

SUGGESTOPEDIA TEACHER TRAINING



Kateřina Režná

Have you heard about Suggestopedia / Reservopedia? This kind of pedagogy was created by Professor Doctor Georgi Lozanov, M. D. is a Bulgarian psychiatrist – psychotherapist, brain physiologist and an educator. I am very proud of it that I was honoured and absolutely delighted I met prof. Dr. Georgi Lozanov in September 2009.

I wanted to meet other pedagogists who are interested in Suggestopedia as well, so I asked for the Comenius grant for the course at Eckersley College in Oxford in Great Britain.

There is nothing in the Czech Republic that in any way resembles what we were doing which is a way of communicating with the unconscious mind with practical exercises to practise this. I have selected a training in England since I truly believed that working in the English environment and listening to authentic English would help me both to improve also my language competence and understand the culture of the country whose language I teach.



Our students are not always those who are strongly interested in language education, so I am trying to find other ways to broadening

of motivation to their language education. I tried to find answers to my questions on English teaching methodology in the course.

My participation in the training activity developed my greater sensitivity to communication processes, heightened perception and more accurate intuition and it provided me more insight into who I am and what my strengths, weaknesses and blind spots are – It would not be possible if I participated in any similar training in my country because an English reality fueled me with the energy and I appreciated a group of colleagues who had similar problems in the way of looking for the best methodology point of view. The group in an English reality with an English speaking teacher and English environment could power ahead my confidence in English teaching.

Mr. Lonny Gold is a trainer in suggestopedia teacher trainings and he prepared this special course on his own in collaboration with Eckersley College, the course was not based on Dr. Lozanov's new research of Reservopedia but was very interesting for my survey in innovative methods of English teaching.



PhDr. KATEŘINA REŽNÁ is a teacher and teacher trainer. She trained teachers in North Moravia in JAME and NIDV projects. She teaches at the Secondary Vocational School of Business Studies in Přerov. Her subject of interest at the moment is innovative English teaching methodology, she is involved in the special suggestopedic school project. She studied Suggestopedia and Reservopedia at the International Centre for Desuggestology under Prof. Dr. Georgi Lozanov, M.D., Ph. D. She loves English and American literature and film.