



SIPPMU

2023

**ITALIAN SCIENTIFIC
SOCIETY OF
CLINICAL HYPNOSIS
IN PSYCHOTHERAPY
AND HUMANISTIC
MEDICINE**

Newsletter

ENGLISH

**EDITOR:
Maria Paola
Brugnoli**



SIPPMU

*Società Scientifica Italiana Ipnosi Clinica
in Psicoterapia e Medicina Umanistica*

n. 4

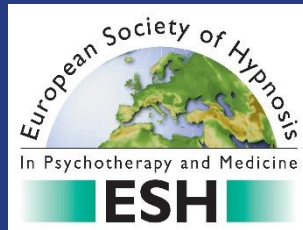
AUGUST 2023



2023

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The Palliative Care Training Course.

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THE LATEST SCIENTIFIC STUDIES BY OUR SIPMU MEMBERS:

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2) **Anirudh Kumar Satsangi**, P.A. Director (Retd.) DayalBagh Educational Institute, (Deemed University) Dayalbagh Agra - 282005 India:

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"Meditation and Palliative Care."

4) **Maria Paola Brugnoli**, Medical Hypnotherapist: 'Poetic Harmonies: Hypnotic Interweavings of Peace and Serenity through Visualizations'

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2023

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Greetings from the SIPMU President

Welcome to our newsletter

August 2023 of the Italian Scientific Society of Clinical Hypnosis in Psychotherapy and Humanistic Medicine!

We are excited to welcome you to the world of hypnosis-based psychotherapy and humanistic medicine.

In this space, we keep you informed of clinical hypnosis and humanistic medicine courses that SIPMU promotes and various activities.

We also endeavor to share knowledge, experiences, and insights regarding the use of clinical hypnosis to promote mental well-being and holistic treatment of our patients.

We know how important it is for you, as professionals dedicated to the care of others, to stay up-to-date on the latest trends and research in the field of clinical hypnosis and humanistic medicine.

Our mission is to provide you with valuable resources that will enrich your practice and inspire you to explore new horizons in your profession.

(continued)



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Each individual is unique, and we believe that the humanistic approach to medicine is fundamental to treating people as a whole.

Clinical hypnosis is proving increasingly effective in treating a wide range of disorders and fostering positive change through reframing experiences and enhancing inner resources.

In this newsletter, you will find articles written by our expert members, who will share interesting studies, new scientific findings, practical tips for applying clinical hypnosis, and much more.

We want to create a space where we can grow together as a community of professionals committed to the art of healing, where all SIPMU members can contribute. Indeed, we look forward to your submissions for future newsletters.

We thank you for joining SIPMU on this journey of learning and sharing.

Together, we can expand the boundaries of knowledge and continue to promote the psychological and physical well-being of the people we care for. If you have any suggestions, questions or experiences to share, please do not hesitate to let us know.

Happy reading and good work to all!

Maria Paola Brugnoli, MD, PhD, President SIPMU

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ACTIVITIES CARRIED OUT BY SIPMU IN THE FIRST 6 MONTHS OF 2023

1) the Bioethics in Humanistic Medicine Course: the Medical Bioethics Course was held on Saturday, May 13, 2023 in Verona, at the Camillian Fathers' Training Center "Sentieri Formativi" In Italian Language

Corso (in presenza e online) di Formazione in

CCF SENTIERI FORMATIVI
CENTRO CAMILLIANO DI FORMAZIONE



SIPMU



Diocesi di
Verona
Ufficio di
Pastorale
Della Salute

BIOETICA NELLA MEDICINA UMANISTICA

SOCIETÀ SCIENTIFICA ITALIANA IPNOSI
CLINICA IN PSICOTERAPIA E MEDICINA
UMANISTICA

PROGRAMMA

9-9.45 **Introduzione al Corso: Introduzione e questioni fondamentali della Bioetica** (Maria Paola Brugnoli)

9.45-10.45 **La Medicina e la Psicologia Umanistica** (Emanuela Pasin)

10.45-11 Pausa caffè

11-12 **Principi di Bioetica Generale e Sanità** (Maria Paola Brugnoli)

12-13 **La Medicina e l'Inizio della Vita** (Gaia Bellini)

13-14 Pausa Pranzo autogestita

14-15 **Principi di Bioetica Medica, di Etica Clinica e Scienze della Vita** (Maria Paola Brugnoli)

15-15.45 **Neuroscienze e Bioetica di Fine Vita: Gli Stati di Coscienza Patologici, La Morte Cerebrale e la Donazione di Organi** (Maria Paola Brugnoli)

15.45-16 Pausa caffè

16-17 **La Bioetica alla Fine della Vita e nelle Cure Palliative** (Maria Paola Brugnoli)

17-18 **La Spiritualità nel Fine Vita** (Padre Danio Mozzi)

Ore 18 Fine Corso 18-18.30 questionari per gli iscritti che hanno richiesto gli ECM

SABATO 13 MAGGIO 2023 DALLE ORE 9 ALLE ORE 18

Presso il Centro Camilliano di Formazione, Via Astico - 37124 Verona

Sono previsti 8 crediti ECM per medici, psicologi, infermieri.

DOCENTI: **Dott.ssa Maria Paola Brugnoli**, Medico Chirurgo, Spec. Anestesia e Rianimazione, Terapia del Dolore e Cure Palliative, Neurobioetica; Dottorato in Neuroscienze, Psicologia e Psichiatria. Coordinatore Gruppo di Ricerca sulla Coscienza, presso GdN, Dipartimento di Filosofia e cattedra UNESCO di Bioetica e Diritti Umani, Ateneo Pontificio Regina Apostolorum, Roma.

Dott.ssa Gaia Bellini, Medico Chirurgo, Spec. Ginecologia ed Ostetricia, Uroginecologa, Sessuologa Clinica AISP

Dott.ssa Emanuela Pasin, Psicologa, Spec. Psicoterapia, Master in Neuropsicologia

Dott. Padre Danio Mozzi, Sacerdote Camilliano, Laurea in Fisica, Licenza in Teologia Spirituale, Dottorando in Teologia, Direttore Centro Camilliano di Formazione, Verona.



Sono previsti 8 ECM per 40 persone in ordine di iscrizione.

Le iscrizioni possono essere effettuate solo per email

Per informazioni ed iscrizioni: sipmuipnosi@gmail.com

COSTO DI ISCRIZIONE:

EURO 80 CON CREDITI ECM (corso in presenza)

EURO 60 SENZA CREDITI ECM (frequenza anche online)

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Report of the Bioethics in Humanistic Medicine Course:

The Bioethics in Humanistic Medicine Course was a fascinating journey into the complex and extraordinary world of Medical Bioethics. In an age when scientific and technological advances are constantly redefining the boundaries of medicine, it is crucial to understand and address the ethical challenges that emerge from the intersection of medical science and basic human values. This course was not only an opportunity to explore the ethical dilemmas that arise in modern medical practice, but also an invitation to think deeply about the nature of compassion, dignity and responsibility in patient care.

We immersed ourselves in stimulating and engaging discussions on a wide range of issues: from equity in access to care, to end of life.

We explored the diverse cultural, religious and philosophical perspectives that influence how we perceive health, illness and life itself.

But this course did not just deal with theory and abstract debates. Through real-life case studies and practical scenarios, we had the opportunity to test our critical analysis skills and make thoughtful ethical decisions.

We were challenged to consider the long-term implications of choices and to understand how our role as health professionals can affect the lives of patients and their families.

Medical bioethics is fertile ground for personal and intellectual growth.

We invite everyone to embrace this path with curiosity and open-mindedness, as there is no absolute "right" or "wrong" answer, only respect for each patient's life.

Together, we have explored the nuances of the right and the ethical, honing our critical thinking skills and our sensitivity to deeper human issues.

We prepared ourselves to question ourselves, to develop a more empathetic approach, and to hone our ability to make complex decisions based on sound ethical principles.

This course was not only a learning opportunity, but an invitation to grow as an individual and as a professional committed to the art of medicine and respect for human dignity.



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The free 50-hour Basic Clinical Hypnosis Course in English online, recognized by ESH European Society of Hypnosis, and ISH International Society of Hypnosis, for Physicians and Psychologists at Kiev Medical University, Kiev, Ukraine.

Pictured is Prof. Borys Ivnyev, Rector of Kiev Medical University, KMU in Kiev and Honorary Member SIPMU

In order to help our Ukrainian brothers and sisters, physicians and psychologists, including through scientific collaboration, we invited Prof. Borys Ivnyev, Medical Psychiatrist, Rector of the Kiev Faculty of Medicine and member of ISH International Society of Hypnosis and ESH European Society of Hypnosis, to become an Honorary Member of SIPMU.

We are very honored and happy that he accepted.

In addition, SIPMU with Dr. Maria Paola Brugnoli and Prof. Borys Ivnyev, conducted from September 2022, until May 2023, a free 50-hour basic hypnosis course in English language for medical and psychological colleagues from KMU Kiev Medical University, who joined, and with whom SIPMU will always continue scientific collaboration, with the hope that we will meet soon in Ukraine in Peace time.

At the end of the 50-hour basic hypnosis course in May 2023, colleagues from KMU, obtained their Diploma of Hypnotherapists in the presence also of the President of ESH, European Society of Hypnosis dr. Kathleen Long, MD, of the British Society of Medical and Dental Hypnosis -Scotland, UK (BSMDH-S)



EUROPEAN SOCIETY OF
HYPNOSIS



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2023

Newsletter

SIPMU ACTIVITIES PLANNED FOR FALL 2023

PALLIATIVE CARE TRAINING COURSE: OCTOBER-DECEMBER 2023

PRESENTATION TO THE COURSE: Accompanying You with Care and Compassion: A Palliative Care Training Course. (In Italian Language)

Dear friends and colleagues,

In this hectic dance of life, we often find ourselves pondering what really matters. What really matters is the warmth of love, the comfort of support and dignity at every stage of our existence. Today, we would like to share with you the real and tangible importance of palliative care in people's lives.

Palliative care is not just a set of medical treatments, but rather a philosophy that embraces each individual with compassion and respect. They are the umbrella under which people take refuge when the sun gets too hot and the rain too heavy. Every sick person deserves to live out his or her days as well as possible, surrounded by the affection of loved ones and a team of dedicated professionals.

Imagine a world where no one has to face the challenge of illness alone, where every symptom is relieved and every fear is heard. This is the world that palliative care seeks to build. It is not only about relieving physical pain, but also about relieving the emotional and spiritual burden that illness can bring. It is an offer of comfort and serenity in difficult times.

Palliative care is not just for the elderly or the terminally ill; it is for everyone who needs care, understanding and compassion. They are for children struggling with complex illnesses, for adults trying to overcome imposing challenges, and for the elderly who desire a peaceful transition to their next chapter.

Palliative care is a medical and nursing approach that focuses on improving the quality of life of patients with serious, progressively debilitating or terminal illnesses, as well as on relieving the physical, psychological and spiritual symptoms associated with such conditions. The main goal of palliative care is to provide comfort and support, relieving pain and other unpleasant symptoms, as well as promoting the patient's emotional well-being and dignity. (CONTINUED)



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PALLIATIVE CARE TRAINING COURSE: OCTOBER-DECEMBER 2023 **Accompanying You with Care and Compassion: A Palliative Care Training Course. (In Italian Language)**

Scientifically speaking, palliative care is based on a multidisciplinary approach involving several medical, psychological, social and spiritual disciplines, including medicine, nursing, psychology, physical therapy and social work, as well as other health professions.

The main aspects of palliative care include:

- **Symptom control with medical and nursing care:** Palliative care seeks to effectively manage physical symptoms, such as pain, nausea, dyspnea (difficulty breathing) and other complaints, using appropriate medications and therapies.
- **Psychological Support:** Patients coping with serious illness often experience anxiety, depression and emotional distress. Palliative care providers work to offer psychological support, counseling and resources to address these challenges.
- **Social Work:** Palliative care social workers provide practical support and counseling to families and patients, addressing issues such as home care coordination, access to financial resources and legal assistance.
- **Spiritual Care:** Palliative care takes into account the spiritual and religious needs of the patient and their family, providing spiritual support according to their beliefs and wishes. (continued)



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PALLIATIVE CARE TRAINING COURSE: OCTOBER-DECEMBER 2023

Accompanying You with Care and Compassion: A Palliative Care Training Course.

Care in the Family Context: Palliative care considers the impact of illness on families and provides support to help them cope with change, care for the patient, and cope with bereavement.

Open Communication: Open and honest communication between medical staff, patient and family is critical in palliative care to ensure that everyone is informed about the patient's health status, treatment options and end-of-life decisions.

End-of-life Decisions: Palliative care also addresses issues related to end-of-life decisions, such as advance care planning and DAT advance directives, while respecting the patient's preferences and values.

Ultimately, palliative care is a comprehensive and scientifically based approach to improving the quality of life of patients with serious illness by focusing not only on the medical aspects, but also on the emotional, social and spiritual aspects of the individual.

Every person deserves to be listened to, to be respected, and to feel important until their last breath.

Palliative care teaches us that life, regardless of circumstances, is precious. They teach us that the value of companionship and empathy far outweighs any medical statistics.

They remind us that it is not just about "quantity of life," but about "quality of life." Palliative care reminds us that humanity shines brightest when we care for each other.

May we support and promote palliative care so that no one ever has to walk the path of illness alone.

May we embrace the importance of living with dignity and comfort, because every life deserves to shine until the last moment.

With love and compassion, Dr. Maria Paola Brugnoli, MD, PhD

DURATA: 4 fine settimana =50 ORE

Sabato 7 – domenica 8 ottobre

Sabato 4 – domenica 5 novembre

Sabato 18 – domenica 19 novembre

Sabato 9 – domenica 10 dicembre

IN PRESENZA E ONLINE

Orari:

Sabato: 9:00 - 18:30

Domenica 9:00 - 13:00

DOCENTI DEL CORSO:

MEDICI Specialisti in Anestesia, Terapia del Dolore, Cure Palliative, Oncologia, Neurobioetica, esperienza di un **MEDICO MISSIONARIO**, **PSICOLOGI** Specialisti in Psicoterapia, Antropologia, Comunicazione; **AVVOCATI** Specialisti in Neurobioetica, **BIOETICISTI**, **FILOSOFI**, **TEOLOGI**, **COUNSELLOR** Professionisti.

DIREZIONE SCIENTIFICA DEL CORSO:

Dott.ssa Maria Paola Brugnoli: Medico Chirurgo, Spec. Anestesia, Terapia Del Dolore, Cure Palliative, Neurobioetica, Presidente SIPMU.

Dott. Padre Danio Mozzi: Sacerdote, Direttore CCF (Verona).

COSTI:

€ 250,00 con crediti ECM

€ 200,00 senza crediti ECM

Verrà rilasciato

Attestato di Frequenza

Per informazioni e iscrizioni:

mariapaola.brugnoli@gmail.com

Corso di Formazione in CURE PALLIATIVE

IN FASE DI ACCREDITAMENTO ECM

PER TUTTE LE PROFESSIONI SANITARIE

ISCRIZIONE

APERTA A OSS, VOLONTARI, CAREGIVER

Presso il Centro Camilliano di Formazione

Via Astico - 37124 Verona

Corso in presenza e on line



"Ogni vita merita di essere vissuta con dignità e amore fino all'ultimo respiro. Iscrivendosi al nostro corso di cure palliative, avrai l'opportunità di imparare a donare conforto, comprensione e sollievo a chi affronta momenti difficili.

Insieme, possiamo trasformare l'esperienza della sofferenza in un viaggio di compassione e speranza, costruendo un mondo

dove nessuno si senta mai solo o abbandonato."

