

Altered States of Consciousness

1. Psychoneurophysiology of Personalised Regressive and Experiential Imagery Therapy.

2. Therapeutic Value of this Therapy in Two Sessions

Results:

1. Psychoneurophysiology (placebo/suggestion versus therapeutic/ interactive technique):

a) EEG

- There was a significant decrease of the alpha/ theta ratio in the placebo sessions compared to the *therapeutic sessions (increasing theta activity in both hemispheres, with compensatory decreasing alpha amplitude)*.

- There are no significant differences in the left/ right hemisphere relation in both sessions

- It seemed that cure depends on the amount of theta activity during the session (at least 30% of the total).

- Comparing alpha/ beta ratio between both types of sessions no significant differences were found

b) Skin conductance - no significant differences found

c) Superficial muscle activity (EMG) - no significant differences found

d) Plethysmography

- no significant differences concerning pulse frequency;

- there is significant increase of pulse amplitude during therapeutic sessions

e) Placebo and therapeutic sessions are clearly separated from a neurophysiological point of view and both differentiate from sleep and dream

f) Though clusters of patients were not found in either session, patients neurophysiologically resemble each other in the therapeutic sessions

2. Therapeutic results

Evaluated six months after the end of the treatment a third of the patients had completely stopped using daily analgesics as they did before. Other third significantly reduce headache frequency and intensity. The remaining showed no differences to the former state. It was felt that two therapeutic sessions were not enough in order to have better results.

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