

Self-induced cognitive trance, hypnosis and meditation to improve quality of life after cancer

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Abstract :

After a cancer, patients may experience pain, fatigue, sleep or cognitive difficulties, and emotional distress. Interventions based on non-ordinary states of consciousness (NSC), such as hypnosis and mindful self-compassion meditation, revealed encouraging results in terms of improvements of these symptoms, paving the way for the study of other NSCs, such as self-induced cognitive trance. This practice, inherited from traditional shamanic practice, can be induced by body movements and vocalizations. It is still little-known, and its therapeutic benefits have never been rigorously studied. During this presentation, we will present the first longitudinal, controlled study on these three NSCs in oncology. The aim is to assess the impact of three group interventions based on these NSCs (i.e., hypnosis, mindful self-compassion meditation, and self-induced cognitive trance) as well as a control group receiving standard care on different clinical, phenomenological and neurophysiological variables. Preliminary results on the main clinical symptoms, phenomenological and neurophysiological data will be presented during the day.