CCF SENTIERI FORMATIVI
CENTRO CAMILLIANO DI FORMAZIONE



Diocesi di Verona
Ufficio di Pastorale
della Salute



SOCIETÀ SCIENTIFICA ITALIANA IPNOSI CLINICA IN
PSICOTERAPIA E MEDICINA UMANISTICA



GdN
ATENE
PONTIFICIO
REGINA
APOSTOLORUM

2023

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CLINICAL HYPNOSIS COURSE IN PAIN MANAGEMENT: (in Italian Language) INTRODUCTION

A fascinating and powerful journey into the universe of pain management through an innovative and effective approach. In a world where pain can often pose a debilitating challenge to quality of life, it is critical to embrace advanced therapeutic tools that can offer relief and well-being to our patients.

This course is not only an opportunity to gain theoretical knowledge about clinical hypnosis and its application in pain management, it is also an empathetic and engaging experience that will guide you through a transformative learning journey. We understand that pain is more than just a physical sensation; it has a profound impact on every aspect of a person's life. That is why, in addition to providing you with a solid theoretical foundation on hypnosis and grief, we are committed to cultivating your capacity for empathy, understanding and communication.



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Through interactive sessions, case studies, practical demonstrations and guided exercises, you will learn not only how to use the techniques of clinical hypnosis safely and effectively, but also how to develop a compassionate approach to patients coping with pain.

You will be able to apply these skills not only in clinical settings, but also in your daily life, offering real, tangible support to those in need.

Our mission is to provide you with tools that can make a difference.

Whether you are already a professional in the field of hypnosis, seeking to enrich your skills, or you are new to this field and wish to gain an innovative perspective, this course is designed specifically for you.

We invite you to embrace this opportunity for learning and growth by joining us in pursuing excellence in pain therapy through clinical hypnosis.

This course is also open to beginners in hypnosis.

Only physicians, psychologists and dentists may enroll.

Maria Paola Brugnoli, MD, PhD



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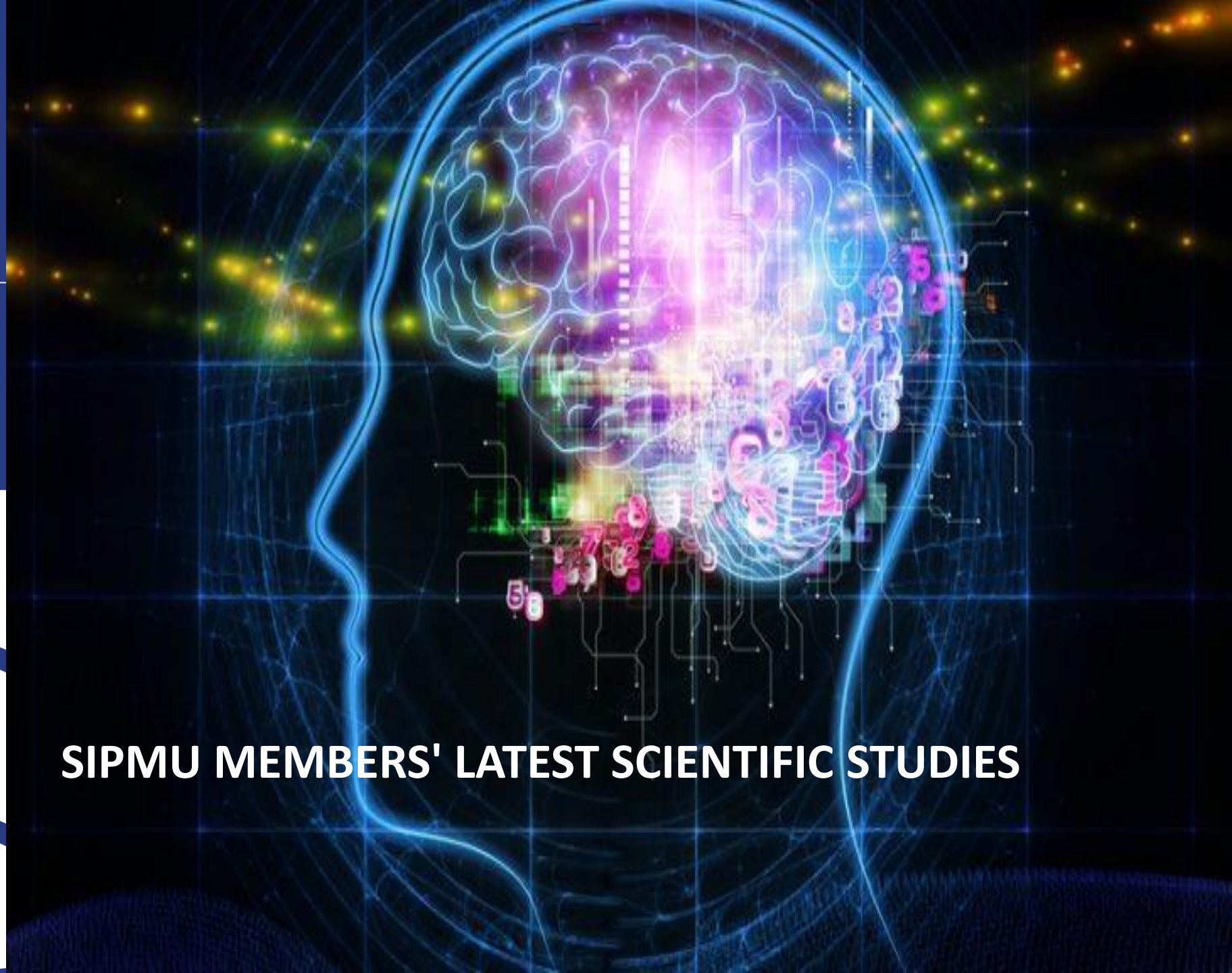
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SIPMU MEMBERS' LATEST SCIENTIFIC STUDIES



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2023

Newsletter

JOACHIM KEPPLER: A FIELD-THEORETICAL MODEL OF BRAIN DYNAMICS REVEALS THE MECHANISM UNDERLYING MACROSCOPIC QUANTUM COHERENCE AND ITS SIGNIFICANCE FOR THE FORMATION OF CONSCIOUS STATES: Introduction to Keppler's Work

In this groundbreaking study, which Keppler presented at the International Congress 'Toward a Science of Consciousness 2023,' held in Italy, and published in Frontiers, indexed on PubMed, the author devoted himself to exploring the interactions of brain dynamics through the use of a theoretical model based on field theory. Through such an advanced approach, he was able to shed new light on the understanding of quantum coherence patterns at the macroscopic level in the human brain.

This is a significant step forward, as quantum coherence has always been a subject of interest and debate in science and philosophy, especially in relation to processes related to consciousness.

The most exciting aspect of this work is its relevance to understanding the formation of states of consciousness. The ability to build bridges between microscopic neurological mechanisms and conscious experiences is a fascinating challenge, and this study offers an intriguing hypothesis about the possible link between brain dynamics and subjective experiences. This work not only pushes the boundaries of scientific knowledge, but also asks profound questions about who we are and how we perceive the world around us. In summary, Keppler's work, which offers the formulation of a theoretical model of brain dynamics and quantum coherence, is an invaluable contribution to the world of science. His research breaks new ground in the understanding of human consciousness and brain functioning, laying the foundation for further discoveries and insights that could illuminate even more of the mystery behind the curtains of the human mind. Thank you, Joachim, for the kind permission of your slides.



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A Field-Theoretical Model of Brain Dynamics Reveals the Mechanism Underlying Macroscopic Quantum Coherence and Its Significance for the Formation of Conscious States

May 23, 2023

Joachim Keppler, PhD

DIWISS Research Institute



Agenda

- ▶ 1 Neural Correlates of Consciousness: Indications of Macroscopic Quantum Coherence in the Brain
- ▶ 2 Macroscopic Quantum Coherence: Mechanism and Feasibility
- ▶ 3 Significance of Macroscopic Quantum Coherence for a Theory of Consciousness

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Neural Correlates of Consciousness: Body of Empirical Evidence

- ▶ The common strategy to narrow down the mechanism behind conscious processes consists in exploring the **neural correlates of consciousness (NCC)**.

- ▶ Mounting evidence suggests that
 - (1) conscious states are related to **long-range synchronized** brain activity,
 - (2) activity patterns reflect the **collective behavior** of large numbers of neurons.

(Desmedt and Tomberg, 1994; Rodriguez et al., 1999; Engel and Singer, 2001; Melloni et al., 2007; Gaillard et al., 2009)

(Kelso et al., 1992; Freeman, 2004, 2005, 2007)

- ▶ In-depth analyses of the empirical data indicate that pattern formation arises from **phase transitions** and that the dynamical characteristics of the brain are due to **criticality**.

(Kelso et al., 1992; Freeman, 2004, 2005; Kitzbichler et al., 2009; Chialvo, 2010; Tagliazucchi et al., 2012; Plenz et al., 2021)

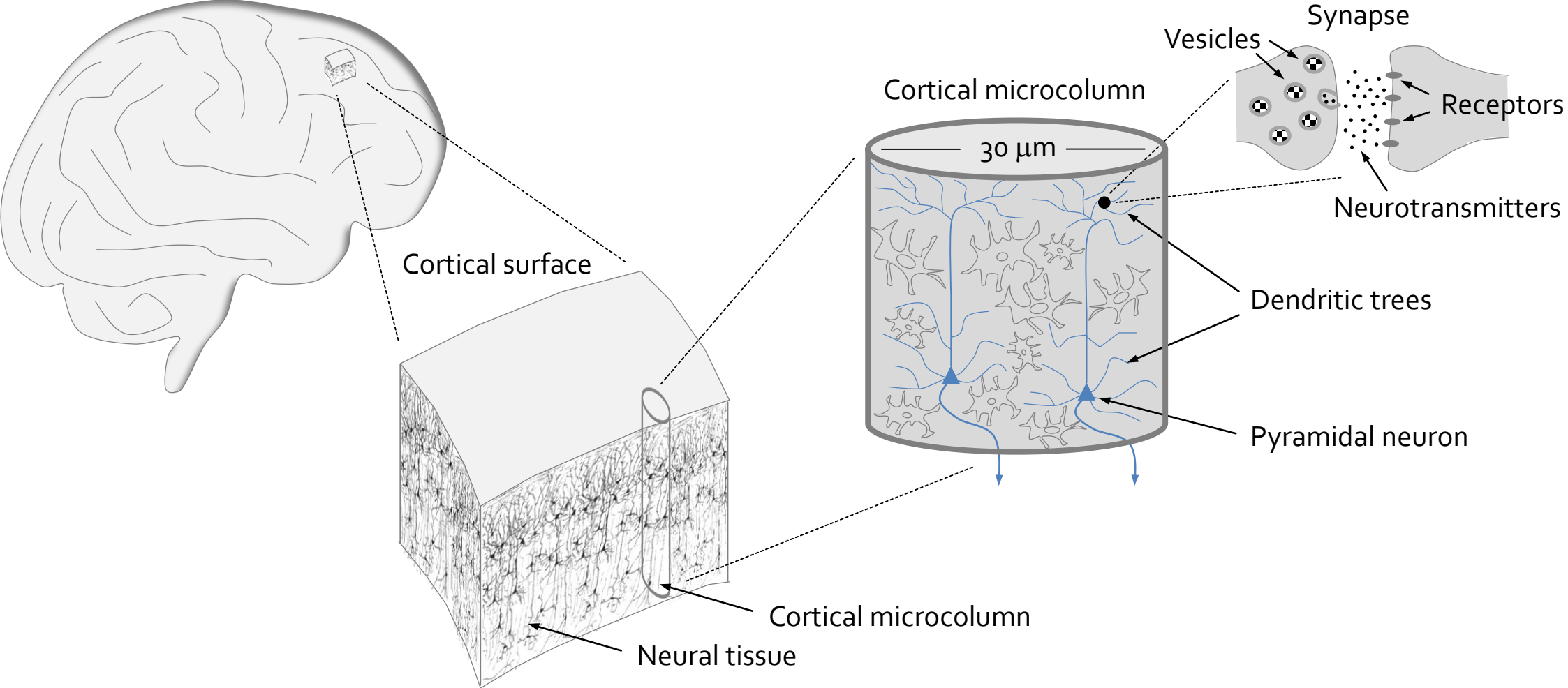


- ▶ Expectation: insight into the mechanism used by the brain to **control phase transitions** will lead to a deeper understanding of the mechanism underlying the **formation of conscious states**.
- ▶ Methods of **quantum field theory** have turned out to be remarkably powerful for the explanation of collective behavior and abrupt phase transitions in many-body systems.
- ▶ Promising approach: understanding the collective behavior found in neural activity as a **macroscopic feature of quantum origin**.

(Ricciardi and Umezawa, 1967; Del Giudice et al., 1985; Freeman and Vitiello, 2006, 2007, 2008)

- ▶ 1 Neural Correlates of Consciousness: Indications of Macroscopic Quantum Coherence in the Brain
- ▶ 2 **Macroscopic Quantum Coherence: Mechanism and Feasibility**
- ▶ 3 Significance of Macroscopic Quantum Coherence for a Theory of Consciousness

