

Desuggestopedia ...

.... is a method that activates the mental reserve capacities.

founder: Dr. Lozanov



Assumption 1

The process of suggestion influences the increasing use of mental reserve capacities of the brain and the psyche

- You can learn faster than you expect
- Anti-suggestive barriers
- logical
- emotional
- ethical



Assumption 2

- Learning is free from tension
- Concentrative relaxation
- „Learning is state of mind dependent“



Assumption 3

- Learning includes conscious and subconscious levels.
- Peripheral learning



Means of Desuggestion 1

- authority
- prestige



Means of Desuggestion 2

- Infantilisation



Means of Desuggestion 3

- Rituals



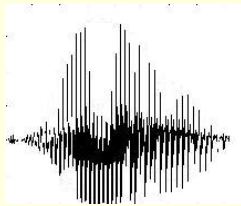
Means of Desuggestion 4

- Music



Means of Desuggestion 5

- Intonation



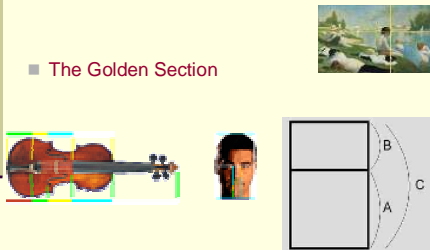
Means of Desuggestion 6

- Concerts



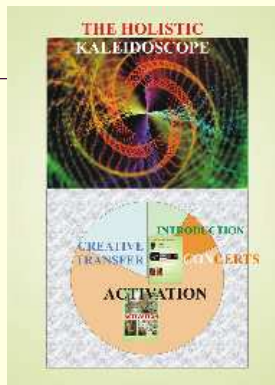
Means of Desuggestion 7

- The Golden Section

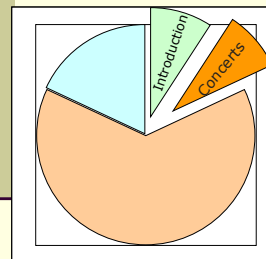


Means of Desuggestion 8

- Successful atmosphere
- artistic
- psychological
- educational



Presentation Stage



- Phases:
- Introduction
- Concerts
 - Active Concert
 - Passive Concert

Kaleidoscope

- Parts should be like a symphony:
- All parts reappear constantly in variations
- All these parts form a whole



Introduction - languages

Advance organizer

- Learners get the global picture
- Introductory story should only be loosely connected with the story line
- Learners are co-creators



Active concert

Teacher

- Stand upright
- Wait until introductory part is finished
- Focus the people
- Read diversified
- End the lines differently
- Each line should be unexpected
- Speak clearly and distinctly
- Ensure "Silent Speech"

THE ACTIVE CONCERT

- Read the names of the characters
- Students repeat them
- Stand upright
- Wait until the introductory part is finished
- Focus the people
- Read diversified
- Be solemn - make a speech to the audience
- End the lines differently
- Each line should be unexpected
- Follow the rhythm and intonation of the music
- Read the chorics together
- Speak clearly and distinctly
- Make a pause before bold words
- Ensure "silent speech"

Intonation is similar to the speech in the *mis-actum*

Music: *Classical Music* by W. H. W. W. W.

Criteria:

- 1. 20%
- 2. 30%
- 3. 10%
- 4. 40%

Students actively follow the educational process

Concerts – Active concert

Reasons

- Ideal medium to convey information to brain
- Encodes the material into the brain holistically (L + R)
- Learning is state of mind dependent
- Stimulates visual imagination

LEARNING IS STATE OF MIND DEPENDENT

- Use your voice
- Use your voice like an instrument
- Use classical music

Music session – Active concert

Music

- Between 1770 and 1895
- Classic, pre-romantic period
- Characteristics
 - dramatic
 - emotionally pleasing
 - structured
 - Harmonious
- It is an active partner



Passive Concert

- Use a standardised "lead-in"
- Sit while reading
- Read naturally
- Read at a normal pace
- Make no unnatural pauses
- Read as if reading a radio-play

THE PASSIVE CONCERT the musical recital

- Use a standardised "lead-in" (anchoring)
- Sit while reading
- Read naturally
- Read at a normal pace
- Make no unnatural pauses
- Read as if reading a radio-play
- Use all parts of a piece of music: Allegros, Adagios, Andantes

The students may choose whether they want to read their recitation towards the music or the reading. The content is followed only on a listening level.

Music: pre-classical time: Vivaldi, Corelli, Bach, Handel

Influence of the concert: a piece of music that is played in a room with a high ceiling and a large number of people sitting at the back of the room. The music is followed only on a listening level.

Concert session – Passive Concert

Music

- Baroque Music
- Between 1660 – 1750
- All parts (Allegros, Adagios, Andantes) to avoid drowsiness



Concert session – Passive Concert

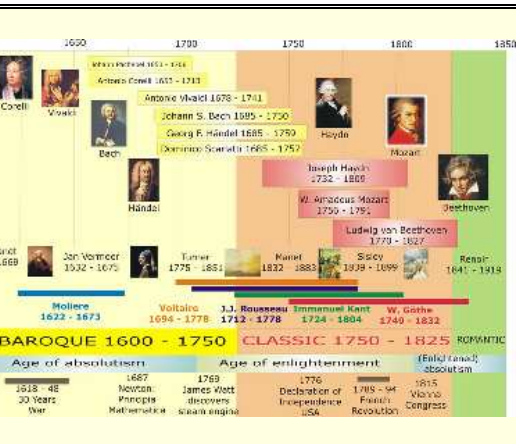
Reasons:

- Creates concentrative psycho relaxation
- The reserve capacities are fully shown
- The antisuggestive barriers are overcome
- Create conditions of trust and infantilization
- Both brain hemispheres are activated

MEANS OF DESUGGESTION

- AUTHORITY (Prestige)
- INFANTILISATION
- MUSIC
- RITUALS
- INTONATION
- CONCERTS
- THE GOLDEN SECTION
- SUCCESSFUL ATMOSPHERE

Artistic Psychological Educational



Activation phase

At least 70%
Of each Unit

DAS HOLISTISCHE KALIBROSKOP

AKTIVIERUNG

Why?

The unconsciously stored information is brought into consciousness.



- Language acquisition is an active process;
- Otherwise only receptive skills are trained.



- Activation is not just repetition or revision but initiation of transfer



Primary activation

- Reading the text
- In different ways



Secondary Activation

- Transfer exercises, (Encounters)
- Grammar games,
- Vocabulary games,
- Communicative games



Principles for activation

- „Elaboration should be game-like.“



Principles for activation

- „Never split up into pieces, techniques“.



Principles for activation

- The games shouldn't be too difficult
- „negative emotions destroy memory“.

