

Psiconeurofisiologia comparativa entre as memórias traumáticas de vida actual e as memórias traumáticas de supostas vidas passadas: SPECT cerebral em 20 pacientes submetidos à Terapia Regressiva Vivencial Peres

Results:

Many studies have pointed out that the brain does not really store emotional or traumatic memories, but stores traces of information that are later used to create memories. The psychopathological signs of trauma are not static along a time-line and neither is the expression of traumatic memories. The psychotherapeutic method *Terapia Reestruturativa Vivencial Peres* (TRVP) integrates tools of Cognitive Behavioral Therapy and Altered State of Consciousness to help the patient restructure emotionally and cognitively traumatic events. **OBJECTIVE:** The aim of this study was to compare changes in cerebral blood flow of patients during the retrieval of traumatic memories of present life and traumatic memories of supposed previous lives by using a script-driven symptom provocation paradigm adapted to Single Photon Emission Computed Tomography (SPECT). Twenty patients with partial post-traumatic stress disorder (PTSD) were examined by means of brain SPECT (99Tc-ECD). ROIs were used to semi-quantify flow. Values were generated for each ROI and normalized to the average whole brain activity and a Statistical Parametric Mapping was used for data analyses. The comparison between the baseline condition (relaxation) and the traumatic memories of present life showed significant attenuation of activity in the pre-frontal cortex ($X=\pm 10, Y=+36, Z=-15, p<0.001$), and left hippocampus ($X=-32, Y=-9, Z=-15, p<0.001$), as well as increase of activity in the left amygdale ($X=-17, Y=-6, Z=-23, p<0.001$). The comparison between the baseline condition and the traumatic memories from supposed previous life showed the same neural reciprocities. The third comparison between the traumatic memories of present life and the traumatic memories from supposed previous life, did not reach significance. These findings suggest that fantasy, false memories and confabulation are distinct cognitive processes of traumatic memories of supposed previous lives, and neural mechanisms involved in these processes may share neural similarities with those underlying the fragmented and nonverbal nature of traumatic memories in partial PTSD.

Published Work:

PERES, J.F.; PERES, M.J.; NASELLO, A.G. (2008). **Psychotherapy and Neurosciences: toward closer integration.** *International Journal of Psychology*, In press.

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PERES, J. F.; MOORES, K.; NASELLO, A. G.; MCFARLANE, A. (2008). **Traumatic memories: bridging the gap between functional neuroimaging and psychotherapy.** *Australian and New Zealand Journal of Psychiatry*, v. 42(6), p. 478-488.

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