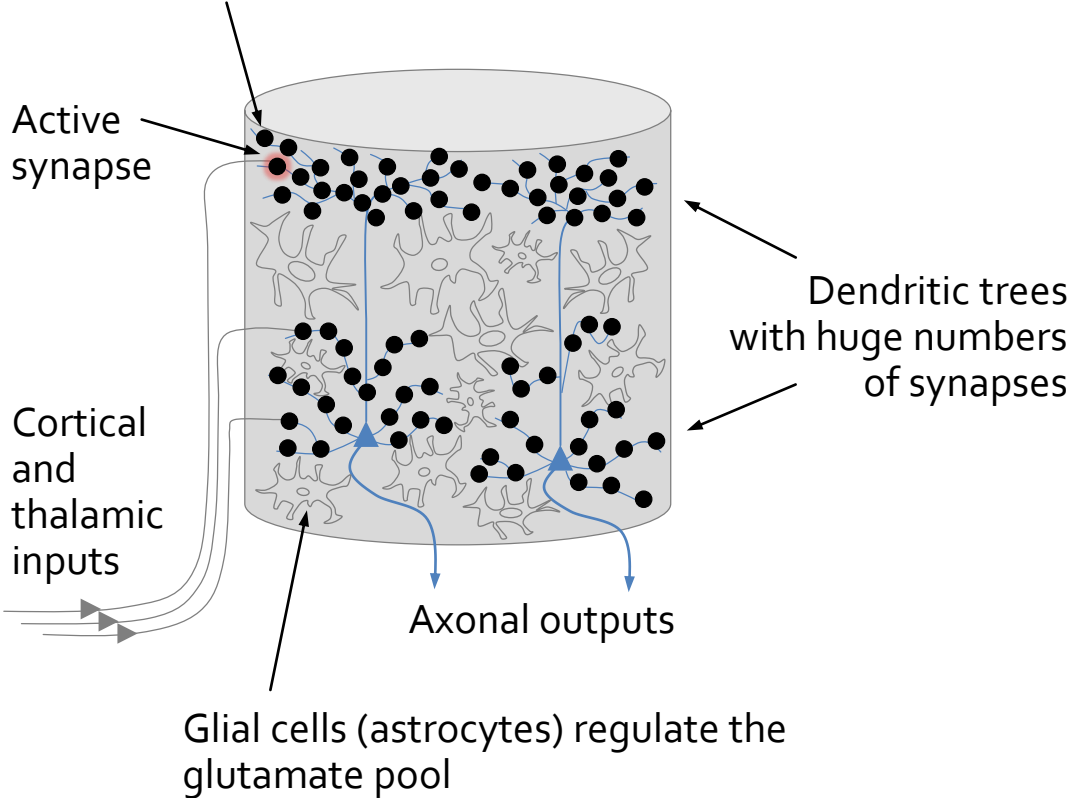
Organization of the Cortex



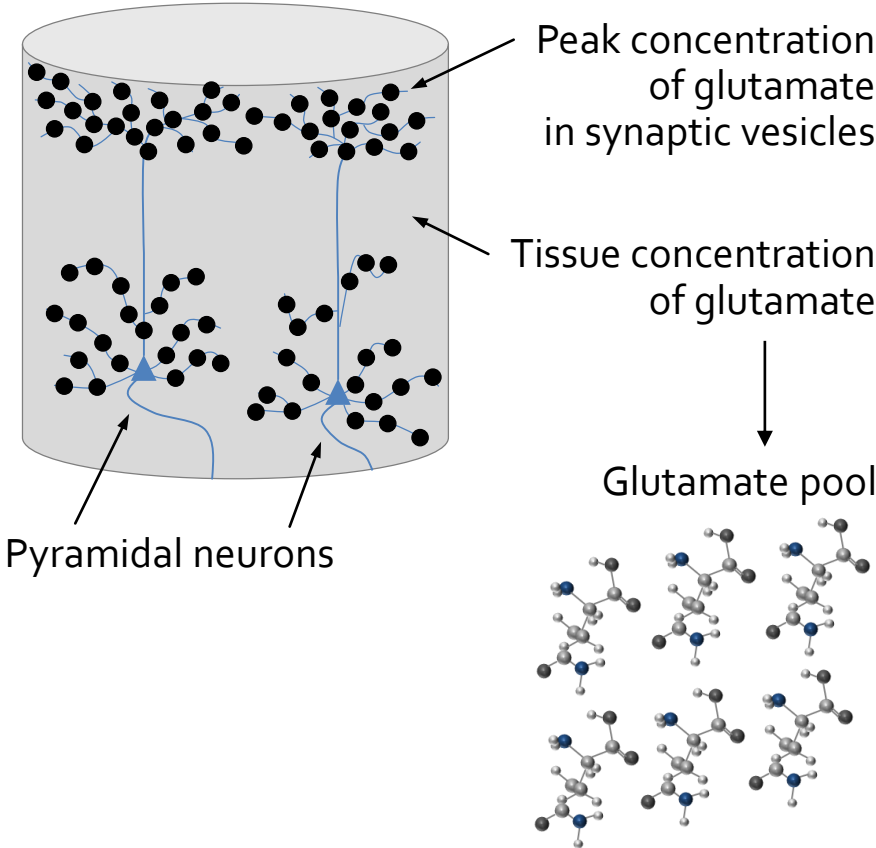
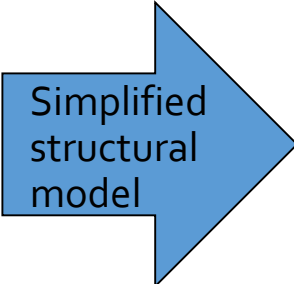
(Mountcastle, 1957, 1978, 1997; Jones, 2000; Buxhoeveden and Casanova, 2002; Maruoka et al., 2017; Hosoya 2019)

Cortical Microcolumn: Basic Functional Unit of the Cortex

Release of neurotransmitters
(mainly excitatory → glutamate)



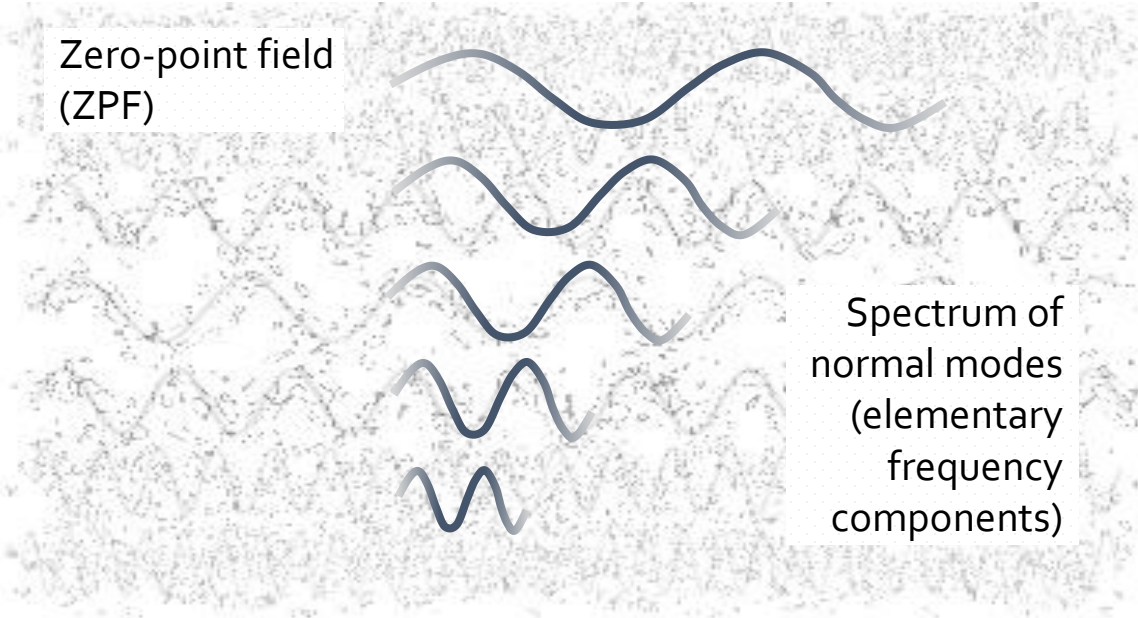
Microcolumns consist of a **bundle of pyramidal neurons**
encased in a **glutamate pool** (glutamate-water matrix)



(Mountcastle, 1957, 1978, 1997; Jones, 2000; Buxhoeveden and Casanova 2002)

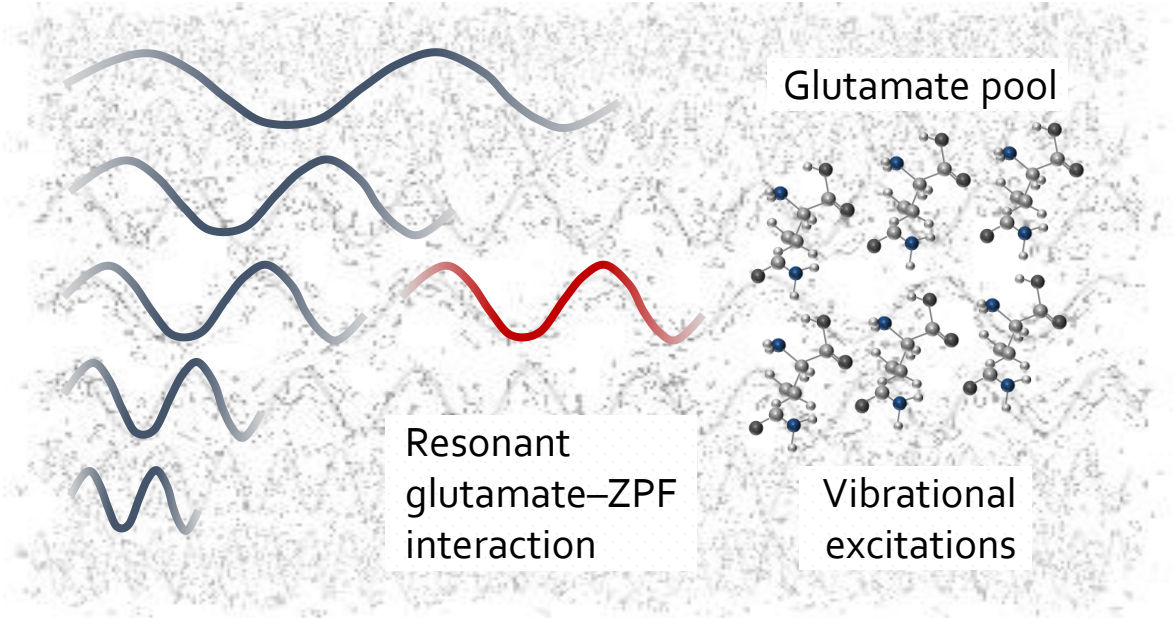
(Keppler, 2023)

Field-Theoretical Description of a Cortical Microcolumn



Quantum electrodynamics (QED)

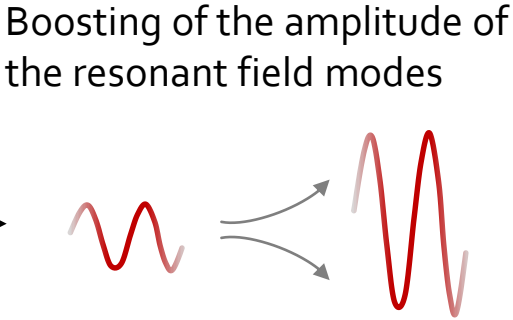
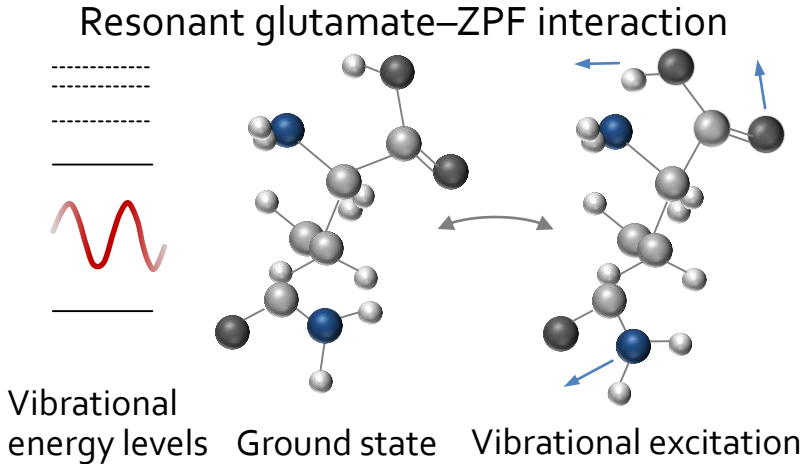
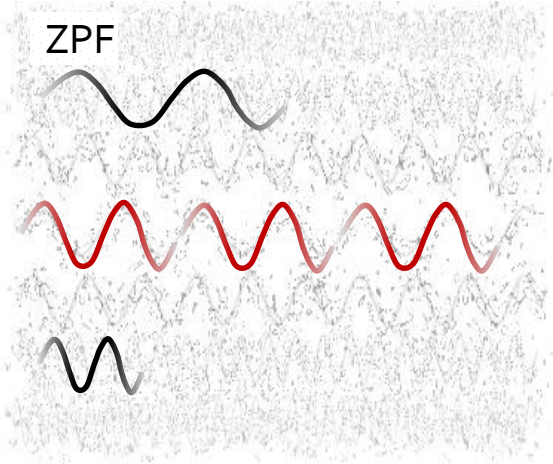
- ▶ Vacuum is permeated by the omnipresent fluctuations of the electromagnetic field → **zero-point field (ZPF)**.
- ▶ ZPF is seen as the ultimate basis (fundamental substrate) of the electromagnetic interaction.



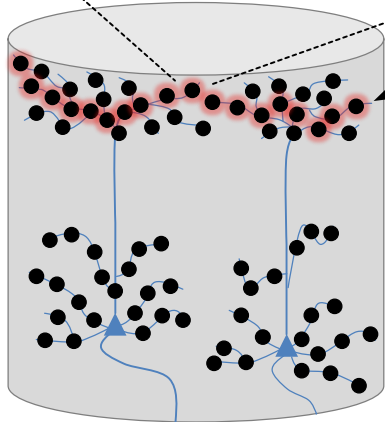
QED-based description of a microcolumn

- ▶ Equations expressing the dynamical evolution of the coupled glutamate-ZPF system.
- ▶ Phase transition: upon **exceeding a critical coupling strength**, the glutamate pool is driven toward a **coherent state**.
- ▶ Criterion is tied to the **concentration** of the molecules.

Functional Model of a Cortical Microcolumn

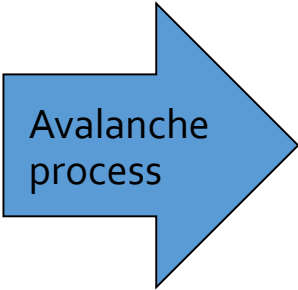


Initiation of a phase transition ("runaway stage")

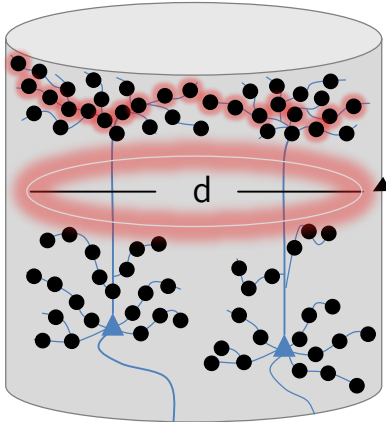


Peak concentration of glutamate in synaptic vesicles

Prerequisite: simultaneous activation of many synapses



Evolution of the glutamate pool toward a stationary coherent state ("coherence domain")



Dynamical properties of the coherence domain are determined by the tissue concentration of glutamate

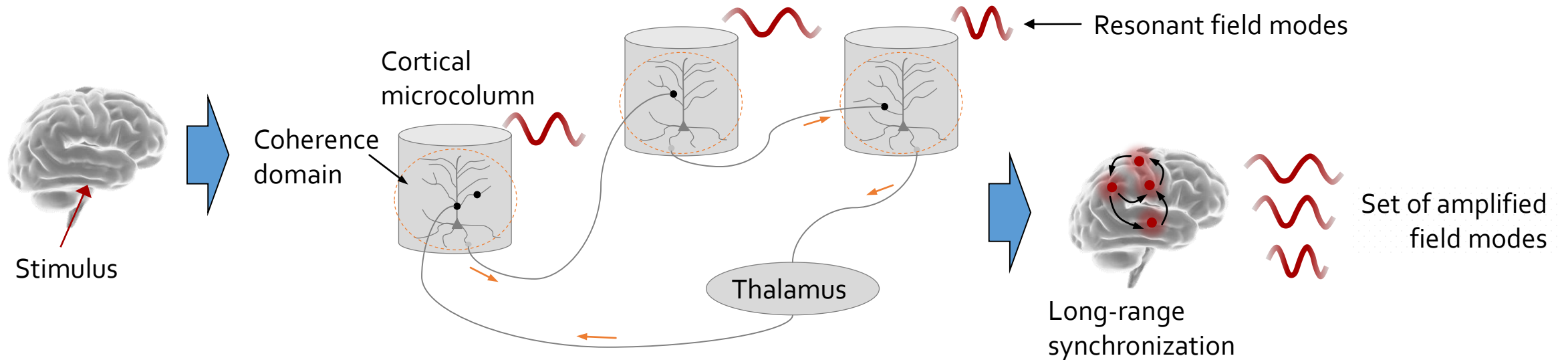
(Keppler, 2023, doi: 10.3389/fphy.2023.1181416)

Feasibility of the Model

- 1 ▶ Is the peak concentration of glutamate in synaptic vesicles sufficient to initiate the runaway stage?
 - ▶ Calculation shows that the **coupling strength lies in the critical regime** in which the runaway criterion is fulfilled.
 - ▶ Neurotransmitter concentration in synaptic vesicles seems to be precisely tailored to trigger a **phase transition**.
- 2 ▶ Given the tissue concentration of glutamate, does the resonant glutamate–ZPF interaction result in a stationary coherent state?
 - ▶ Calculation shows that a **stationary solution can be found**.
 - ▶ Resonant field modes have a frequency of 7.8 THz.
- 3 ▶ Does the diameter of a coherence domain agree with the diameter of a microcolumn, which is known from empirical data?
 - ▶ Calculated diameter amounts to 30 μm .
 - ▶ Result is **well in accordance with empirical findings**. (Jones, 2000; Buxhoeveden and Casanova, 2002)
- 4 ▶ Is a coherence domain protected against disruptive thermal effects (decoherence)?
 - ▶ Coherence domain corresponds to an energetically favored state that is **shielded by a considerable energy gap**.
 - ▶ Energy gap is the key to the **protection of coherence**. (Mewes et al., 2005; Rey et al., 2008)
- 5 ▶ Is coherence decisive for the communication between microcolumns and the formation of large-scale activity patterns?
 - ▶ Downstream effects: **enhanced synaptic signal transduction** and **controlled axonal signal transduction**.
 - ▶ Crucial for cortical communication: **synchronization among coherence domains**. (Keppler, 2023, doi: 10.3389/fphy.2023.1181416)

