

Forschungsarbeiten

Forschung in Deutschland

Die Technische Universität München hat im Januar 2014 eine Studie veröffentlicht, in der Starksole-Floating bei Patienten mit Wirbelsäulenbeschwerden angewendet wurde. Die Studie zeigt, „...dass die Therapie von Wirbelsäulenbeschwerden mittels Starksolebad eine signifikante Beschwerde- und Befundbesserung bewirkt“.

Die Studie kann auf www.floating-verband.de eingesehen werden. Studienleiter ist Dr. med. Johannes Schauwecker.

Forschung in Schweden

An der staatlichen Universität von Karlstad in Schweden wurden von einem Forscherteam seit 1998 ca. 30 Untersuchungen mit den Schwerpunkten Stressreduktion und Burnout-Prävention durchgeführt.

Norlander, T., Bergman, H., & Archer, T. (1998). Effects of flotation REST on creative problem solving and originality. *Journal of Environmental Psychology*, 18, 399-408.

Norlander, T., Bergman, H., & Archer, T. (1999). Primary process in competitive archery performance: Effects of flotation REST. *Journal of Applied Sport Psychology*, 11, 194-209.

Sandlund, E. S., Linnarud, M., & Norlander, T. (2001). Effects of stress versus flotation-REST relaxation on creativity and literacy skills in advanced English as a Second Language (ESL) composition. *RASK. International Journal of Language & Communication*, 15, 95-113.

Norlander, T., Kjellgren, A., & Archer, T. (2001). The experience of flotation-REST as a function of setting and previous experience of altered state of Consciousness. *Imagination, Cognition and Personality*, 20, 161-178.

Kjellgren, A., Sundequist, U., Norlander, T., & Archer, T. (2001). Effects of flotation-REST on muscle tension pain. *Pain Research and Management*, 6, 181-189.

Norlander, T., Kjellgren, A., & Archer, T. (2003). Effects of flotation- versus chamber-restricted environmental stimulation technique (REST) on creativity and realism under stress and non-stress conditions. *Imagination, Cognition and Personality*, 22, 341-357.

Kjellgren, A., Sundequist, U., Sundholm, U., Norlander, T., & Archer, T. (2004).

Altered consciousness in flotation-REST and chamber-REST: Experience of Experimental Pain and Subjective Stress. *Social Behavior and Personality*, 32, 103-115.

Bood, S. Å., Sundequist, U., Kjellgren, A., Nordström, G., & Norlander, T. (2005). Effects of flotation-REST (Restricted Environmental Stimulation Technique) on stress related muscle pain: What makes the difference in therapy, attention-placebo or the relaxation response? *Pain Research and Management*, 10, 201-209.

Bood, S. Å., Sundequist, U., Norlander, T., Nordström, L., Nordenström, K., Kjellgren, A., & Nordström, G. (2006). Eliciting the relaxation response with help of flotation-REST (Restricted Environmental Stimulation Technique) in patients with stress related ailments. *International Journal of Stress Management*, 13, 154-175.

Bood, S. Å., Sundequist, U., Kjellgren, A., Nordström, G., & Norlander, T. (2007). Effects of flotation-REST (Restricted Environmental Stimulation Technique) on stress related muscle pain: Are 33 flotation sessions more effective as compared to 12 sessions? *Social Behavior and Personality*, 35, 143-156.

Åsenlöf, K., Olsson, S., Bood, S. Å., & Norlander, T. (2007). Case studies on fibromyalgia and burn-out depression using psychotherapy in combination with flotation-REST: Personality development and increased well-being. *Imagination, Cognition and Personality*, 26, 259-271.

Landström, A., Bood, S. Å., Kjellgren, A., & Norlander, T. (2007). Treating stress related pain in a clinical sample with flotation-REST: A further report on improvements on pain assessed by the Pain Area Inventory (PAI). *Social Behavior and Personality*, 35, 1279-1280.

Edebol, H., Bood, S. Å., & Norlander, T. (2008). Case studies on chronic whiplash associated disorders and their treatment using flotation-REST (Restricted Environmental Stimulation technique). *Qualitative Health Research*, 18, 480-488.

