

## **Adjuvant NLPT-Cd-system supports clients with breast cancer**

Witt Klaus, Unterberger Gerhart , Bargfeldt Martin

Institut für Therapie und Beratung an der HAWK, University of applied Science, Hildesheim  
Hohnsen 1, D 31134 Hildesheim mail: klauswitt@nlpt-akademie.de

### Background:

There is a growing body of evidence indicating that relaxation and optimistic expectations have a positive influence on coping-strategies, compliance and the convalescence itself (Buske-Kirschbaum 1,2,3). Emotional and physical change, induced by imagination was shown in reports from Min (4), Scheele (5), Witt (6,7) and Zaccharine (8).

To have a tumour signifies an existential threat to a patient and causes emotions of fear, anger, depression and helplessness. Standard therapies as surgery, exposure and chemotherapy are accompanied by side-effects and also validate negative emotions. A mental support for patients, which is normally not available, was tested by a CD-media system.

The development of a tested media system could be the key improvement in closing the gap in mental help. This NLPT-study was a pilot project to explore the effect of an adjuvant CD-media system (positive imagination and a relaxation intervention) during standard medical treatment. The trances employed were usually of 20 minutes length, starting with 10 minutes to relax the patient and 10 more minutes to install a healing visualisation or other helpful messages in the form of metaphors in the subconscious, plus wake up time.

### Objective:

The reported experiments examine the involvement of psychological factors, relaxation and positive visualisations of convalescence. The main factors which influence the health of a patient with cancer are:

- standard medical treatment as surgery, exposure, chemo- and immunotherapy,
- side effects such as prostration, damage of body function, loss of weight, pain, change or loss of organs, sickness, hair loss, damage to the immune system and depression,
- psychological factors such as particular circumstances in the life of the patient, stress events, individual beliefs and bad or hopeful expectations.

A tested media system could be the needed improvement to close the gap in mental help.

Objectives of a mental therapy are:

- change from a negative to a optimistic view of the situation
- building up a consciousness of self-responsibility
- feelings of anger, helplessness and fear being turned into hope, curiosity and vitality
- improvement of the body-consciousness communication

It has been examined whether a CD-media system can provide a better convalescence and health related well-being.

### Methods:

In a randomised multicentre clinical trial carried out by German hospitals, side effects and psychological factors have been examined. 88 patients suffering from breast cancer were divided into an experimental and a control group. Inclusion criteria were that the diagnosis of the disease was correct.

The NLPT-media-system, which was based on neuro-linguistic-psychotherapy (NLPT), including relaxation, hypnosis and positive healing imagination has been evaluated. In all participants in the study all tests (psychological items, side effects and achievement potential) were performed before treatment and after six and twelve months.

### Results:

- Helplessness and uneasiness was significantly worse in the control group. These participants needed much more medication to get to sleep and the level of nervousness was significantly higher,
- mental condition was significantly better amongst participants of the experimental group,

- as was their physical condition and achievement potential.
- Unfortunately there were no significant results in side effect scores found but the health related quality of life was high significant better in participants of the experimental group.
- A questionnaire showed a very high acceptance of the NLPt-media system. More than 80% of the participants found it very helpful.

#### Conclusion:

The patients who received mental support with this NLPt CD-system seem to have a better understanding of their situation, which make them more able to relax and to create a positive and optimistic view of their future.

Their physical condition and their achievement potential were much better with than without mental support. This adjuvant therapy system seems to suppress depression and increase hopeful expectations, health-related well-being and their quality of life.

Trance and relaxation CDs are a possible way to go deeper in the substance of the patient in order to help him. Such use of supportive NLPt CD-media seems to be very helpful and more investigation into this kind of adjuvant treatment is needed.

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