

Übersicht vom Großteil der Forschungsarbeiten

1. Psychophysiologische Effekte
2. Biologische Effekte
3. Behandlung von physiologischen und psychologischen Fehlfunktionen
 - 3.1 Angstzustände
 - 3.2 Kinder mit Autismus
 - 3.3 Prämenstruelles Syndrom
 - 3.4 Chronische Schmerzzustände und Rheumatische Arthritis
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 - 4.1 Alkoholismus
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5. Unterstützung von Kreativitätsprozessen
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6. Hypnose

Jüngere Forschung

In Schweden wurden in den Jahren 2006 bis 2008 einige Untersuchungen zu den Themen Stressmanagement und Burnout-Syndrom vorgenommen:

Bood, S. Å., Sundequist, U., Kjellgren, A., Nordström, G., & Norlander, T. (2007). Effects of REST (Restricted Environmental Stimulation technique) on Stress related muscle pain: Are 33 flotation

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Åsenlöf, K., Olsson, S., Bood, S.Å., & Norlander, T. (in press). Case studies on fibromyalgia and burn-out depression using psychotherapy in combination with flotation-REST: Personality development and increased well-being. *Imagination, Cognition and Personality*.

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1. Psychophysiological

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2. Biological Effects

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3. Treatment of Physical Dysfunctions and Psychological Disorders

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3.5 Other

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