Kjellgren, A., Lyden, F., & Norlander, T. (2008). Sensory isolation in a flotation tank: altered states of consciousness and effects on well-being. *The Qualitative Report*, 13, 636-656.

Edebol, H., Kjellgren, A., Bood, S. Å., & Norlander, T. (2009). Enhanced independence and quality of life through treatment with flotation-Restricted Environmental Stimulation Technique) of a patient with both Attention Deficit Hyperactivity Disorder and Aspergers Syndrome: a case report. *Cases Journal*, 2.

Bood, S. Å., Kjellgren, A., & Norlander, T. (2009). Treating Stress related Pain with Flotation-REST: Are there differences between women and men? *Pain Research and Management*, 14, 293-298.

Kjellgren, A., Lindahl, A., & Norlander, T. (2009). Searching for placebo effects: Do sensitive personality and breathing instructions influence the experience of flotation-REST (restricted Environmental Stimulation Technique)? *Individual Differences Research*, 7, 212-221.

Kjellgren, A., Lindahl, A., & Norlander, T. (2010). Altered states of consciousness and mystical experiences during sensory isolation in the flotation tank: Is the highly sensitive personality variable of importance? *Imagination, Cognition and Personality*, 29, 135-146.

Kjellgren, A., Burkhall, H., & Norlander, T. (2010). Psychotherapeutic treatment in combination with relaxation in flotation tank: Effects on 'burn-out-syndrome'. *The Qualitative Report*, 15, 1243-1269. Kjellgren, A., Burkhall.

Kjellgren, A., Burkhall, H., & Norlander, T. (2011). Preventing sick-leave for sufferers of high stress-load and burn-out syndrome: A pilot study combining psychotherapy with the flotation tank. *International Journal of Psychology and Psychological Therapy*, 11, 297-306.

Kjellgren, A., Edebol, H., Nordén, T., & Norlander, T. (2013). Quality of Life with Flotation Therapy for a Person diagnosed with Attention Deficit Disorder, Atypical autism, PTSD, Anxiety and Depression, *Open Journal of Medical Psychology*, 2, 134 - 138.

Kjellgren, A & Westman, J. (2014). Beneficial effects of treatment with sensory isolation in flotation-tank as a health-care intervention. *BMC Complementary and Alternative Medicine*, 14:417.

Jonsson, K & Kjellgren, A. (2014). Curing the sick and creating supermen – How relaxation in flotation tank is advertised on the Internet. *European Journal of Integrative Medicine*, 6, 601–609.

Jonsson, K., Grim, K., & Kjellgren, A. (2014). Do highly sensitive persons have an increased ability for experiencing non-ordinary states during sensory isolation? *Social behavior and Personality*, 42, 1495 – 1506.

Forschung in den USA

An US-Amerikanischen Hochschulen sind schwerpunktmässig in den Jahren zwischen 1980 bis 2000 ca. 200 Studien erstellt worden. Hier wurden insgesamt 84 Publikationen zu folgenden Themen zusammengefasst:

1. Psychophysiologische Effekte

Foster D.S., Ph.D. (1997). EEG and Subjective Correlates of Alpha Frequency Binaural Beats Stimulation Combined with Alpha Biofeedback. 6th International REST Conference. San Francisco.

McGrady A. (1990). Psychophysiological Regulation of Blood Pressure. Restricted Environmental Stimulation: Research and Commentary. pp. 29-35. Toledo, Ohio: Medical College of Ohio Press.

Schwartz G. (1982). Integrating Modern Physics, Psychobiology and REST: an Amusing Synthesis Derived from Systems Theory. 2nd International Conference on REST. pp. 22-48. Toledo, Ohio: IRIS Publications.

Taylor T. (1985). The effects of Flotation Restricted Environmental Stimulation Therapy on Learning: Subjective Evaluation and EEG Measurements. First International Conference on REST and Self-Regulation. pp. 76-85. Toledo, Ohio: IRIS Publications.

2. Biologische Effekte

Barabasz M., O'Neill M. & Scoggin G. (1990). The Physiological Panic Button: New Data. Restricted Environmental Stimulation: Research and Commentary. pp. 112-119. Toledo, Ohio: Medical College of Ohio Press.

