Abstract

The aim of this article is to describe the use of relaxation techniques (RT) in the practice of clinic psychology care. Relaxation techniques are analyzed considering what type of technique they are and their use, going from a general overview to a specific diagnosis context and treatment results. 67.2 percent of 880 clinic patients with all types of diagnosis are women and the average age is 32.79 years old. The results show that some RT has been used in 70.5 per cent of the cases being breath control the most frequent one (72.3 per cent). It is mainly used for anxiety disorders (87.8%), somatoform disorder (84.2%) and impulse control disorder (77.8%). The use of these techniques is more frequent in cases of comorbid disorder (82.4% versus 68%). Breathe control and progressive muscular relaxation techniques are used in about 69 per cent of discharged patients. The discussion of this paper focuses on the results of using RT regardless of the diagnosis.

Keywords

Relaxation techniques; progressive muscular relaxation; autogenic training; breathing control training; therapeutic results.