

Quantitative Electroencephalographic study in Amplified States of Consciousness induced by Terapia Regressiva Vivencial Peres

Results:

Traumatic memories are frequently associated with psychogenic symptoms and to the origin of belief systems responsible for dysfunctional behavior patterns. It is advisable, when treating sufferers of traumatic memories, to make use of procedures based on assisted therapeutic exposure, with the objective of not only removing the feeling of extreme vulnerability, but also rebuilding the basic beliefs acquired during the traumatic event.

This study examined whether quantitative electroencephalography (QEEG) could descry differences in brain function in sufferers of traumatic memories submitted to a standardized psychotherapeutic session which includes relaxation, retrieval of traumatic memory, conscience of automatic thoughts & emotion, cognitive redecision and finalization.

Electroencephalograms (20-channel) were recorded from 20 patients with recurrent traumatic memories (accident, sexual violence and robbery) acting as determinants for the affected behavioral patterns. QEEG recordings were performed during the course of the psychotherapeutic session and the data were compared to the baseline condition. Both absolute and relative amplitudes were simultaneously analyzed at delta (0,5 –3,9 Hz), theta (4-7,9 Hz), alpha (8-11,9 Hz) and beta (12-18 Hz) frequencies.

The present study showed significant changes in the cerebral electrobiogenesis associated with the retrieval and reconstruction of traumatic memories during the standardized psychotherapy session. It is assumed from the electroencephalographic findings that the psychotherapeutic approach applied conducts the individual through consistent neurophysiologic changes that suggest amplified states of consciousness, which facilitate the psychotherapeutic process.

Published Work:

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