Budzynski T.H. (1990). Hemispheric Asymmetry and REST. Restricted Environmental Stimulation: Theoretical and Empirical Developments in Flotation REST. pp. 2-21. New York: Springer-Verlag New York Inc.

Ewy G., Sershon P., Freundlich T. (1990). The Presence or Absence of Light in the REST Experience: Effects on Plasma Cortisol, Blood Pressure and Mood. Restricted Environmental Stimulation: Research and Commentary. pp. 120-133. Toledo, Ohio: Medical College of Ohio Press.

Fine T., Mills D. & Turner J. Jr. (1993). Differential Effects of Wet and Dry Flotation REST on EEG Frequency and Amplitude. Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives. pp. 205-213. New York: Springer-Verlag New York Inc.

Fine T. & Turner J.W. (1985). The Use of Restricted Environmental Stimulation Therapy (REST) in the Treatment of Essential Hypertension. First International Conference on REST and Self-Regulation. pp. 136-143. Toledo, Ohio: IRIS Publications.

Fine T. & Turner J.W. (1987). The Effect of flotation REST on EMG Biofeedback and Plasma Cortisol. 2nd International Conference on REST. pp. 148-155. Toledo, Ohio: IRIS Publications.

Francis W.D. & Stanley J.M. (1985). The Effects of Restricted Environmental Stimulation on Physiological and Cognitive Indices. First International Conference on REST and Self-Regulation. pp. 40-49. Toledo, Ohio: IRIS Publications.

Malowitz R., Tortora T. & Lehmann C.A. (1990). Effects of Floating in a Saturated Epsom Salts Solution Disinfected with Bromine on the Aerobic Microbial Flora of the Skin. *Restricted Environmental Stimulation: Research and Commentary*. pp. 139-150. Toledo, Ohio: Medical College of Ohio Press.

3. Behandlung von physiologischen und psychologischen Fehlfunktionen

3.1 Angstzustände

O'Toole P. & Barabasz M. (1997). Effects of Rational Emotive Therapy and REST on Social Anxiety. 6th International REST Conference. San Francisco.

Pudvah M.B. & Rzewnicki R. (1990). Six Months in the Tank: The Long-Term Effects of Flotation Isolation on State Anxiety, Hostility, and Depression. *Restricted Environmental Stimulation: Research and Commentary*. pp. 79-85. Toledo, Ohio: Medical College of Ohio Press.

3.2 Kinder mit Autismus

Harrison J. & Barabasz A. (1993). REST as a Treatment for Children with Autism. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 269-280. New York: Springer-Verlag New York Inc.

Suedfeld P. & Schwartz G. (1980). Restricted Environmental Stimulation Therapy (REST) as a Treatment for Autistic Children. *Journal of Developmental and Behavioral Pediatrics*. Vol.4, #3, pp. 196-201. William & Wilkins Co.

3.3 Prämenstruelles Syndrom

Goldstein D.D. & Jessen W.E. (1990). Flotation Effect on Premenstrual Syndrome. *Restricted Environmental Stimulation: Research and Commentary*. pp. 260-266. Toledo, Ohio: Medical College of Ohio Press.

Jessen W. (1993). The Effects of Consecutive Floats and Their Timing on Premenstrual Syndrome. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 281-288. New York: Springer-Verlag New York Inc.

3.4 Chronische Schmerzzustände und Rheumatische Arthritis

Borrie R. (1997). The Benefits of Flotation REST (Restricted Environmental Stimulation Therapy) in a Pain Management Program. 6th International REST Conference. San Francisco.

McCormick B.A., Shafransky D.R., Fine T.H. & Turner J.W. Jr. (1997). Effects of Flotation REST on Plasma Cortisol in Rheumatoid Arthritis. 6th International REST Conference. San Francisco.

Mereday C., Lehmann C. & Borrie R. (1990). Flotation For The Management of Rheumatoid Arthritis. *Restricted Environmental Stimulation: Research and Commentary*. pp. 255-259. Toledo, Ohio: Medical College of Ohio Press.

Shafransky D.R., McCormick B.A., Fine T.H. & Turner J. Jr. (1997). Restricted Environmental Stimulation Therapy (REST) on Serological Markers of Inflammation in Rheumatoid Arthritis. 6th International REST Conference. San Francisco.

