

Aims

(1) Evaluate impact of psychomanteum on grief (2) Examine correlations between absorption on grief (3) Measure difference in Aims 1 and 2 by comparing the physical chamber and VR on grief and absorption. (4) Exploratory analysis of language use

Results

Ninety-two participants completed pre and post evaluations. Aim 1 was tested using a paired samples t- test for pre and post measures of grief and found a significant effect ($p < .001$, 2-t). Supporting this, a Person's r was performed to analyze Aim 2; this showed a significant correlation on grief and while absorption was held constant ($p = .019$). For Aim 3, no significant effect was seen between the physical chamber and the VR experiences. This suggests that the experiences are isomorphic and supports the interchangeability of the approaches. Language analysis found that the experiences were profound and transformative for most participants. Results supported the Continuing Bonds Theory. Many people expressed a wish that the session had been longer and that they might come again.

With appreciation to the Bial Foundation and Sofia University

From Grief to Growth: Uniting Ancient Wisdom and Cutting- Edge Technology to Probe Grief and Absorption in the Psychomanteum

(grant 366/18)

Marilyn Schlitz, Dorote Lucci,
James Thompson, Jeff Tarrant,
Scott Guem, Abeshehik Patel,
Penny Zvan