

QUANTITATIVE ELECTROENCEPHALOGRAPHIC STUDY IN THE TERAPIA REGRESSIVA VIVENCIAL PERES

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Introduction:

Amplified States of Consciousness (ASC) have been applied by contemporary psychotherapies for treatment of certain psychological disorders. Terapia Regressiva Vivencial Peres (TRVPeres) is a psychotherapeutic approach that uses ASC to help the patient experience past traumatic contents related to current dysfunctional behavior patterns in order to solve the corresponding disorders.

Purpose:

The present study intended to analyze the therapeutic value and the electroencephalographic (EEG) findings in the different stages of TRVPeres as well as to compare these data to baseline conditions in a vigil state of consciousness.

Methods:

Twenty subjects with no history of neurological or psychiatric disorders were submitted to two quantitative Electroencephalographic studies: (i) during a vigil state of consciousness and (ii) during an ASC induced by a TRVPeres psychotherapeutic session. Digital electroencephalogram equipment (EMSA S-20) recorded the entire session (i,ii), and the electrodes were distributed pursuant to the international 10/20 system. The impedance of electrodes remained below 5,000, with a 50-Hz filter.

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Results:

For statistical analysis purposes, Student's t for matched pairs was used in group comparison. A $p < 0.05$ level of significance was employed. When the absolute and relative amplitudes in delta, theta, alpha and beta rhythms were analyzed, a statistically significant difference was noticed in comparison to the baseline examination:

Absolute Delta Amplitude	Relative Delta Amplitude
relaxation ($p=0.005$), visualization ($p=0.001$), connection with the unconscious ($p<0.001$), deprogramming ($p<0.001$), and return/conclusion ($p=0.004$)	relaxation ($p=0.001$), visualization ($p=0.003$), connection with the unconscious ($p=0.002$), regression experience ($p=0.040$), deprogramming ($p=0.012$), return /conclusion ($p=0.010$)
Absolute Theta Amplitude	Relative Theta Amplitude
No statistically significant difference	relaxation ($p<0.001$), regression experience ($p=0.017$), most traumatic moment ($p<0.001$), redecision ($p=0.046$), deprogramming ($p=0.017$), positive programming ($p=0.002$), and return/conclusion ($p=0.002$)
Absolute Alpha Amplitude	Relative Alpha Amplitude
relaxation ($p=0.010$), visualization ($p=0.039$), and positive programming ($p=0.029$)	relaxation ($p=0.002$), visualization ($p=0.007$), positive programming ($p=0.029$), deprogramming ($p=0.037$), return ($p=0.007$)
Absolute Beta Amplitude	Relative Beta Amplitude
regression experience ($p=0.015$), most traumatic moment ($p=0.027$), and decision ($p=0.022$)	No statistically significant difference

Conclusion:

The EEG findings showed that the TRVPeres memory regression session induces neurophysiological changes that indicate an ASC. As an exposure-based therapy for reduction of emotional response to traumatic memories, TRVPeres allows comprehension of the traumatic event in a new schematic representation of reality. These findings indicate that this type of psychotherapy has an important role in revisiting painful, traumatic memories in order to restructure the basic beliefs about these memories so the patient can regain a sense of control and safety. Moreover, specific activation of this type is safe from a cerebral electrobiogenesis point of view. This study opens bright prospects for further scientific research on the psychoneurophysiologic basis of TRVPeres.