Turner J. Jr., Deleon A., Gibson C. & Fine T.H. (1993). Effects of Flotation REST on Range Motion, Grip Strength and Pain in Rheumatoid Arthritis. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 297-306. New York: Springer-Verlag New York Inc.

3.5 Sonstiges

Borrie R., Dana J., Perry S., & Friedman M. (1993). Flotation REST, Physical Therapy and Psychological Intervention in the Treatment of Physical Disabilities. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 289-296. New York: Springer-Verlag New York Inc.

Cahn H.A. (1985). Sensory Isolation used with Cognition Modification Training to Restore Medically Declared Unfit Persons to Duty and Reduce Absenteeism in City of Phoenix Maintenance Workers. *First International Conference on REST and Self-Regulation*. pp. 167-178. Toledo, Ohio: IRIS Publications.

Grunberg N. E. (1990). Potential Applications of Restricted Environmental Stimulus Therapy in Behavioral Health. *Restricted Environmental Stimulation: Research and Commentary*. pp. 36-50. Toledo, Ohio: Medical College of Ohio Press.

Ramirez C.E., Suedfeld P., Remick R.A. & Fleming J.A.E. (1990). Potential Beneficial Effect of REST on Patients with Electroconvulsive Therapy. *Restricted Environmental Stimulation: Research and Commentary*. pp. 188-195. Toledo, Ohio: Medical College of Ohio Press.

Rzewnicki R., Wallbaum A.B.C., Steel H. & Suedfeld P. (1990). REST for Muscle Contraction Headaches; A Comparison of Two REST Environments Combined with Progressive Muscle Relaxation Training. *Restricted Environmental Stimulation: Research and Commentary*. pp. 245-254. Toledo, Ohio: Medical College of Ohio Press.

Dr. Suchurbruck, Dr. Berman & Tapprich J. (1997). Treatment of Psychosomatic Illness Through Mental Training and Floatation in Oxygenated Magnesium Sulfate Saturated Baths. *6th International REST Conference*. San Francisco.

Tikalsky F.D.(1990). Restricted Environmental Stimulation, Relaxation Therapy, Social Support and Mental Imagery as a Treatment Regimen in Breast Cancer. *Restricted Environmental Stimulation: Research and Commentary*. pp. 267-271. Toledo, Ohio: Medical College of Ohio Press.

4. Verhaltensstörungen

4.1 Alkoholismus

Adams H. (1988). REST Arousability and the Nature of Alcohol and Substance Abuse. *Journal of substance Abuse Treatment*. Vol.5, pp. 77-81.USA.

Barabasz M., Barabasz A. & Dyer R. (1993). Chamber REST Reduces Alcohol Consumption: 3, 6, 12, and 24 Hour Sessions. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 163-173. New York: Springer-Verlag New York Inc.

Cooper G., Adams H.& Scott J. (1988). REST and Alcohol Consumption. *Journal of substance Abuse Treatment*. Vol.5, pp. 59.USA.

David B. (1997). A Pilot Test of REST as a Relapse Prevention Treatment for Alcohol and Drug Abusers. *6th International REST Conference*. San Francisco.

DiRito D. (1993). Motivational Factors in Alcohol Consumption: Extending Hull's Model. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 157-162. New York: Springer-Verlag New York Inc.

4.2 Essstörungen

Barabasz M. (1993). REST: A Key Facilitator in the Treatment of Eating Disorders. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 121-126. New York: Springer-Verlag New York Inc.

Borrie R.A. (1985). Restricted Environmental Stimulation Therapy used in Weight Reduction. *First International Conference on REST and Self-Regulation*. pp. 144-151. Toledo, Ohio: IRIS Publications.

Dyer R., Barabasz A. & Barabasz M. (1993). Twenty-Four Hours of Chamber REST Produces Specific Food Aversions in Obese Females. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 127-144. New York: Springer-Verlag New York Inc.

4.3 Rauchen

Barabasz M. & Barabasz A. (1993). Treatment of Trichotillomania and Smoking with Hypnosis and REST. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 145-156. New York: Springer-Verlag New York Inc.