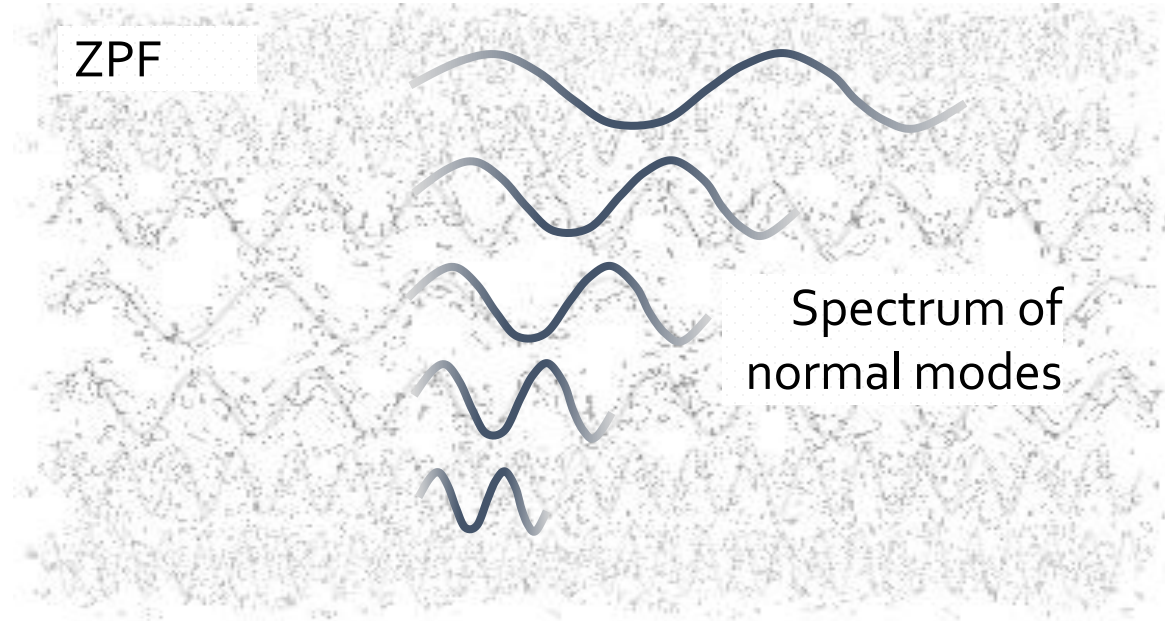
Conclusions From the Field-Theoretical Model of Brain Dynamics

- ▶ Quantitative calculations demonstrate that macroscopic quantum effects in the brain are feasible.
- ▶ Therefore, the presented model lends credence to the idea that
 - (1) the functional principle of microcolumns relies on resonant neurotransmitter–ZPF coupling,
 - (2) the brain is specifically designed to modulate the ZPF (amplification of selected field modes).
- ▶ The picture takes shape that **long-range synchronization emerges through a bottom-up orchestration process involving the ZPF**, a key characteristic of this process being the formation, propagation, and synchronization of coherence domains.



- ▶ 1 Neural Correlates of Consciousness: Indications of Macroscopic Quantum Coherence in the Brain
- ▶ 2 Macroscopic Quantum Coherence: Mechanism and Feasibility
- ▶ 3 **Significance of Macroscopic Quantum Coherence for a Theory of Consciousness**

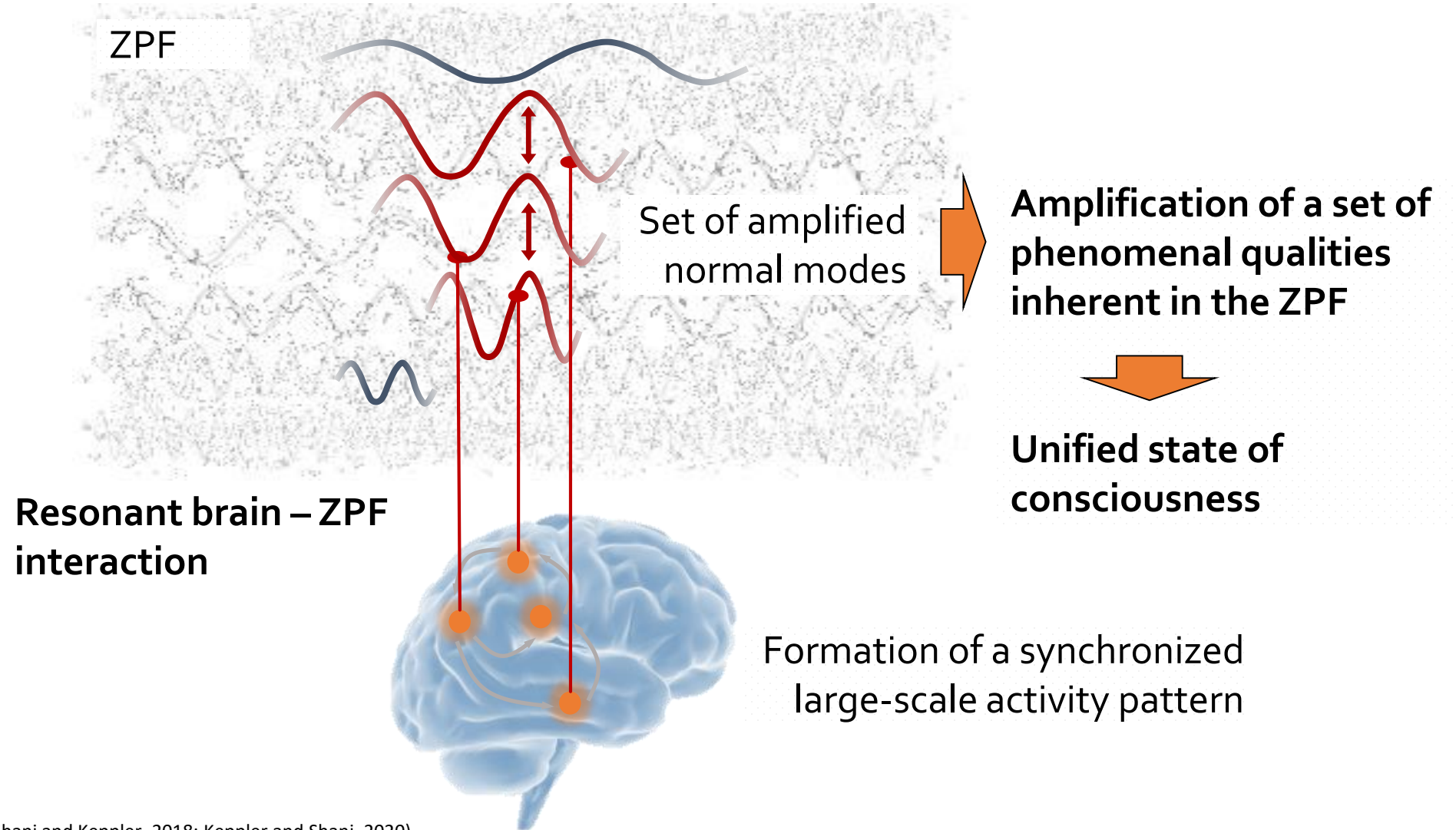
Hypothesis: ZPF Is the Ubiquitous Substrate of Consciousness



- ▶ Extrinsic **physical** manifestation
- ▶ Each normal mode is associated with a specific **frequency**
- ▶ Formless (undifferentiated) ocean of **energy**

- ▶ Intrinsic **phenomenal** essence
- ▶ Each normal mode is associated with a specific **phenomenal quality**
- ▶ Formless (undifferentiated) ocean of **consciousness**

Fundamental Mechanism Underlying the Formation of Conscious States



Summary

- ▶ The presented approach to the understanding of consciousness is based on the notion that
 - (1) the omnipresent zero-point field (ZPF) is an inherently sentient medium,
 - (2) the brain employs a universal mechanism through which it taps into the phenomenal spectrum of the ZPF.
- ▶ This mechanism relies on resonant neurotransmitter–ZPF interaction, which leads to
 - (1) the formation, propagation, and synchronization of coherence domains,
 - (2) the amplification of a set of ZPF modes.
- ▶ Part (1) of the mechanism results in the formation of synchronized large-scale activity patterns (NCC).
- ▶ Regarding the understanding of consciousness, the crucial feature of the mechanism is part (2), which gives rise to a differentiated conscious state that emerges from the background of undifferentiated consciousness.
- ▶ Consequently, the formation of conscious states requires macroscopic quantum coherence, as this is the only form of organization that leads to a modulation of the ZPF.
- ▶ This insight opens up new vistas for our understanding of the fundamental mechanism underlying conscious processes.



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FROM 1. Q TO E. Q. TO S. Q. AND SATABILITY OF MIND

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Newsletter

PRESENTATION AND COMMENTARY ON THE WORK OF ANIRUDH KUMAR SATSANGI:

FROM I. Q. TO E. Q. TO S. Q. AND SATABILITY OF MIND

In this paper by Dr. Anirudh Kumar Satsangi, we will be exploring a fascinating and important concept in the field of psychology and education: the Intelligence Quotient, commonly known as IQ and its relationship to a new concept developed by Satsangi: Emotional Quotient (EQ.) and Spiritual Quotient (SQ)

Intelligence Quotient, or IQ, is a numerical measure derived from psychometric tests designed to assess a range of cognitive abilities of an individual. These skills include critical thinking, perception, analysis, synthesis, and reasoning. The goal is to measure the efficiency of a person's cognitive functioning relative to the general population.

Each of us is born with unique intellectual potential, and this potential develops and grows as we mature and gain experience. Our environment, social interactions, education and the challenges we face play a crucial role in the development of our cognitive abilities. This shows that intelligence is a dynamic process, influenced by multiple factors.

The cognitive skills that make up the concept of intelligence go beyond simply knowing facts or information. They include: Critical Thinking: The ability to analyze, evaluate and synthesize information rationally to make informed decisions; Perception: The accurate interpretation and understanding of information from the surrounding environment through the senses; Analysis and Synthesis: The ability to break down complex information into simpler parts (analysis) and to integrate different parts to form a coherent view (synthesis); Reasoning: The ability to draw logical conclusions and come to valid inferences based on given premises.



(continued) PRESENTATION AND COMMENTARY ON THE WORK OF ANIRUDH KUMAR SATSANGI:**FROM 1. Q TO E. Q. TO S. Q. AND SATABILITY OF MIND**

Satsangi's work reflects an interesting perspective on the evolution of human priorities. Over time, it is true that the admiration and importance attached to intelligence is gradually giving way to the importance of emotional intelligence.

This shift is largely driven by the increasingly complex challenges that personal and interpersonal relationships present in modern society.

It should be noted that despite this shift toward emotional intelligence, there are still gaps in the art of managing oneself and leading others toward excellence. This underscores the idea that emotional intelligence, while important, is not yet a perfectly developed and established skill.

The claim that "Emotional Intelligence" is expanding its scope of integration to become "Spiritual Intelligence" represents a further step in the evolution of how we assess and deal with human complexity.

This integration could be seen as a step forward in seeking a deeper understanding of ourselves and our relationships with the world around us.

Ultimately, the work reflects the trend in the evolution of human priorities toward a balance between rational and emotional intelligence, with the added emphasis on the spiritual aspect as a possible next step in our ongoing quest for understanding and improvement.

Comment by Maria Paola Brugnoli, MD, PhD

FROM I. Q. TO E. Q. TO S. Q. AND SATABILITY OF MIND

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Intelligence quotient (I.Q.) is the measurement of intellectual potentialities. Each child is born with intellectual potentialities, which grow and develop with maturity and experience. The cognitive skills of thinking, perception, analysis, synthesis, and reasoning are intelligence. Wilhelm Stern has given the simple arithmetical formula for intelligence quotient (I.Q.) as the ratio of Mental Age (MA) / Chronological Age (CA) x 100 ($IQ = MA/CA \times 100$). I.Q. is a measure of our ability to solve logical problems.

Colleges Universities and management institutes equip those whom they teach with knowledge science Commerce technology and management. These organizations only sharpen the intelligence faculties (left brain) of individuals which control their intellectual abilities and deal with objective things. But for more precious things are centered on the right side of the brain, which deals with emotions and governs relationships with people (subjective in nature).

A group of individuals can be trained with equal capabilities in objective things by training them in technical matters, new processes and such other things, but training a group of individuals with equal managerial capabilities (which deal with managing emotions of oneself and dealing with those of others) may not be possible. What distinguishes at the work place is the ability to handle people and not mere technical capabilities.

(continued) FROM 1. Q TO E. Q. TO S. Q. AND SATABILITY OF MIND- Anirudh Kumar Satsangi

The end of the 20th century saw unparalleled scientific research in management and the findings reveal that 80% success at the work place depends on own ability to handle people while technical competence counts for only 20%. The science of 'Emotional Intelligence' which deals with abilities to handle people is of great significance to all of us, as it governs our success or failure. (A.R.K. Sarma, 2013)

In yesteryears, intelligence quotient (IQ) was adored as the major factor for achieving success. But when it comes to sustainable success and growth, 'Emotional Intelligence' plays a greater role than I,Q. Emotional Intelligence is the ability with which we understand our own emotions as well as others and deals with people positively for healthy relationships and achieving success.

Dr. Daniel Goleman a well known author, psychologist and science journalist defines : 'Emotional Intelligence (EI) includes self mastery (self awareness and self regulation), plus social intelligence (empathy and social skills)

According to Hindu scriptures, there are seven 'Yoga Chakras' in our body which are the centres of 'Prana' (life force). These invisible vital points are part of our subtle body than the physical body. The heart chakra acts as a balance- point for other chakras. It controls our relationships and interactions with others. A balanced heart chakra indicates a person with abundance of "Emotional Intelligence' (A.R.K. Sarma, 2013).

I have attempted to establish mathematical formula for Emotional Quotient (EQ.) For a successful career not only higher I.Q. but level of E.Q. also plays a greater part. Higher is the level of E.Q. greater is the achievement in life. Thus, I developed a mathematical formula for E.Q. as the product of wisdom (w) and IQ which can be expressed as $E.Q. = w \times IQ$

Here in this formula wisdom (w) does not stand for any abstract knowledge, however, it is social intelligence of a person.

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(continued) FROM 1. Q TO E. Q. TO S. Q. AND SATABILITY OF MIND- Anirudh Kumar Satsangi

The era of adoring Intelligence slowly evolved into the age of Emotional Intelligence due to modern day complexities of intra personal and inter personal relationships. Still there are several gaps in managing oneself as well as driving people towards standards of excellence. As a result, “Emotional Intelligence’ is enlarging its scope for integration into far superior tools, namely “Spiritual Intelligence. (A.R.K. Sarma, 2014).

Perfection is not the destination, but only a journey. The more we walk on this journey to achieve perfection, the higher and effective ways we can discover. In our life-journey, we moved from emotions to intelligence quotient, from intelligence quotient to emotional intelligence and now we have to move from “Emotional Intelligence” to “Spiritual Intelligence”.

Each one of us is born with innate spiritual intelligence. “Spritual Intelligence” is a combination of Spirituality’ and Intelligence’.

