



# Mental Training Sweden AB - MTS

AT LAST - UNESTAHL MENTAL TRAINING®

*Lars-Eric Uneståhl, PhD., the Founder and President of Scandinavian International University - SIU, is a great source of inspiration to many people. Dr. Uneståhl developed Mental Training over a period of many years, and over 7 000 students have completed his unique distance learning course - Personal Skills Development through Mental Training – PUMT. Over the years many individuals have wished that the course was available in languages other than Swedish. Mental Training Sweden AB, has been given the privilege, by Dr. Uneståhl, to introduce PUMT to the international community, i.e. to many more countries and in multiple languages. The first language for PUMT to be translated into is English. In its English version it is called Uneståhl Mental Training® – UMT®.*

## MENTAL TRAINING SWEDEN AB, MTS

MTS offers distance education to the international community. We are proud and pleased to have been given the rights by Dr. Uneståhl to be fully responsible for UMT®. It is a privilege to work with a course that has brought so many positive changes to so many people's lives.

Mental Training Sweden AB will:

- Supply the market with UMT®.
- Support those who take the UMT® course.
- Keep in touch with those who choose to become certified.
- Together with Scandinavian International University and Dr. Uneståhl issue certificates.

## VISION AND GOAL

MTS shares the vision and goal of SIU:  
»A better world through education and training«.

## CERTIFICATE

MTS works closely with the SIU and Dr. Uneståhl, and we are pleased to have Dr. Uneståhl as an examiner. SIU and MTS issue certificates for UMT® - Certified Mental Training Practitioner.

## BACKGROUND

Dr. Uneståhl started the Swedish model of Mental Training (IMT - Integrated Mental Training) in 1969, after 10 years of research on alternative states of consciousness, and the relationship between mind and body at Uppsala University.

## Elite Sport

During the 70's he developed practical training programs together with the Swedish National and Olympic Teams. At the 1976 Olympics in Montreal, he was the only sport psychologist and mental trainer in the Olympic Village. In the 70s and 80s Dr. Uneståhl was invited to introduce the »Swedish model« to many countries around the world including, Australia, Brazil, Canada, China, Japan, Korea, US and many countries in Europe.

## Mental Training in Swedish schools

A number of studies were initiated in 1975 to investigate the effect of Mental Training in the field of education from the pre-school to high school levels. After six years of research with very encouraging results, it became part of the national curriculum. This also created international attention, and Dr. Uneståhl was for instance invited to be a visiting professor at Flinders University to introduce the Swedish model in 80 South Australian schools.

## Most areas of society

During the 1980s, the application areas of Mental Training were enlarged to most areas of society, e.g. work, business, relationships, etc. Over 50 % of the 100 largest Swedish international companies have used Mental Training in some form. Another important area of application became health care with programs for facilitating changes in behavior such as breaking the smoking habit, weight regulation, sleep improvement, and for emotional control applications such as phobias, anxiety disorders and various stress reactions. IMT was also used as a »complementary medical method« in areas like cancer, preparation for giving birth, preparation for, and post-effects of surgery, recovery after sports' injuries, etc. IMT was also shown to be effective in the treatment of tinnitus and chronic pain.

## INTRODUCTION - UMT®

UMT® is a competence and life-quality improving distance education for everyone regardless of background, occupation or position, and a course in which you decide the starting day and study rate.

### COURSE CONTENT AND THE TIME SPENT

Training consists of four modules each of which each provides 25 IU (7.5 p). Each module contains DVD lessons, literature, tests, exercises and training programs. The titles are:

- Basic Mental Training,
- Self and Goal image Training
- Mental strength Training
- Life-quality Training

### TIMEFRAME

The UMT® is designed so that you can complete it in less than one year. UMT® can be completed in six months (185 days), but there are advantages to not trying to force the pace. It is very beneficial to extend the course over a longer period of time, to allow time for the important processes of reflection and assimilation thus allowing knowledge to become skills, etc. If study at a 50% rate, the course takes one year, and two years at 25%.

### INTRODUCTION

The introduction is intended to give you an overview of the training and knowledge of the principles underlying this method of study. The purpose of the booklet is to both introduce you to the training, and to provide continuity during training. Hopefully you will complement the book with articles, clippings, notes, etc. Please read the first six introduction tabs before beginning to read the books, and using the DVDs and training programs. In addition to studying the literature and DVD lessons, train yourself in greater personal, social and professional skills.

### TEST I and TEST II

Particularly important is that you go through the test portions (Tab 6-Test I) before you start reading and training. In order to properly evaluate changes the education has led to, it is necessary to compare with the base values that you have before training begins. After the training ends, you will then use the same test (Tab 11-TEST II) and consider the changes it has contributed to.

### TRAINING

Training is recorded on CD. The traditional Mental Training is supplemented with what is called the living experience. It regards questions and information related to everyday life, which are answered and then put into practice.

### LITERATURE

The course contains eight books written by Dr. Uneståhl.

### DVD

Each module has two DVDs which each contain two lessons. All lectures are recorded at the Mälardalens University, Eskilstuna, Sweden.

### WRITTEN EXAM

You can choose to do the course for your own self-improvement, without examination, or you can also choose to do the course, and take the examination to obtain a certificate as proof of your approved training. After each module you will do an exam. Each exam consists of non-directed PM writing and a number of tasks, tests, and exercises as well as a number of special tasks.

### PM AS EXAM FORM

The examination for this training is carried out by writing (typing) your PM. It is important to show how knowledge becomes skills, i.e. what your thoughts are about the content, and above all present how you applied information and knowledge. What is interesting and significant are the changes that this course has brought to your life. The PM can be between 2-6 typed A-4 pages. We focus on *quality* not *quantity*. This is a course in personal development, not in essay writing. We have chosen PM writing as an exam form, because it has an added value in addition to just being an exam form. The design of the exam has a positive impact on the development process that you will undergo during training. The skills development that is intended is of course reached first and foremost through exercise, practice, application and training, but you also develop by expressing your process of change in writing.

### USB

Send your details to Mental Training Sweden AB. We would prefer to have your data digitally. All forms can be found on the USB memory stick. If you want to submit your exam on paper, it is of course ok.

### CERTIFICATION

To become certified, all the information in the course should be presented to, and approved by Mental Training Sweden AB including the last task that is a final evaluation of the entire course. The examiner is *Dr. Uneståhl*, and certificates are issued by Scandinavian International University together with Mental Training Sweden AB.



### ORDER UMT®

You can order UMT via the website [www.mtsweden.com](http://www.mtsweden.com). The price is €1140 Euro, excluding shipping and VAT within the EU. Payment is made through PayPal, the widely known and secure method of online payment.

### CONTACT

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