Fine T. & Bruno J. (1985). Floatation REST and Smoking Cessation: A preliminary Report, *Health and Clinical Psychology*. North Holland: Elsevier Science Publishers B.V.

Ramirez C. (1985). Restricted Environmental Stimulation Techniques in Smoking Cessation in a Latin American Country. *First International Conference on REST and Self-Regulation*. pp. 152-166. Toledo, Ohio: IRIS Publications.

4.4 Stress-Management

Barabasz A., Barabasz M., Dyer R. & Rather N. (1993). Effects of Chamber REST, Flotation REST and Relaxation on Transient Mood State. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 113-120. New York: Springer-Verlag New York Inc.

Brownfield C. (1993). Slow REST or Fast Drugs: Meditation or Medication? *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 101-111. New York: Springer-Verlag New York Inc.

Ewy G., Sershon P., Freundlich T. (1990). The Presence or Absence of Light in the REST Experience: Effects on Plasma Cortisol, Blood Pressure and Mood. *Restricted Environmental Stimulation: Research and Commentary*. pp. 120-133. Toledo, Ohio: Medical College of Ohio Press.

Fine T. & Turner J.W. (1985). The Use of Restricted Environmental Stimulation Therapy (REST) in the Treatment of Essential Hypertension. *First International Conference on REST and Self-Regulation*. pp. 136-143. Toledo, Ohio: IRIS Publications.

Helmreich N.E. (1990). The Critical Role of Personality and Organizational Factors as Determinants of Reactions to Restricted and Stressful Environments. *Restricted Environmental Stimulation: Research and Commentary*. pp. 51-61. Toledo, Ohio: Medical College of Ohio Press.

Jacobs, Heilbronner & Stanely. (1985). The Effects of Short Term Floatation REST on Relaxation. *First International Conference on REST and Self-Regulation*. pp. 86-102. Toledo, Ohio: IRIS Publications.

Jacobs G.D., Kemp J.C., Keane K.M. & Belden A.D. (1985). A Preliminary Clinical Outcome Study on a Hospital Based Stress Management Program Utilizing Flotation REST Biofeedback. First International Conference on REST and Self-Regulation. pp. 179-185. Toledo, Ohio: IRIS Publications.

Kuola G. M., Kemp J., Keane K.M. & Belden A., (1984). Replication of a Clinical Outcome Study on a Hospital-based Stress Management and Behavioral Medicine Program Utilizing Flotation REST (Restricted Environmental Stimulation Technique) and Biofeedback. 2nd International Conference on REST. pp. 127-135. Toledo, Ohio: IRIS Publications.

Dr. Schürbrock, (1996). Treatment of Psychosomatic Illnesses Through Mental Training and Floatations in Oxygenated Magnesium Sulfate Saturated Baths, For Instance in the Treatment of Chronic Relapsing Skin Diseases (Psoriasis, Neurodermatitis) 6th International REST Conference, San Francisco.

Dr. Schürbrock, (1996). Zur Adjuvanten Therapie Chronisch Rezidivierter Hauterkrankung (Psoriasis-Vulgaris, Neurodermitis) im Magnesium-Sulfat Schwebewasser-Tank in Kombination mit UV-Bestrahlung im Therapiezentrum »Haus Ebersberg«.

Wickramasekera I. (1993). A Model of the Common »Active Ingredient« in Stress Reduction Techniques. Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives. pp. 59-74. New York: Springer-Verlag New York Inc.

5. Unterstützung von Kreativitätsprozessen

Baker D.A. (1987). The Effects of REST and Hemispheric Synchronization Compared to the Effects of REST and Guided Imagery on the Enhancement of Creativity in Problem-Solving. 2nd International Conference on REST. pp. 122-126. Toledo, Ohio: IRIS Publications.

Metcalf J. & Suedfeld P. (1990). Enhancing the Creativity of Psychologists Through Flotation REST. Restricted Environmental Stimulation: Research and Commentary. pp. 204-212. Toledo, Ohio: Medical College of Ohio Press.

Vartarian O.A. (1997). The Effects of Flotation REST on Musical Creativity. 6th International REST Conference. San Francisco.

