

IMT – Integrated Mental Training

A systematic and long-term training
of Self Hypnosis and its application

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IMT was developed during **the 70:s** by Prof. Lars-Eric Uneståhl in close cooperation with the Swedish National and Olympic Teams. The Training System was based on principles from Uneståhl's research about Hypnosis and Body-Mind relations at Uppsala Universities during **the 60:s** (Report no 1-)

The use of IMT in Schools, in Organisations and for Personal Growth became popular in **the 80:s**. (Report), while the emphasize in the ninetens gradually turned more and more to Health and Clinical areas. (Report **1990** started a co-joint Swedish-Russian research project (Lars-Eric Uneståhl, Ph.D and Pavel Bundzen Ph.D., M.D.). 24 of the IMT-programs were translated to Russian, where IMT has been applied to Sport, Performing Arts, Education, Health and Clinical areas (Report)

Some of the findings:

1. EEG-studies of the Self-Hypnotic state, used in the Basic Mental Training (called "the mental room") showed a quantitative as well as qualitative change of brain activity. The biggest change could be seen in the theta level (4-7 c/s). The qualitative change could be described as a leveling out of the activity with the same low activity in each of the four quarters of the brain. The cortex begin to work as a holistic unit which change the informational pathways.
2. Systematic IMT-training effected the endocrinal system and the production av a variety of hormones, for instance decrease of cortizol levels and increase of beta-endorphin levels.
3. A number of studies showed an improvement of the immunological system (measured with T4/T8 cells) during and after Mental Training. The decrease of the immune defence in connection with hard training and overtraining could also be prevented by Mental Training. The last study also showed that the improved immune defence mainly came through one pasrt of IMT – the Life Quality Training.
4. 300 cancer patients were divided into two similar groups through matching. The experimental group combined the hospital treatment with IMT. There was a significant lower mortality rate in the experimental group.

Most research since year 2000 has been made by Uneståhl and his mental training students. Here are some examples:

5. 70 tinnitus patients had 15 minutes of IMT-training every day for 4 months (Sahlgrenska hospital). Very few got rid of the sound and noise but almost everyone could learn to lower or remove the disturbance.
6. Studies mada et the hospital in Helsingborg show that even if the chronic pain was still there the IMT-patients had learned to dissociate and detach from the pain and concentrate on the important things in Life.
7. A number of studies about sleep (Motala), overweight (Lund), asthma (Åre) etc. show that regular IMT-training gives positive effects independent of the medical area. However, IMT is mostly not an alternative but a complementary medicine
8. Using IMT-tapes during general anesthesia (ortopedic surgery at Örebro hospital) have shown positive effects during operation and less postoperative complications.
9. A jet-lag study with the Swedish National Swimming Team in connection with the preparation for the Sydney Olympics showed better effects on sleep and performance of IMT compared with Melatonin, Placebo and Control.

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10. Biological aging (measured with the DHEAS-hormone) stopped in connection with 6 month IMT-training. The experimental group instead became “7 years younger”

WORKSHOP – APPLIED INTEGRATED MENTAL TRAINING

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Integrated Mental Training (IMT)

A systematic, longterm and scientifically evaluated self-hypnotic training of mental processes with the goal of developing individuals, teams and organisations.

Life Goal Areas

IMT works with 3L (lifelong learning) and continous growth, activated by the creation of an "attractive future", which is integrated in the "inner mental room" (self-hypnosis). The growth model and the training model is focused on the "Mission" area (work-relations) and Health areas.

Peak Performance and Wellness

Analysis of Peak Performance are made in Sport, on Stage and in Work areas. Health development is based on the WHO definition of "optimal physical, psychological and social wellbeing".

Ideal States

One part of the "better Life concept" is "the Ideal States" which are identified for areas like Learning, Decision making, Creativity, Performance, Relations, Healing etc.

Alternative Systems of Control

The Dominant System of Control (DSC or "voluntary effort") is complemented or replaced with effective and more effortless control systems like images, triggers etc.

Basic Mental Training

The reduction of basic tension levels saves energi and opens up for the ideal muscle state, characterized by optimal tension in synergistic muscles and relaxation of the antagonistic muscles ("relaxense")

The second part of BMT focus on the learning of the "inner Mental room" (operational definition of Self-Hypnosis) and various techniques to be used in this room.

Self-Image training

Ego-strengthening techniques improves the self-image (esteem, confidence, inner talk, a.s.o.) and serves as a base for personal growth

Goal-Programming

Visions and overall goals are translated to situation related images, which then are programmed in the mental room. "Memories of the future" are created, which then give energy and inspiration to the "daily work" but also serves as the steering mechanism of the daily automaticity.

Mental toughness training

Reduction or removal of "fear of future" is combined with the change of attitude from "problem avoidance" to a positive activation by challenges and difficult tasks.

Concentration training

Focusing on relevant stimuli (triggers) is combined with dissociation from irrelevant stimuli.

Life Quality training

Systematic training of "optimism", inner security and balance is combined with "humor training" (laughing, humorous attitude and inner joy).

The ABC of Teamtraining

The personal training are complemented by programs for teams and organisations. The team programs contains programs for "common goalimages", "optimal cooperation" and "creative and flexible teams"

The "new Lifestyle"

The Mental training programs have been complemented with a coaching philosophy, where solution based, and "future oriented" methods replace the old "problem oriented and clinical" Life model.

Application areas

IMT is today used by 25% of the Swedish population. The four main application areas are:

1. Sport- and Stage performance
2. School and education (from first grade to University)
3. Business and Public Administration (used by most major international and national companies)
4. Health and Clinical Areas