

APPENDIX A**DESUGGESTOLOGY AND SUGGESTOPEDAGOGY**

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OPEN LETTER TO THE MEMBERS OF I.A.L.

Dr. G. Lozanov

January 3, 1999

Dear Members of I.A.L.,

I have been told that many of you think I am dead, but that's an exaggeration! I am alive and developing my work. I understand that since the time your association was first established as S.A.L.T., my work has been associated with your organization. Therefore, I have the responsibility to inform you about two important matters: 1) Since the 1970's there has been a big misunderstanding about Suggestopedia. 2) And although it is acceptable to apply the original form of Suggestopedia, when it is well understood by the teacher, the latest development of Suggestopedia has great advantages, having put our work completely outside the area of suggestion. I would also like to inform you about the existence of the International Association for Desuggestology and Suggestopedagogy, which I registered for a second time in Vienna, Austria, in 1998. I am the president of the association, and our members consist of the teachers and trainers who have been personally trained and certified by me. These teachers represent many different European countries, Japan, and Australia, as well as the USA.

As you may know, I developed the science of Suggestology and with Dr. Gateva created Suggestopedic teaching methods. We launched our work in the United States in 1979, through training courses in Washington D.C., San

Diego and San Francisco, but unfortunately, when returning to the U.S. in January of 1980, we were detained in Bulgaria at the airport and were prevented from returning to San Diego. The Bulgarian government placed us under house arrest, and we were not allowed to travel for ten years so that we would not share more of our theory and practice with the western world. We weren't permitted to meet foreigners, to have correspondence with them or even to publish.

During this ten-year period, a lot of variants of what was understood to be Suggestopedia were developed outside of Bulgaria. Some of the adaptations took different names but kept the basic structure that was printed in *The Foreign Language Teacher's Suggestopedic Manual*, republished in the U.S. in 1988, unbeknownst to the Bulgarian government. In many cases, these variants (such as some accelerative learning methods, superlearning, and others) were represented as Suggestopedia, and my name was used in association with them. In reality, these variants are far from our scientifically proven work. At the time, I unfortunately could not challenge this misrepresentation of our work nor protect the purity of our methods. But contrary to twenty years ago, I am now in a position to defend this science for the benefit of the people who teach and learn with the Suggestopedic system.

I realize that those of you using these variants did the best that you could without my availability, but there are serious implications for improper use, and I feel it is necessary to clarify those implications. Please understand that I cannot ask you to stop what you are doing. Of course, you are free to develop whatever teaching methods you wish to use, but if you are not certified by me or by our certified trainers, please don't mention my name or use my terms as an endorsement of your methods.

As a physician, specialist in psychiatry, neurology

and brain research, I am obliged to tell you that most of the development of the work has gone in a very wrong way. For example, I am against the application of hypnosis and have been very clear from the beginning about my position on it. In our manual, we did not include the use of techniques like guided relaxation, guided imagery, guided breathing exercises, etc. Guided approaches, which are traditional methods of inducing the hypnotic state, are a form of conditioning, which subordinates the will and limits the freedom and creativity of the students, automating their thinking and behavior. It is the opposite with Suggestopedia, as the freedom of the personality has always been basic to the development of our work.

I would also like you to know that hypnosis done by non-specialists can lead to many different psychosomatic diseases, which arise either immediately or with delay, appearing even years later. I have often spoken about the dangerous side of hypnosis, but many of you have never heard me speak, and others might not have believed me. If you would like, you can check other sources, as there are many well known American authors who have published these dangers usually known only by specialists in hypnotherapy. For example, you can look into Volumes 1 & 2 of *The Practice of Hypnotism* by André M. Weitzenhoffer, one of the best known clinicians and researchers of hypnosis in the U.S. When receiving results in learning, we must always be certain that the methods we use do not have any possible negative effects on the personality of the student.

Over the past several years, Dr. Gateva and I had been developing **Desuggestopedia**, which changed even our basic theory and practice. After Dr. Gateva's death, I continued to develop Desuggestopedia, **or the Re-Ca-Co Method** (Reserves Capacity Communicative Method) and finally am calm that nothing in this latest method can even remotely remind one of suggestive influences.

Please understand that Suggestology/Desuggestology is a science, not a technique. It cannot be partially learned and then used effectively. Full training is required for correct application in the classroom. To avoid receiving misleading information, you can ask teachers to show you their certificate of completion of the training course for teachers with my signature. I have already retrained the teachers and trainers belonging to our association and just recently trained and certified two US teachers and one teacher from Australia. I am organizing many basic seminars, as well as full training courses for certifying more foreign language teachers here in the U.S. One of our certified trainers, Alison Miller, who is also a member of your board, is involved in the training of foreign language teachers, while our other U.S. trainers are developing different areas of Suggestopedia. In a few months, when finishing our training schedule, we will publish the names and addresses of all the trainers.

Our association is now organizing a net of training centers and collaboration with eminent U.S. scientists as well as people working within the US educational system. In this way, the method is already assured to be applied correctly, even after I pass away.

My new book entitled *Lectures on the Transition from Suggestopedia to Desuggestopedia* (Re-Ca-Co Methods) will be available within the next six months. It will teach the theory and practice behind Desuggestopedia as a new way of communicating with students on the border of their knowledge and possibilities.

If you are interested in information about individual or group training courses or about my new book, you can contact me in Vienna, at our association's central office, the address of which is on this letterhead, or you can contact Alison Miller at the Pacific Language Center, Inc., P.O. Box 1282, Anacortes, WA, 98221, (360) 299-9389, e-mail

indigo @ fidalgo.net or visit WWW.fidalgo.net/~indigo. I am looking forward to meeting or hearing from any of you who are interested in my work.

All the Best,

Dr. G. Lozanov