Intelligence is the capacity of a person for logic, abstract thought, understanding, self – awareness, communication, learning, memory, planning and ability to solve problems. Spirituality is the practical realization about our true nature as the infinite and all-pervading soul. Its nature is existence, knowledge and bliss (Sat- Chit – Anand). Individuals identify themselves with their physical body, mind and intellect and forget their true nature. The purpose of spiritual practices is to unite individuals with their true nature (Gurvinder Ahluwalia, 2014)

The philosophy of spiritual intelligence, develops through ‘Shunya’ (Not Zero), where there is no thought, no movement and no existence. This wonderful and unique concept given by India to the world not only in the field of mathematics, but in Spirituality as well. Developing spiritual Intelligence includes and transcends personal growth and reaches the highest level of cognitive, moral, emotional and interpersonal development.



(continued) FROM 1. Q TO E. Q. TO S. Q. AND SATABILITY OF MIND- Anirudh Kumar Satsangi

Danah Zohar and Dr. Ian Marshal authors of “SQ, Connecting With Our Spiritual Intelligence’ say that “Spritual Intelligence” is the ability to find meaning, purpose and values in our life, connecting our actions and lives to a wider, richer, meaning giving context. Although Zohar and Marshal coined the term Spiritual Quotient but they have not suggested any mathematical relationship for this quotient.

Deepak Chopra has given a formula for spiritual quotient in terms of Deed (D) and Ego (E). According to Dr. Chopra $S.Q. = D/E$. He (2006) writes : If Vedanta is right and there is only one reality, then all desires must follow the same mechanics. Desires arise and are fulfilled in our consciousness. Making yourself happy involves ----- I have a “Spiritual Quotient” Where $S.Q=D/E$ (where D = Deeds and E = Ego). Now you can only have an $S.Q. =$ Infinity when $E= 0$. If E is little even then SQ is approaching infinity (or one is close to be a ‘Great Master’ but not actually “Pure”. This appears to be very fascinating but it is highly abstract which cannot be measured experimentally, accurately and precisely. However, the formula has immense value to understand S.Q. I too have discovered a mathematical relationship for S.Q. in the year 2001. I have used physiological parameters which can be measured, tested and verified accurately and precisely in laboratory conditions. According to this relationship S.Q. can be expressed as the ratio of parasympathetic dominance (PD) to sympathetic dominance (SD). Parasympathetic nervous system (PSNS) and sympathetic nervous system are the two parts of the autonomic nervous system (ANS) which is largely under hypothalamic control. Hypothalamus is situated very close to the sixth chakra. During the practise of meditation at sixth chakra or Ajna Chakra these centres are galvanised which has very positive effect on practitioners’ spiritual, emotional, psychological and physical well-being. This formula of S.Q. can be expressed as $S.Q. = P.D. /S.D$. If the value of S.Q. comes >1 (greater than one) it can be assumed that the person is moving towards self-realisation and if the value of S.Q. comes <1 (smaller than one) it can be predicted that the person is living under stressful contions.

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(continued)

FROM 1. Q TO E. Q. TO S. Q. AND SATABILITY OF MIND- Anirudh Kumar Satsangi

When human spirituality rises upward, above the line of zero disturbances, it is predominated by positive thinking, caring, enthusiasm, full of love for all, or in other words we may say that this time the person is with his / her inner (Self/Source) (Gurvinder Ahluwalia, 2014.)

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MEDITATION AND PALLIATIVE CARE

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MEDITATION AND PALLIATIVE CARE

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World Health Organization defines: “Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems physical, psychological and spiritual”.

Palliative care is a treatment model focused on the care of patients with all types of progressive incurable diseases, including cancer; advanced diseases of the heart, lungs, kidney and liver; and neurodegenerative diseases. Palliative care includes a broad range of interventions that together helps the patient and family maintain a good quality of life while living with the disease, and allows the patient with advanced illness to face the end of life with comfort ensured and the family supported.

Palliative care focuses on controlling pain and other symptoms, and meeting a person’s social, emotional and spiritual needs. It is acknowledged that spirituality includes whatever gives a person meaning, value and worth in their life.

Palliative care intends to relieve pain and suffering of the patients and their family members. The speciality of pain management has developed in medicine and other disciplines to address the need for comfort, functional restoration and treatment of associated problems.

Palliative care:

- provides relief from pain and other distressing symptoms;
- affirms life and regards dying as a normal process;
- intends neither to hasten or postpone death;
- integrates the psychological and spiritual aspects of patient care;
- offers a support system to help patients live as actively as possible until death;
- offers a support system to help the family cope during the patients illness and in their own bereavement;
- will enhance quality of life, and may also positively influence the course of illness;

The multidisciplinary team that staff these programs include anaesthesiologists, surgical physicians, psychologists, acupuncturists, hypnotherapists and religious workers.

We are convinced that noninvasive management in pain and psychological approaches in pain therapy are sleeping giants. Now it appears that the long sleep is over. For well over 2000 years noninvasive therapy in pain was practised in every culture as a folk tradition.

Clinicians should offer patients and families means to contact peer support group. Pastoral care members should participate in health care team meetings and discuss the needs of treatment of patients.

Physical and psychosocial therapies can be used concurrently with drugs and other modalities to manage pain.

These interventions can be carried out by professional staff and often by the patients or family members.

Psychological modalities in pain treatment includes mainly psychosocial interventions, music therapy, patient education, psychotherapy, peer support groups, hypnosis and spiritual approach in many religions, and meditation.

Hypnosis, self-hypnosis, meditation are non-invasive and non-pharmacological strategies in pain and suffering therapy in palliative care. They are highly cost- effective. Pharmacological strategies involve very high cost investment which, particularly in developing countries, can be afforded by very few.

(continued) MEDITATION AND PALLIATIVE CARE -Anirudh Satsangi

Interest in religion and spirituality as a source of resilience in coping with physical illness has seen a dramatic increase in recent years (Koeing et al, 2001a, 2001b, Plante and Sherman, 2001).

There are various types of meditation. Broadly speaking they are Christian meditation, Buddhist Meditation, Zen Buddhism, Islam Meditation, Judaism and Kabbalah Meditation, Jain Meditation, Taoism's wu wei meditation and Hindu Meditation. But, irrespective of meditation belonging to Schools of Various Religious Thoughts, it is exclusively a secular approach of our life which has its roots in psychophysical concentration at some specific point in our brain region which is known as Sixth Chakra or Ajna Chakra in Yoga system and which is situated near hypothalamus in human anatomy. Meditation is an experience that cannot be described. It works profound changes in the psyche. It operates on the super-conscious level rather than the subconscious level so it should not be confused with a hypnotic state.

Meditation is a mysterious ladder which reaches from pain to bliss, from restlessness to abiding peace, from ignorance to knowledge and from mortality to immortality. Meditation cannot be taught, just as sleep cannot be taught. Just as one falls into sleep, in the same way meditation comes by itself. To still the mind and enter into the silence requires daily practice. For beginning the meditation we should have a proper environment and attitude. We can consider meditative states as psycho-social-spiritual intervention in palliative care. Meditation can improve resilience and coping, and can minimize suffering for both patients with advanced illness and their caregivers.

It has been proposed that several techniques of meditation may reduce stress by increasing awareness and acceptance.

There are different ways, depending on the different School of Thoughts, to reach meditative stages.

In addition to many forms of psychotherapies practised in western countries, spiritual therapy through meditative states also, help to encourage the dying patients to discover meaning and resolution in living until their death. In eastern countries, there are many types of meditative techniques, which today are practised and studies in the entire world.

Integral Yoga, Kriya Yoga, Kundalini Yoga, Royal (Raj) Yoga, Sahaj Yoga, Surat Shabd Yoga, Transcendental Meditation, Yog Nidra, Mindfulness, Zen meditation and many others, may be recommended as spiritual therapies for anxiety and psychosomatic symptoms' management during palliative care.

Patanjali has suggested for Ashtanga Yoga (Royal Yoga). Proper practice of Yoga Meditation increases the power of stress tolerance. When stress is aroused, people must manage it, and further it must be prevented and then complete elimination is possible with the practice of Yoga meditation. Thus, Yoga practices are to be practiced with patience and perseverance to keep us healthy. Yoga meditation is integration. Therefore, its main goal is to reassemble the divided part of the human being. It brings about the union of body, mind and soul.

We can do meditation while standing, sitting, lying (particularly during sickness) or even walking, and regular practice is associated with improved mental and physical health.

New researches have found that these benefits may be due to increased dopamine (feel good hormone) levels in the brain.

One study including 8 experienced meditation teachers found a 65% increase in dopamine production after meditation for 1 hour, compared with resting quietly. Meditation may reduce stress by increasing awareness and acceptance.

I have already mentioned that mediation is the concentration to meditate at sixth or ajna chakra. Some views suggest that the ajna chakra has correspondence with optic chiasma. Optic chiasma is closely situated with the hypothalamus. So during meditation hypothalamus is activated in a way to function optimally to bring about homeostatic condition.

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(continued) MEDITATION AND PALLIATIVE CARE - Anirudh Satsangi

During meditation, the hypothalamus may inhibit the adrenaline output of the adrenal medulla, which decreases anxiety. Decreased adrenaline coupled with deep relaxation state experienced during meditation, allows the hypothalamus to bring about tranquillity (Chugh, D., 1987)

Epinephrine is both a neuro transmitter (acting in the brain) and a stress hormone (acting on other sites, such as the heart or glands).

It stimulates our sympathetic nervous systems to produce fight or flight responses, such as increased heart rate, increased blood glucose, and increased blood flow to muscles. Studies have found reduced, epinephrine levels during meditations (Walton, K.G., et al, 1995; infant, J.R., 2001).

During meditation, activation of the right amygdala in the brain results in stimulation of the hypothalamus.

This process stimulates the parasympathetic nervous system, which is associated with a sense of relaxation and profound quiescence.

Parasympathetic nervous system dominates during meditative calm.

Bodily changes occur in the meditative calm which involves changes in the activity of central nervous system and in blood chemistry, as well as in the autonomic nervous system (reversal from sympathetic dominance to parasympathetic dominance).

And lastly, melatonin is a hormone of pineal gland. Pineal gland is regarded as the seat of soul.



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(continued) MEDITATION AND PALLIATIVE CARE- Anirudh Satsangi

During advanced stage of meditation pineal gland is activated and due to this there is a maximum output of melatonin production. Melatonin is reported to attenuate bone cancer pain. Melatonin exhibits its anticancer effects by modulating the immune system and shifting the immune responses toward cancer cells.

Thus it is clear that the benefits of practising yoga meditation are very high as a palliative care tool and it is highly cost effective too.

Meditation is secular approach of our life style.

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On the summit of the high
mountains,
our soul shines
Like stars in the night sky,
unreachable and eternal.



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Poetic Harmonies: Hypnotic Interweavings of Peace and Serenity through Visualizations

By Maria Paola Brugnoli, MD, PhD, Hypnotherapist



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SWEET SOOTHING CLOUD, YOU ARE A SAFE DREAM

In the vast blue sky, there dances an ethereal creature, wrapped in a mantle of white, fluffy vapor.

The cloud, like an elegant dancer, floats with grace and lightness, painting its changing story on the firmament.

Its forms are like notes suspended in a timeless melody, an ineffable art sculpted by the gentle breaths of the wind.

An aura of mystery envelops its elusive essence, as if it holds secrets that only dreamy, blissful eyes can glimpse.

Sunlight infuses through its vaporous fibers, making each contour a play of golden and silvery hues.



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When day bows to night, the cloud becomes a cradle for the stars, accompanying them on their slow journey through the veil of heaven, like an ancient bond between earth and infinity.

Sweet, warm summer cloud, you are a poetic whiteness suspended between the real and the illusory, an endless sweet dance in the heavenly vastness.

Your presence is like a light embrace, an ineffable comfort that reminds us of the changing beauty of nature and the magnificence of things that barely touch our hearts.

Gentle cloud, with the appearance of sugar, in the sky you dance lightly, a quiet thought.

Sweet breath of air, enveloping caress, Sighs of peace, in the dreamily shimmering blue.

In your ethereal embrace, mind and heart quiet, Like gentle waves on a silent lake refract.

Resting in the folds of the infinite blue, Sweet soothing cloud, you are a safe dream.

Maria Paola Brugnoli



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THE SUMMER NIGHT

In the warm embrace of the summer night, the stars dance
In a deep, clear sky,
Like bright gems scattered on a mantle of blue velvet.

The light breeze whispers secrets among the leaves, While shadows play a
mysterious ballet.

The moon, silvery queen of the night, Emerges shyly behind veils of thin clouds.
Her pale smile gently kisses the world, casting spells of light on dreams.

Crickets intone a night symphony, a melodious song of life hidden among the grass,



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The lights of distant houses shine
Like fallen stars,
Guiding the wandering eyes
On the aimless inner journey.
The quiet streets indulge in sleep,
And even time seems to hold its breath,
As the summer night winds in endless embrace,
Between the silence and mystery of a world that takes refuge,
quiet, in sleep.

Maria Paola Brugnoli



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THE RAINBOW ON THE HORIZON PAINTED BLUE AND SERENE

On the horizon painted blue and serene, A kaleidoscope of colors dances slowly,
The rainbow, a bridge of light and dream, Grants the weary heart a sweet rest.
The sun's rays are tinged with enchantment, And a work of art is painted in the sky,
Red, orange, yellow, green, blue and purple, Like brushstrokes of peace in a new picture.

The raindrops, like transparent gems, Turn into prisms of magic and splendor,
In the warmth of the rainbow, All is calm,
And in the soul peace settles.



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Each color tells a love story, An emotion, a dream, a distant memory,
And in the silken bow that joins heaven and earth, Hopes are woven
together like threads of a plan.

The rainbow whispers to us of beauty and wonder, Of precious
moments and sweet harmonies,

Like a lullaby for the weary soul,

Wraps us in an embrace of endless serenity.

So when the world seems in a storm,

We remember the rainbow in the surprise sky,

A promise of joy and better days,

Where the heart finds its peace and sweetness again.

Maria Paola Brugnoli



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2023

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*Società Scientifica Italiana Ipnosi Clinica
in Psicoterapia e Medicina Umanistica*

n. 4

August
2023



CONCLUDING THIS SUMMER NEWSLETTER

I would like to recall the most important goals of SIPMU:
CLINICAL HYPNOSIS AND HUMANISTIC MEDICINE

The "Italian Scientific Society of Clinical Hypnosis in Psychotherapy and Humanistic Medicine" focuses on the further study and application of clinical hypnosis in the field of Psychotherapy and Humanistic Medicine.

CLINICAL HYPNOSIS

Clinical hypnosis is a therapy involving the induction of a deep trance state in order to access a person's inner resources and promote positive mental, emotional and behavioral changes.

Clinical hypnosis, and hypnotic psychotherapy in particular, is a therapy that involves a state of deep concentration and suggestibility, during which an individual is more open to accepting suggestions and behavioral changes. This state is achieved through hypnotic induction, which involves the use of verbal suggestions and/or relaxation techniques. Clinical hypnosis has been used to treat a variety of psychological and physical problems, including anxiety disorders, phobias, chronic pain, and unwanted habits.



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n. 4

August
2023



The therapeutic importance of clinical hypnosis is supported by several scientific reasons:

- **Access to the unconscious mind:** Hypnosis can provide access to the unconscious mind, enabling therapists to explore the deep roots of psychological problems. This can lead to a deeper understanding of the internal dynamics that influence behavior and emotions.
- **Integration of therapy:** Hypnosis can be used as an adjunct to traditional therapy, accelerating the process of change and improving the overall effectiveness of treatment. People in a hypnotic state are more open to new perspectives and suggestions, facilitating the adoption of new mental models.
- **Pain management:** Hypnosis has been shown to be useful in managing chronic pain and improving the quality of life of people with severe illness and painful conditions. This can reduce dependence on medication and improve daily life.
- **Anxiety and stress reduction:** Hypnosis can help reduce anxiety and stress through promoting relaxation and enhancing internal coping resources.
- These are just some of the clinical and therapeutic areas of hypnosis.