5.1 Sport

Baker D.A. (1990). The Use of REST in the Enhancement of Sports Performance- Tennis. Restricted Environmental Stimulation: Research and Commentary. pp. 181-187. Toledo, Ohio: Medical College of Ohio Press.

Bond J. (1997). »To float or not to float«... is that the question? How to maximise your use of the Sport Psychology float tanks.

McAleney P. & Barabasz A. (1993). Effects of Flotation REST and Visual Imagery on Athletic Performance: Tennis. Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives. pp. 79-86. New York: Springer-Verlag New York Inc.

Richardson S. (1997). Enhancing Rowing Ergometer Performance Through Flotation REST. 6th International REST Conference. San Francisco.

Stanley J., Mahoney M. & Reppert S. (1982). REST and the Enhancement of Sports Performance: A Panel Presentation and Discussion. 2nd International Conference on REST. pp. 168-183. Toledo, Ohio: IRIS Publications.

Wagaman J. & Barabasz A. (1993). Flotation REST and Imagery in the Improvement of Collegiate Athletic Performance: Basketball. Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives. pp. 87-92. New York: Springer-Verlag New York Inc.

5.2 Sonstiges

Atkinson R. (1993). Short-Term Exposure to REST: Enhancement Performance on a Signal-Detection Task. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 93-100. New York: Springer-Verlag New York Inc.

Barabasz M. & Barabasz A. (1997). REST Effects on Human Performance. 6th International REST Conference. San Francisco.

Melchiori L.G. & Barabasz A.F. (1990). Effects of Flotation REST on Simulated Instrument Flight Performance. *Restricted Environmental Stimulation: Research and Commentary*. pp. 196-203. Toledo, Ohio: Medical College of Ohio Press.

O'Leary D.S. & Heilbronner R.L. (1985). Flotation Rest and Information Processing: A Reaction Time Study. First International Conference on REST and Self-Regulation. pp. 50-61. Toledo, Ohio: IRIS Publications.

6. Hypnose

Barabasz A.F. (1993). Neo-Dissociation Accounts for Pain Relief and Hypnotic Susceptibility Findings: Flotation REST Elicits Hypnosis. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 41-52. New York: Springer-Verlag New York Inc.

Barabasz M. & Barabasz A.F. (1990). Effects of Chamber REST on Hypnotizability and Chronic Pain. *Restricted Environmental Stimulation: Research and Commentary*. pp. 213-228. Toledo, Ohio: Medical College of Ohio Press.

Barabasz M. & Barabasz A. (1993). Treatment of Trichotillomania and Smoking with Hypnosis and REST. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 145-155. New York: Springer-Verlag New York Inc.

Borrie R.A. (1990). Development of the Guided Float: The Use of Ericksonian Hypnosis in the Flotation REST. *Restricted Environmental Stimulation: Research and Commentary*. pp. 158-173. Toledo, Ohio: Medical College of Ohio Press.

Crawford H. Psychological Comparisons of REST and Hypnosis: Implications for Future Research. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 175-186. New York: Springer-Verlag New York Inc.

Kaplan G.M. & Barabasz A.F. (1990). Enhancing Hypnotizability: Differential Effects of Flotation Restricted Environmental Stimulation Technique (REST) and Progressive Muscle Relaxation. *Restricted Environmental Stimulation: Research and Commentary*. pp. 229-244. Toledo, Ohio: Medical College of Ohio Press.

Migaly P. (1993). REST and Hypnotic Phenomena: Some Similarities Observed in European Case Studies. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 53-58. New York: Springer-Verlag New York Inc.

Raikov V. & Barabasz M. (1993). Age regression Phenomena. *Clinical and Experimental Restricted Environmental Stimulation: New Developments and Perspectives*. pp. 75-78. New York: Springer-Verlag New York Inc.

Wickramasekera I. (1985). The Common Therapeutic Elements and Procedural Components in Self-Hypnosis and Other Stress Reduction Techniques. First International Conference on REST and Self-Regulation. pp. 206-219. Toledo, Ohio: IRIS Publications.

Wickramasekera I. (1993). A Model of the Common »Active Ingredient« in Stress Reduction Techniques. Clinical and Experimental Restricted Environmental Stimulation: New Develop-ments and Perspectives. pp. 59-74. New York: Springer-Verlag New York Inc.