating atmosphere for the learners. This atmosphere will help them to learn a lot easier and anchor the learning content more deeply and long-term in their brains.

Training methods in suggestopedia

Suggestopedia uses a wide range of training methods and is furthermore **influenced by brain and stress research**, innovative educational approaches of **holistic learning** as well as approaches of **humanistic psychology**. Examples for the methods in suggestopedic teaching are:

- ⊙ **Relaxation and activation techniques**
- ⊙ **Mental Training**
- ⊙ **Learning games**
- ⊙ **Creative presentation and visualisation**
- ⊙ **Music**
- ⊙ **Design of the working environment**
- ⊙ **Rhythmisation of the lessons**
- ⊙ **Interaction** in different social arrangements

References:

- ① www.dgsl.de (Website der Deutschen Gesellschaft für suggestopädisches Lehren und Lernen)
- ① Katja Riedel: *Persönlichkeitsentfaltung durch Suggestopädie. Suggestopädie im Kontext von Erziehungswissenschaft, Gehirnforschung und Praxis*. Schneider Verlag Hohengehren, 2000
- ① Zamyat Klein: *Zauberwelt der Suggestopädie. Ein innovativer Ansatz für Ihr Business-Training*. managerSeminare Verlag, 2010
- ① Claudia Grötzebach (Hrsg.): *Lehren und Lernen mit Herz und Verstand. Einführung in die suggestopädische Unterrichts- und Trainingspraxis*. Gabal, 2006