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n. 4

August
2023



However, it is important that clinical hypnosis be performed by properly trained and competent professionals. That is why it should be performed only by physicians and psychologists who are specialists in the use of hypnosis, for the following reasons: Complete understanding of the clinical context: Physicians and psychologists have extensive training in the field of mental health and psychological well-being. This empowers them to understand the clinical context in which hypnosis is used, ensuring that it is applied safely and appropriately. Knowledge of ethics and guidelines:

- Medical professionals and psychologists are required to follow strict ethical guidelines and professional standards. This ensures that hypnosis is conducted ethically, respecting the client's well-being and avoiding potential abuse. Accurate assessment and diagnosis:
- Specialists are trained to conduct accurate and diagnostic assessments, identifying individual needs and creating individualized treatment plans that may include hypnosis when appropriate.
- Treatment monitoring and adjustment: Experienced practitioners can closely monitor the client's progress and make treatment adjustments based on individual responses.
- This level of supervision is critical to ensure positive outcomes and prevent potential risks.
- In summary, clinical hypnosis is important because it can be an effective tool for treating a range of psychological and physical problems. However, to ensure the safety and effectiveness of this practice, it is essential that it be conducted by physicians and psychologists who specialize in this discipline and have the training, experience, and ethics necessary to appropriately administer this form of therapy. Internationally today, hypnosis is also used by other health professionals of graduate professionals such as dentists and nurses, within the purely technical, not psychological, scope of their scientific expertise.
- Clinical hypnosis courses organized by SIPMU currently can be accessed by Doctors, Psychologists and Dentists.



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August
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HUMANISTIC MEDICINE

Today, the importance of humanistic medicine is recognized by several factors: Holistic Approach: Humanistic medicine emphasizes a holistic approach to patient care. This means considering not only the physical symptoms, but also the psychological, emotional, social, and spiritual aspects of the person. This comprehensive approach is fundamental to fully understanding the complexity of human health and well-being.

- **Physician-Patient Relationship:** Humanistic medicine promotes a doctor-patient relationship based on empathy, trust and collaboration. Open and honest communication fosters a better understanding of the patient's needs and enables individualized solutions.
- **Personalization of Care:** Each individual is unique and responses to treatment may vary. The humanistic approach allows therapies to be tailored to the specific needs of the patient, considering his or her history, values, and preferences.
- **Emotional Well-Being:** Health is not only about the disappearance of physical symptoms, but also about emotional well-being. Humanistic medicine is concerned with addressing stress, anxiety, and other psychological factors that can affect overall health.



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n. 4

August
2023



Prevention and Personal Growth: Humanistic medicine focuses on disease prevention through the promotion of healthy lifestyles and stress management practices. It also encourages personal growth and the development of individual potential.

- **Respect for Dignity:** A fundamental aspect of humanistic medicine is respect for human dignity. Every individual deserves to be treated with respect and compassion, regardless of his or her medical condition.
- In summary, humanistic medicine recognizes the importance of considering the whole individual and promoting a person-centered approach. This approach can lead to more satisfactory patient outcomes, greater adherence to treatment, and better overall quality of health care. The scientific society "Clinical Hypnosis in Psychotherapy and Humanistic Medicine" plays a valuable role in promoting the understanding and application of these practices in mental health and medicine.



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n. 4

August
2023



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CONCLUSIONS

REDISCOVERING EMPATHY IN THE ART OF HEALING: EXPLORING HUMANISTIC MEDICINE FOR GLOBAL WELL-BEING

At the heart of medical practice resides a perspective that goes beyond diagnosis and treatment: it is humanistic medicine.

This approach involves not only the body, but also the mind and soul of those facing the path of illness.

Humanistic medicine embraces the importance of seeing each patient as a unique individual with his or her own history, context, and emotions.

In a world where technologies advance and medical procedures become increasingly sophisticated, humanistic medicine reminds us that compassion, empathy and authentic communication are even more crucial to healing not only the body, but also the spirit.

In this vision, the physician and psychologist are not only clinical experts, but also caring listeners and advocates, committed not only to treating illness, but also to improving the patient's quality of life.

Happy Summer to All!

Your President, Maria Paola

2023

SIPMU'S CURRENTLY ACTIVE NATIONAL AND INTERNATIONAL COLLABORATIONS

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in Psicoterapia e Medicina Umanistica*

n. 4

Agosto

2023



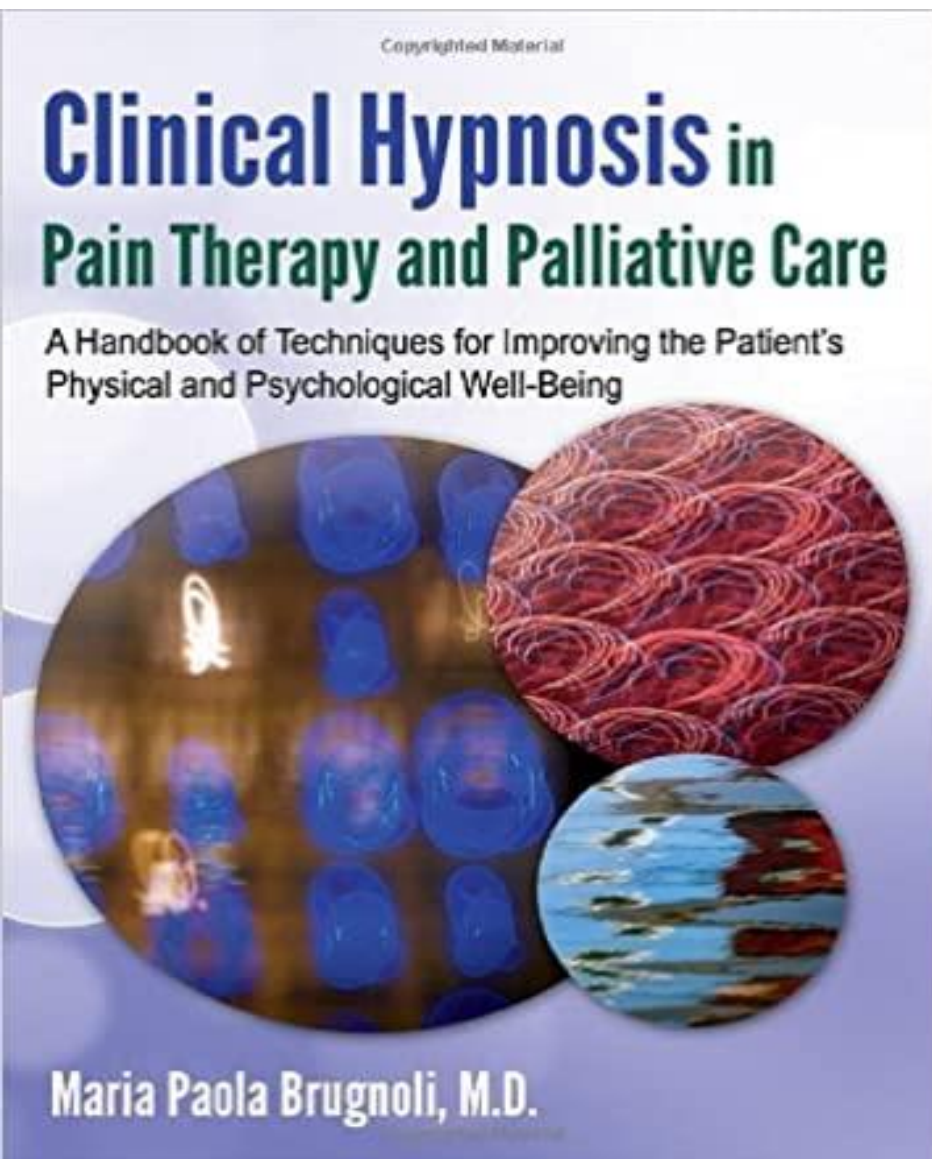
- AMISI Italian Medical Association for the Study of Hypnosis, Milan, Italy
- Research Group in Neurobioethics at Department of Philosophy and at UNESCO Chair of Bioethics and Human Rights Ateneo Pontificio Regina Apostolorum, Rome
- ESH European Society of Hypnosis Affiliation: SIPMU has been recognized by ESH as a constituent society of ESH and as a training society- international hypnosis raining society.



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Newsletter

WE RECALL BELOW JUST A FEW OF THE MANY BOOKS AND SCIENTIFIC ARTICLES PUBLISHED BY SIPMU MEMBERS - SOME BOOKS ARE IN ITALIAN, SOME IN ENGLISH



CLINICAL HYPNOSIS IN PAIN THERAPY
AND PALLIATIVE CARE: A Handbook of
Techniques for Improving the Patient's Physical and
Psychological Well-Being

By [Maria Paola Brugnoli](#) MD, PhD

- Published 2014, 400 pp., 7 x 10
- Charles C. Thomas Publisher, IL, USA.

https://www.ccthomas.com/details.cfm?P_ISBN13=9780398087661

- Indexed on PubMed

<http://www.ncbi.nlm.nih.gov/nlmcatalog/101610051>

2023

PUBLISHED
BOOKS

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*Società Scientifica Italiana Ipnosi Clinica
in Psicoterapia e Medicina Umanistica*



**L'IPNOSITERAPIA
DEI DISTURBI
DISSOCIATIVI**

—
FRANCESCO MALVASI



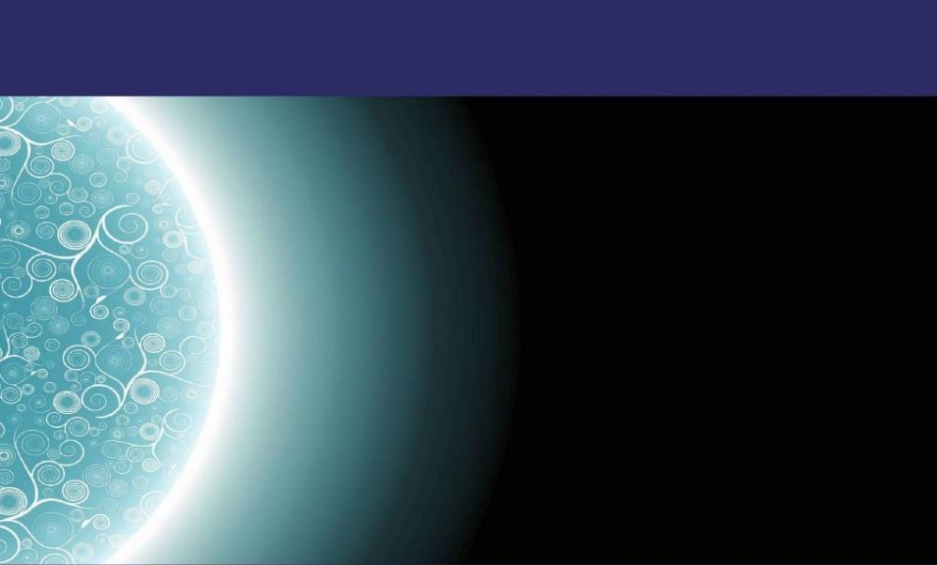
Hypnotherapy of
dissociative disorders
Dr. Francesco Malvasi,
Psychologist Specialist in
Hypnotherapy-oriented
Psychotherapy

Newsletter



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The Modified states of Consciousness review and neuroscientific classification



Maria Paola Brugnoli
Angelico Brugnoli
Luca Recchia

A New Classification of the Modified States of Consciousness

A peer-reviewed, referenced resource



[A New Classification of the Modified States of Consciousness](https://www.lap-publishing.com/catalog/details/store/pt/book/978-3-659-85683-9/a-new-classification-of-the-modified-states-of-consciousness?search=modified%20states%20of%20consciousness)

A peer-reviewed, referenced resource

LAP Lambert Academic Publishing (in Inglese)

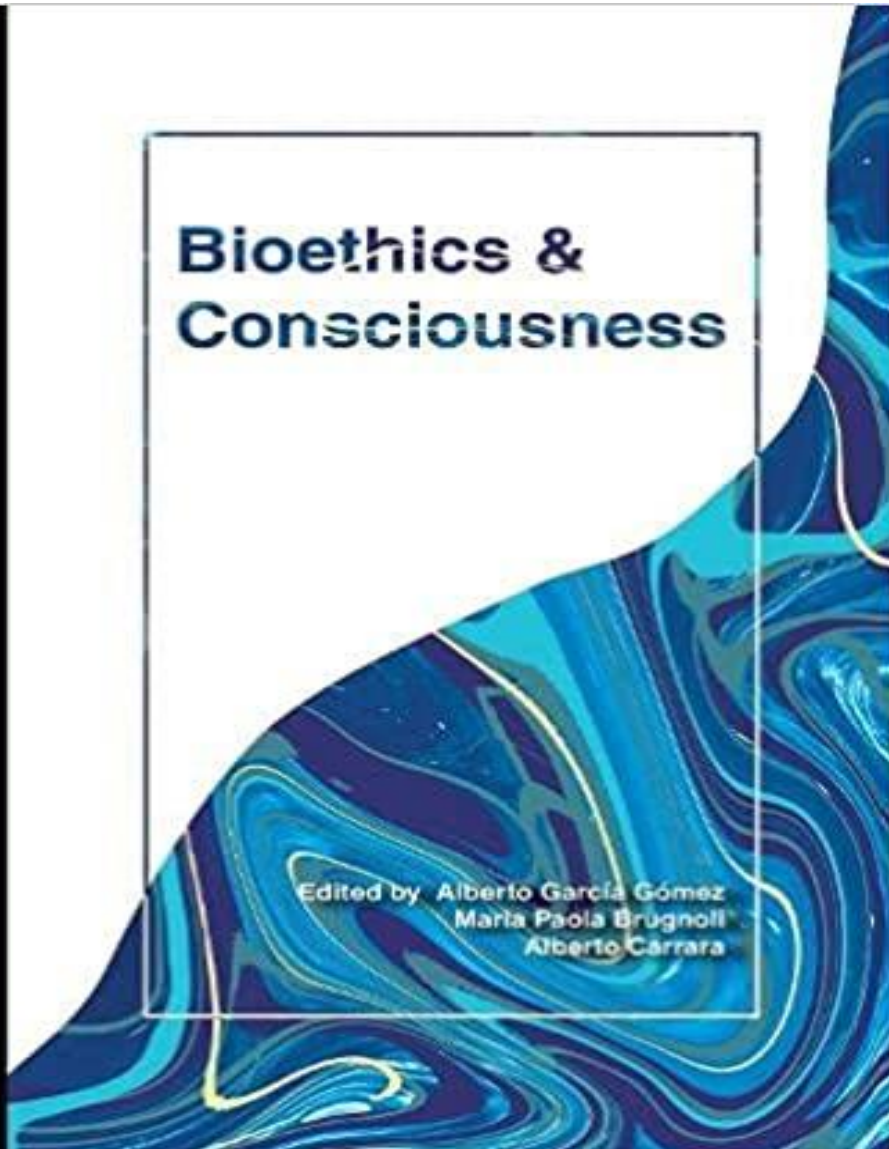
(2016-03-09)

[https://www.lap-
publishing.com/catalog/details/store/pt/book/978-3-659-85683-
9/a-new-classification-of-the-modified-states-of-
consciousness?search=modified%20states%20of%20conscio
usness](https://www.lap-publishing.com/catalog/details/store/pt/book/978-3-659-85683-9/a-new-classification-of-the-modified-states-of-consciousness?search=modified%20states%20of%20consciousness)

by Maria Paola Brugnoli
Angelico Brugnoli
Luca Recchia

Bioethics and Consciousness vol.1

by Alberto Garcia Gomez, Maria Paola Brugnoli, Alberto Carrara, Giorgia Salatiello,
Joachim Keppler



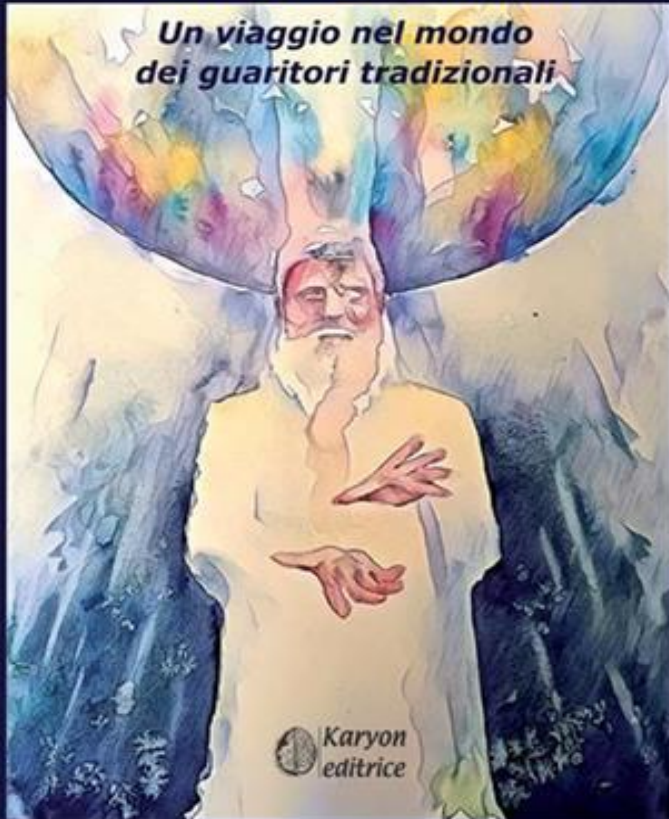
The study of consciousness and its psychological and neuroscientific correlates is of great importance to all scientists and clinicians today. However, only a multidisciplinary study can help us understand the ultimate reality of consciousness. This book not only reviews the neuroscientific and psychological foundations and phenomena of consciousness, awareness, self-awareness and neurobioethics, but also provides a new interdisciplinary model of current scientific studies and definitions of consciousness. As such, it offers a multidisciplinary bridge between brain, mind, philosophy, introspective self-awareness, human identity and free will.

