

SEMINAR – EFFECTS OF LONGTERM SELF-HYPNOTIC TRAINING (IMT)

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The seminar will give an overview of the effects of a longterm and systematical self-hypnotic training (Integrated Mental Training) on areas like Performance (in Sport, School, Stage and Work), Neurophysiology (EEG, Omega Potential), Biochemistry (cortizol, DHEAS etc.) and Immunology (T helpers/T suppressors). The seminar will also show some new and sophisticated methods of measuring human energy

The various investigations, which are covered in this seminar, are based on the Swedish model of Mental Training, from which more than 30 of the training programs have been translated to Russian. The programs have been used and evaluated in Schools, Sport and Health.

The base of IMT-training is the "inner mental room"(IMR), which is an operational definition of an alternative state of consciousness (Self-Hypnosis).

Measurements of the difference between IMR and the "dominant state of consciousness" (waking) have shown that IMR is characterized by:

1. An increase in theta activity
2. A decrease of alpha activity in frequency 10-13 and an increase of frequency 7-9
3. A disappearing of hemispheric assymetry and a synchronisation of total hemispheric activity

Regular use of daily IMT-training for a few months has shown the following effects:

1. Decrease in cortizol levels
2. Increase in beta-endorphine levels
3. Increase of the general immunomodulating capacity
4. Prevention of the reduced immunologi, normally related to overtraining
5. Reversal of the age-related decrease of the DHEAS hormone
6. Increase of self-regulating capacities and homeostatic processes

Among other changes can be mentioned an improvement of the psycho-emotional status, measured by POMS, the Wellness scale, etc.

Many of the investigations have been concerned with the creation of ideal or optimal zones of functioning in regard to sport, school, work or rehabilitation from illness or injury.

Field investigations with the "Omega potential" has pointed to an optimal sport performance zone of 15 to 25 MV, where the difference between topathletes and lower level athletes seem to be in the left hemisphere.

A similar assymetry between the left and right side of the body has also been shown to disappear with IMT-training.