## CONTENTS

## TENSION AND LIFE

Tension and Stress	3
Arousal of the Brain and Coping Mechanisms	7
Civic Education in a Stressful Society: A Program of Value Clarity and Tension Reduction William G. Williams	17
A Brief Analysis of Popularization of Progressive Relaxation in Japan	37
STRESS AND CARDIOVASCULAR DISORDERS	
Emotional Stress Testing and Relaxation in Cardiac Rehabilitation	41
Physical Activity, Mood and Anxiety in Normal and Post-Coronary Males	49
Relaxation Training in the Treatment of Essential Hypertension	57
We All Need Homeostasis	67

## PAIN AND TENSION CONTROL

Diagnosis and Treatment of Myofascial Pain Arising from Trigger Points
Holistic Strategies in the Management of Chronic Pain
TENSION IN DENTISTRY
Evolutionary Increase in Intelligence and the Perception of Stress in Dentistry
Decision-Making: The Most Relevant Research of Our Time
The Dental Distress Syndrome and Literature Availability 127 A. C. Fonder
<ul> <li>Hypnotherapy in the Control of Stress, Anxiety and Fear in Dental Phobia</li></ul>
TENSION AND HEADACHES
Group Relaxation in the Treatment of Migraine, A Multifactorial Approach
Self-Control of Tension Headache 147 Kenneth A. Holroyd and Frank Andrasik
TENSION AND PSYCHIATRY
Preventive Psychiatry
A Happy Conclusion of a Psychoanalytical Psychotherapy by Progressive Relaxation and Systematic Desensitization

## CONTENTS

TENSION AND ANXIETY

Explanation of Anxiety Tension States	165
Effects of Progressive Relaxation and Autogenic Training on Anxiety and Physiological Measures, with Some Data on Hypnotizability Paul M. Lehrer, John M. Atthowe, and B. S. Paul Weber	171
TENSION AND BIOFEEDBACK	
Biofeedback and Stress-Related Disorders: Enhancing Transfer and Gain Maintenance Steven Jay Lynn, Judith Rhue, and Robert Freedman	187
TENSION AND STUTTERING	
Establishment of Fluent Speech in Stutterers Ronald Webster	197
PRINCIPLES AND APPLICATIONS OF TENSION CONTROL	
Principles of Scientific Relaxation	209
Tension Control Methods in Primary Health Care Galen Ives	217
Relaxation TrainingThe Misunderstood and Misused Therapy	223
How Children Learn the Skill of Tension Control A. B. Frederick	231
Behavioral Health Change Through Tension Control Learning in Adult Education Classes J. Macdonald Wallace	243
Relaxation Techniques with the Blind	263

xi

Voluntary Control of the Involuntary Nervous System: Comparison of Autogenic Training and Siddha Meditation	267
EXPERIMENTS IN TENSION CONTROL	
Tension Control: Differences Between Subjects Instructed in Progressive Relaxation or Placebo Control Sessions	279
The Modification of the Hormonal and Metabolic Effects of Mental Stress by Physical Exercise	293
THE LIFE OF EDMUND JACOBSON	
Edmund JacobsonPioneer and "Father" of Tension Control and Progressive Relaxation	303

Index ..... 313