Terapie ancestrali, di Alessandro Norsa (Italian)

TERAPIE ANCESTRALI

A cura di Alessandro Norsa

*Un viaggio nel mondo
dei guaritori tradizionali*



ANCESTRAL THERAPIES: JOURNEY INTO THE WORLD OF TRADITIONAL HEALERS

Twenty researchers from different cultural and geographical backgrounds investigate directly in the field the ancestral healing traditions involving local medicine men.

An exciting and richly detailed study that is the result of research coordinated by Alessandro Norsa and carried out by a dozen university anthropological researchers from indigenous languages and cultures (including Bangladesh, Peru, Mexico, Islamic countries, Spain, Cuba, and Georgia) and enriched by different points of observation such as the son of an African healer, a Nepalese shaman, a Sardinian healer, a Brazilian adept of the Umbanda tradition, a Mexican doctor, a cultural mediator and an Italian tourist but also Nigerian and Lithuanian migrants.

So many different approaches that intersect and mutually enrich each other bringing to light those ancestral healing traditions on the road to oblivion, revealing riches and secrets hitherto unknown to Western culture.

Maschere divine, di Alessandro Norsa (Italian)

MASCHERE DIVINE

STORIA DEI RITI DI
PASSAGGIO INVERNALI

A CURA DI ALESSANDRO NORSA



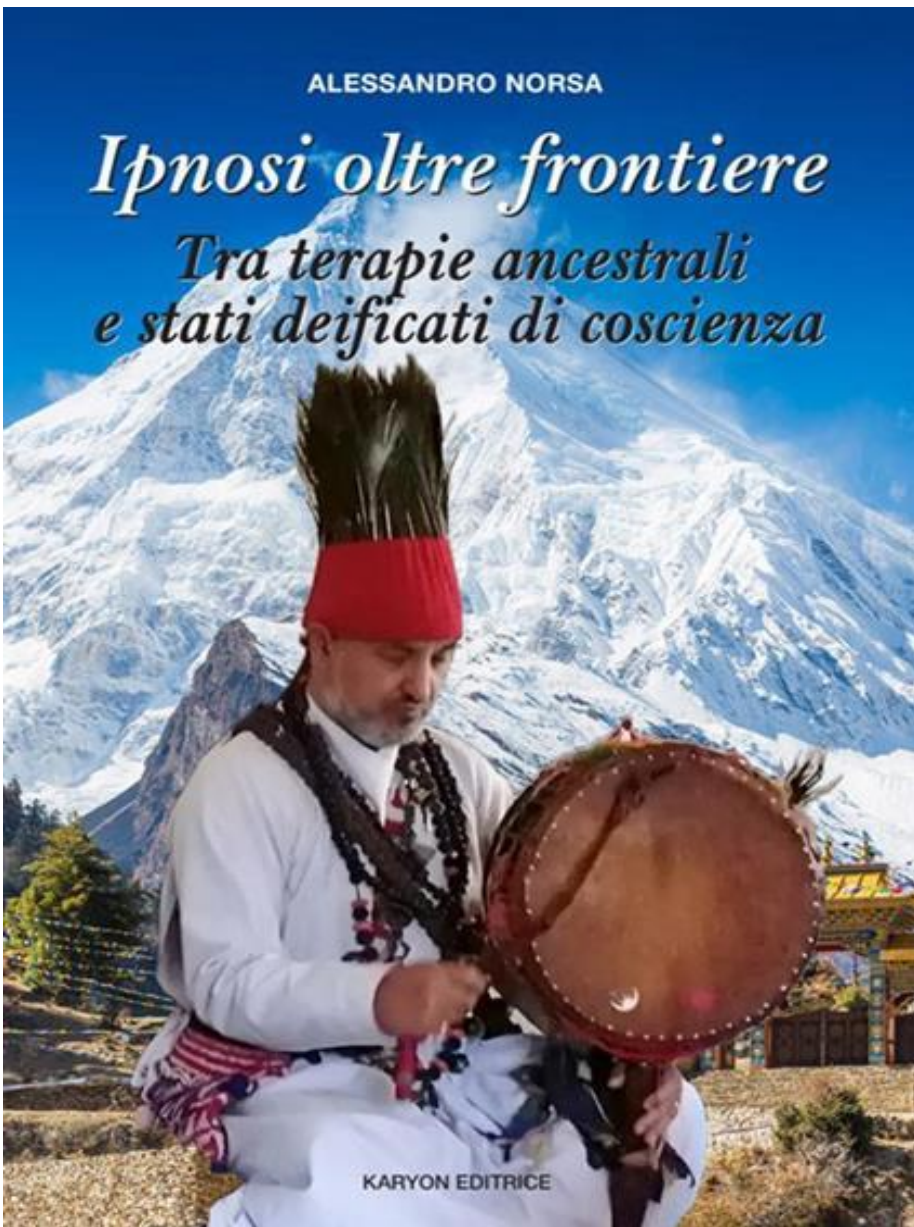
Divine masks.

Behind the traditional masks lies the long journey of rituals, an unbroken relationship of contact with protective deities invoked to ensure the livelihood of the community.

Early traces of mask production lead from a magical-symbolic thought in which representative stylized faces became a useful conduit to a rich spiritual world. These pages offer the reader an interpretive key to access knowledge of ancestral masks and their relationship between deities, spirits and the very ancient exorcistic or propitiatory rites:

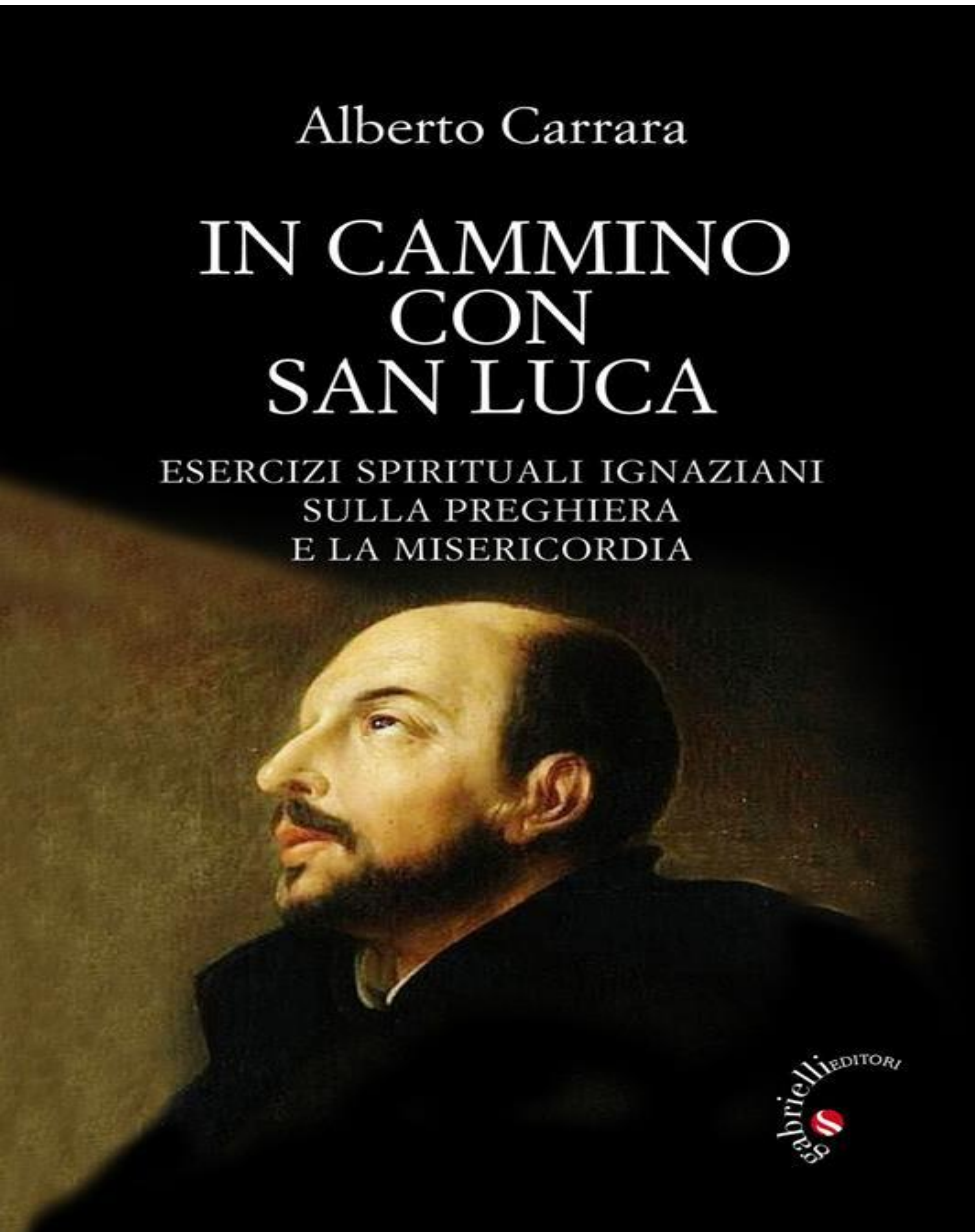
evocations of a yearning for faith and hope that, starting from the dawn of humanity, has lasted to the present day.

Hypnosis Beyond Borders, by Alessandro Norsa (Italian and English book)



- HYPNOSIS BEYOND FRONTIERS: BETWEEN ANCESTRAL THERAPIES AND DEIFIED STATES OF CONSCIOUSNESS
- The use of hypnosis for the treatment of human problems and suffering is probably as old as the history of man's attempts to cure the suffering. Although in different forms and with different names, hypnosis was known even in the most ancient primitive peoples, who used it for not only therapeutic but also divinatory purposes: the phenomena of hypnosis were read as a gift or power of the divine and applied to a wide variety of situations through the prophet, or the shaman, or the physician or the priest.
- As already pointed out by Katalin Varga Director of the Department of Psychology at Eötvös Loránd University in Budapest at the 2019 Hypnosis New Generation Conference, the research initiated by Alessandro Norsa in the field of hypnosis on this topic "has opened a new line of research."
- The present volume is an innovative survey of the study of these methods, which, starting from the origins of Western culture, extends to other areas of the world where they are still practiced today, preserving all the charm and power of the culture of their origins.

In cammino con San Luca, di Alberto Carrara (Italian)



- [Ignatian meditations and spiritual exercises.](#)
- [Father Alberto Carrara, Philosopher, Neurobioethicist PhD in Philosophy, at UNESCO Chair of Bioethics and Human Rights, Regina Apostolorum Pontifical Athenaeum, Rome](#)
- [Gabrielli Editori](#)

Neurobioetica e Transumanismo di Alberto Carrara (Italian)

a cura di
Alberto Carrara

Neurobioetica
e transumanismo



Il "trapianto di testa" sotto accusa: lettura interdisciplinare
dell'anastomosi cefalo-somatica nell'essere umano

Editori Riuniti
university press

Transhumanism studied by
Neurobioethics

Father Alberto Carrara,
Philosopher, Neurobioethicist PhD
in Philosophy, at UNESCO Chair of
Bioethics and Human Rights,
Regina Apostolorum Pontifical
Athenaeum, Rome

Editori Riuniti, University Press

L' emergentismo compositazionale o nidificato di Walter Glannon quale paradigma antropologico nella riflessione neuroetica contemporanea (Italian)

TESI DOTTORATO

FILOSOFIA

Alberto Carrara, L.C.

L'emergentismo compositazionale o nidificato di Walter Glannon quale paradigma antropologico nella riflessione neuroetica contemporanea

Dissertatio ad Doctoratum
in Facultate Philosophiæ
Pontificii Athenæi Regina Apostolorum



ROMA 2021

- Di Alberto Carrara
- Padre Alberto Carrara, Filosofo, Neurobioeticista PhD in Filosofia, presso Cattedra UNESCO di Bioetica e Diritti Umani, Ateneo Pontificio Regina Apostolorum, Roma
- Ed. Ateneo Pontificio Regina Apostolorum

Angelico Brugnoli

Maria Paola Brugnoli

I sentieri spirituali nelle cure palliative

Manuale pratico di rilassamento
auto-ipnosi e meditazione

mac librarsi
ALTERNATIVE NATURALI

Gabrielli EDITORI

I Sentieri Spirituali nelle Cure Palliative — Libro

Manuale pratico di
rilassamento auto-ipnosi
e meditazione

Autore: Maria Paola
Brugnoli, Angelico
Brugnoli

Editore: Gabrielli Editori

Libro - Pag 320 - Gennaio
2016 (Italian)

S T U D I O

TECNICHE DI MENTAL TRAINING NELLO SPORT

VINCERE LA TENSIONE,
AUMENTARE LA CONCENTRAZIONE
E LA PERFORMANCE AGONISTICA

Maria Paola Brugnoli



red!

