

## **Conscious Induction of Theta EEG Patterns by a Healing Procedure**

### **Results:**

A new healing procedure termed ThetaHealing is making extraordinary claims regarding healing effects and healing mechanism but so far no scientific evaluation has been conducted. One of the basic claims of ThetaHealing is that the experienced theta healer enters via a special meditation in a so called 'theta state' which is then also induced in the patient by the healer. It is proposed that this state is correlated with strong theta rhythmic activity patterns (4-7Hz) in the respective EEG of healer and patient. We assessed this claim in a dual EEG experiment by recording simultaneously EEG from 10 Theta Healers and 10 patients. Hypotheses were (i) healers taught in this method will elicit theta rhythmic activity in their EEG. (ii) There will be an increase of theta rhythm brain activity in the patient once the ThetaHealer tried to connect. (iii) There will be significant more correlational patterns between the healer's and the patient's EEG once both are in the so called theta state compared to a control condition.

We found no changes in theta activity for different healing phases and comparisons in the clients. We furthermore found either no changes or even significant decreases of theta-activity in the healers. Over the course of the whole session theta-activity decreased significantly in healers. With respect to correlation patterns between healers and clients we found either none or only moderate correlations.

Overall it is concluded that none of the claims could be supported by our study. Our study had good internal validity and moderate to good external validity. Thus, we consider our results as valid. Our study has not assessed any claims to heal clients and no conclusion can be made with regard to this claim.

### **Area(s) of interest:**

EEG, complementary and alternative medicine

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