Non-indications: Not advisable to use AT, PR, BF

1. Persons incapable of or unwilling to follow instructions
   - Mentally retarded
   - Under 5 years
   - Recalcitrant psychopath / Acute schizophrenic
   - Different language

2. When careful and critical control of person’s training symptoms is not possible
3. When differential diagnostic evaluation (e.g., autogenic discharges v. unrecognized pathology) is not possible.

Contra-indications: Potential for problems with AT, PR, BF

1. Persons in critical care state and where system is too fragile (e.g., cardiac disorders – potential for heart attack, during/after heart attack, or presence of related disorders such as arrhythmia, embolism)
2. Persons taking medication, unless monitored closely (e.g., in diabetes, glaucoma, hypoglycemia)
3. Persons showing significant paradoxical increases in blood pressure during AT
4. Persons with psychoses (sub-acute and paranoid) and with dissociate (non-psychotic) reactions

Relative contra-indications: Particular caution modification of procedures required with AT, PR, BF

1. Avoid area of concern in beginning of training, such as:
   - Heart command with cardiac disorders
   - Breath command with respiratory disorders
   - Solar plexus command during pregnancy
2. Persons with poor experience during relaxation
3. Persons with experience in mind-altering drugs and/or anesthesia
4. When response is incongruous with instructions (e.g., trainee reports pain during “letting go” instruction, trainee becomes panicky when imagining a “relaxation” scene)
5. Excessive or unusual physiological response (e.g., flushing of face, sweating palms, heart palpitations, headache)
6. Excessive or unusual psychological response (e.g., disorientation in time and space, discharge of emotions such as crying, intense dynamic changing of image that is predominantly red)
7. Persons blocking the need to cry or vomit
8. No low frequency brainwave training with trainees who have epilepsy
9. No improper placement of electrodes in muscle re-education
10. No unilateral training with bruxism
11. Persons who tend to “over tighten” during tightening in PR
12. Persons who are insufficiently aroused before leaving a training session