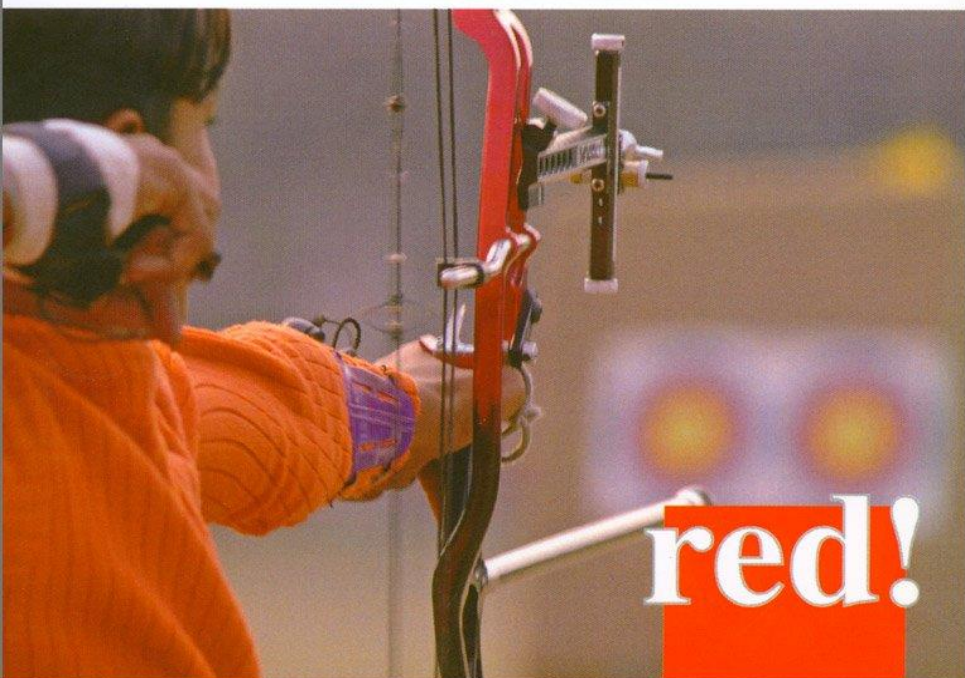
[Tecniche di Mental Training nello Sport](#) —
[Libro](#) Vincere la
tensione, aumentare la
concentrazione e la
performance agonistica
Autore: [Maria Paola Brugnoli](#)
Editore: [Red Studio](#)
Libro - Pag 159 -
Ottobre 2005 (Italian)

Le tecniche di allenamento mentale
per vincere la tensione nella gara

Mental Training nello sport

MARIA PAOLA BRUGNOLI

 macrolibrarsi
ALTERNATIVA EDITORIALE



Mental Training nello Sport — Libro , versione manuale breve

Le tecniche di
allenamento mentale per
vincere la tensione della
gara

Autore: Maria Paola
Brugnoli

Editore: Red Edizioni

Libro - Pag 127 - Giugno
2008 (Italian)

Maria Paola Brugnoli

Vademecum di

NEUROBIOETICA

DEGLI STATI DI COSCIENZA

*Fondamenti neuroscientifici
Stati di coscienza modificati
Stati di coma
Stati di premorte-NDE
Morte cerebrale
Psicotanatologia
Dimensione spirituale*



**Vademecum of neurobioethics
of states of consciousness.
Neuroscientific foundations,
altered states of
consciousness, coma states,
premortem states-NDEs,
psychotatology, spiritual
dimension**

**SOON ALSO IN ENGLISH
LANGUAGE**

**Copertina flessibile – 12
dicembre 2019**

di [Maria Paola Brugnoli](#) (Autore)
Gabrielli Editori **(Italian)**

Maria Paola Brugnoli
Giorgia Salatiello

AUTOCOSCIENZA

*Fondamenti Neuroscientifici,
Psicologici, Filosofici,
Teologici e Spirituali*



**Self-awareness. Neuroscientific,
psychological, philosophical,
theological, and spiritual
foundations.**

**SOON ALSO IN ENGLISH
LANGUAGE**

Copertina flessibile

– 11 maggio 2020

di [Maria Paola Brugnoli](#) (Autore),

[Giorgia Salatiello](#) (Autore)

Gabrielli Editori **(Italian)**

Maria Paola Brugnoli
Giorgia Salatiello

LA COSCIENZA

Negli stati introspettivi e meditativi

*Aspetti Neuroscientifici,
Psicologici, Filosofici,
Clinici e Spirituali*



**Consciousness in introspective
and meditative states.**

**Neuroscientific, psychological,
philosophical, clinical and spiritual
aspects.**

**SOON ALSO IN ENGLISH
LANGUAGE**

**Copertina flessibile –
15 giugno 2021**

di [Maria Paola Brugnoli](#) (Autore),
[Giorgia Salatiello](#) (Autore)

GABRIELLI EDITORI (Italian)

**Maria Paola Brugnoli
Marco Brugnoli**

**Art, Mindfulness and
Self-Hypnosis
in Psychosocial
Oncology**
The way of Inner Consciousness

**Art, mindfulness and self-hypnosis in
psychosocial oncology. The way of
inner consciousness (English)**

Copertina flessibile – 20 maggio 2016

[English](#)

[Maria Paola Brugnoli](#) (Autore),

[Marco Brugnoli](#) (Autore)

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Lingua : Inglese

Copertina flessibile : 102 pagine

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Peso articolo : 368 g

Dimensioni : 20 x 20 x 20 cm



Marco Brugnoli
Maria Paola Brugnoli

**ARTE E AUTOCOSCIENZA
NEL CICLO DELLA VITA**

**Arte e autoscienza nel
ciclo della vita Copertina
flessibile – 18 novembre
2019 (Italian)**

di [Marco Brugnoli](#) (Autore),
[Maria Paola Brugnoli](#) (Autore)

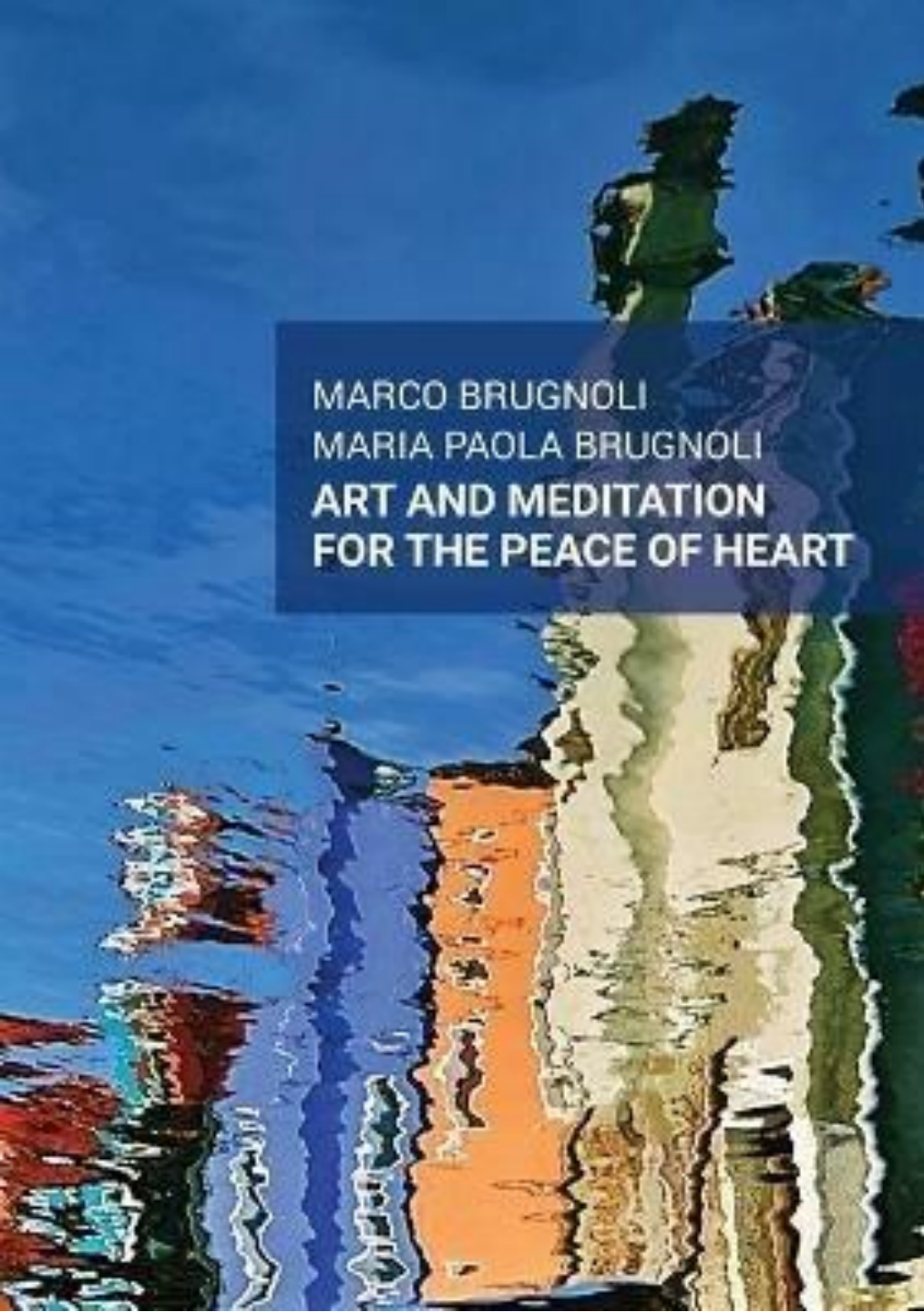
Editore : Youcanprint (18
novembre 2019)

Lingua : Italiano

Copertina flessibile : 110
pagine

ISBN-10 : 8831647628

ISBN-13 : 978-8831647625



MARCO BRUGNOLI
MARIA PAOLA BRUGNOLI
ART AND MEDITATION
FOR THE PEACE OF HEART

Art and meditation for the peace of heart (English)

di [Marco Brugnoli](#) (Autore)

[Maria Paola Brugnoli](#) (Autore)

[publisher Youcanprint](#), 2019

Anno edizione:

2019

2019

Pagine: 80 p., ill.

EAN: 9788831646260

English

VIVERE
SECONDO NATURA

Tutta 'colpa' della Luna



Le influenze
della Luna
sulla salute,
sull'umore
sull'agricoltura,
sul clima

ANGELICO BRUGNOLI

edizioni
red!

Dettagli

Autore:

[Angelico Brugnoli](#)

Editore:

[Red Edizioni](#)

Collana:

[Vivere secondo natura](#)

Anno edizione:

2003

In commercio dal:

27 giugno 2003

Pagine:

93 p., Brossura

EAN:

9788874470631

(Italian)

Angelico Brugnoli

Il risveglio del profondo Sé

SPIRAGLI DI LUCE
SULLA SOLITUDINE UMANA

Dettagli

Autore:

[Angelico Brugnoli](#)

Editore:

[Gabrielli Editori](#)

Anno edizione:

2009

In commercio dal:

1 gennaio 2009

EAN:

9788860990884

(Italian)

AIST - Associazione Italiana per lo Studio della Terapia
del Dolore e dell'Ipnosi Clinica

Tecniche della
COMUNICAZIONE
nella RELAZIONE D'AIUTO

Donato Benedetti
Angelico Brugnoli
Maria Paola Brugnoli
Clara Carletti
Isabella Carletti
Marisa Fabbro
Roberto Magarotto
Giampaolo Mortaro
Alessandro Norsa
Carlo Piazza

gabriele EDITORI

Autori (a cura di):

[Maria Paola Brugnoli](#)

ISBN: 978-88-6099-117-1

Pagine: 192

Formato: 14 x 21

Anno: 2010

(Italian)

Maria Paola Brugnoli

Tecniche di rilassamento
e ipnosi clinica
in terapia del dolore
e cure palliative



Tecniche di rilassamento e ipnosi clinica in terapia del dolore e cure palliative

di [Maria Paola Brugnoli](#)

- **Editore:** [Delmiglio Editore](#)
- **Data di Pubblicazione:** 2009
- **EAN:** 9788896305034
- **ISBN:** 8896305039
- **Pagine:** 352
- **Formato:** brossura
- **Argomenti:** Ipnosi
- **(Italian)**

Maria Paola Brugnoli

Clinical hypnosis,
spirituality and palliation:
the way of inner peace



Clinical hypnosis, spirituality and palliation. The way of inner peace (English)

di [Maria Paola Brugnoli](#)

- **Editore:** [Delmiglio Editore](#)
- **Data di Pubblicazione:** 2009
- **EAN:** 9788896305058
- **ISBN:** 8896305055
- **Pagine:** 208
- **Formato:** brossura
- English



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**Direttore – Andrea Fiorentini
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ANNALS OF PALLIATIVE MEDICINE

Vol 7, Number 1 January 2018

**Clinical Hypnosis in Palliative Care: neural correlates,
clinical, psychological and spiritual therapies**

Guest Editor: Dr. Maria Paola Brugnoli



apm.amegroups.com

Indexed in PubMed/MEDLINE®

**Vol 7, No 1 (January 26, 2018): Annals of
Palliative Medicine**

SPECIAL ISSUE:

HYPNOSIS IN PALLIATIVE CARE

Guest Editor: Maria Paola Brugnoli

14 scientific papers indexed on PubMed

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**Title: Clinical Hypnosis in Palliative
Care: neural correlates, clinical,
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Emanuela Pasin



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Emanuela Pasin

Libro e cd

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Lingua : Italiano

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ISBN-13 : 978-8899391225

di Emanuela Pasin e musiche di Capitanata (Italian)

PAROLE MATTE

di una fata in ciabatte

LABORATORI DI FILASTROCCHES



M. Baron
E. Pasin
A. Todaro

Emanuela Pasin

Parole matte di una fata in ciabatte.
Laboratori di filastrocche. Ediz.
illustrata Copertina flessibile –
Illustrato, 29 marzo 2021
di [Miriam Baron](#) (Autore), [Emanuela Pasin](#) (Autore), [Antonella Todaro](#) (Illustratore)

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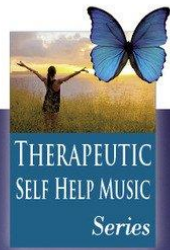
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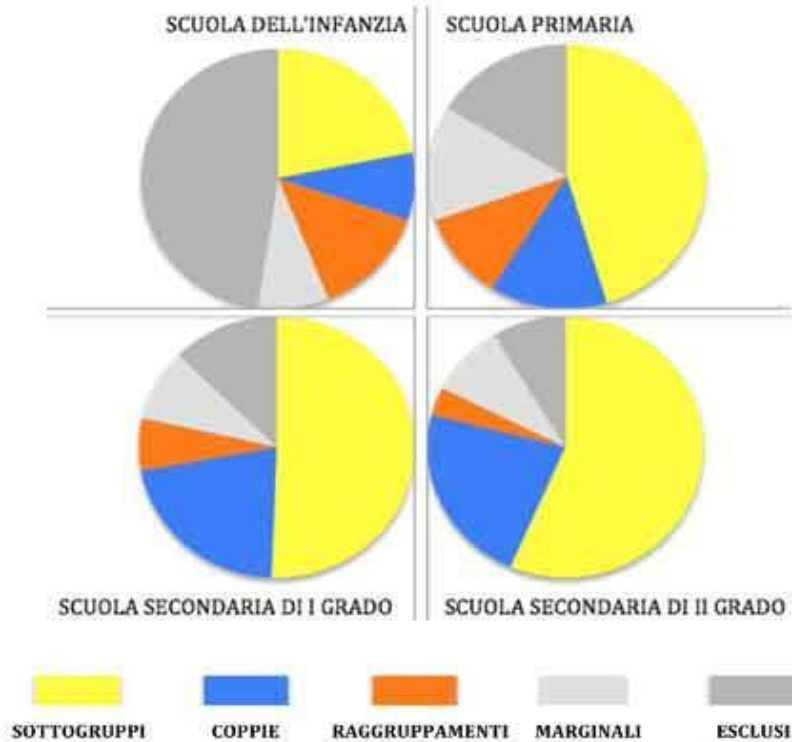
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An aerial night photograph of Verona, Italy. The Adige River flows through the center of the city, reflecting the lights. The Verona Arena, a large elliptical amphitheater, is illuminated and stands out prominently. To its right, the Basilica of San Zeno is also brightly lit, with its tall, slender bell tower reaching into the dark sky. The surrounding city is a dense grid of buildings with warm lights glowing from windows and streets. The sky is a deep twilight blue.

Happy summer from Verona

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