

МЕДИЦИНСКИЕ НАУКИ

THE CONCEPT OF INNOVATIVE CONVERGENT METHOD OF TRANSPERSONAL METAPSYCHOTHERAPY FOR REHABILITATION OF PATIENTS WITH DISABILITIES

*Gavrilov Vladimir Yuryevich¹, Vlasov Yan Vladimirovich²,
Ipatov Oleg Yuryevich³, Klimenko Ekaterina Pavlovna⁴*

¹ ORCID: 0000-0001-6964-6086

*Samara regional public organization of disabled people with multiple sclerosis. Scientific consultant.
Corresponding member of the Academy of medical and technical Sciences
of the Russian Federation.*

² ORCID: 0000-0002-9471-9088

*Federal state budgetary educational institution of higher education «Samara state medical University»
of the Ministry of health of the Russian Federation,
doctor of medical Sciences. Professor of the Department of neurology and neurosurgery.
President of the All-Russian public organization of disabled people with multiple sclerosis.*

³All-Russian public organization of disabled people with multiple sclerosis.
Director of the information and analytical service.

⁴Samara regional public organization of disabled people with multiple sclerosis.
The chief specialist.

**Corresponding author: Gavrilov Vladimir Yuryevich*

*Samara regional public organization of disabled people with multiple sclerosis.
Samara, Russia*

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Annotation. In this paper, we propose the conceptual foundations of an innovative, convergent method of transpersonal metapsychotherapy for the rehabilitation of patients with disabilities and disabled patients with multiple sclerosis. The concept is considered on the example of a particular scenario for the preparation of entangled states in the framework of entomotherapy (direct visual and kinesthetic contact with live and tame tropical butterflies). The cascade of linked macroscopic psychosomatic states (reflex chain) in dynamics is as follows:

- psychological fairy tale, relaxation and affirmation for remission with a text where the leading role is assigned to the butterfly, leading the patient into a world where he easily manages his health condition;
- contact with live and tame tropical butterflies;
- understanding by the patient of the fact that any of his fantasies can be realized in reality;
- motivation and confidence in their abilities and capabilities.

Keywords: natural experiment, metatheater, psychological relaxation, convergent methods, transpersonal meta-psychotherapy, rehabilitation, limited health opportunities

Purposes of the work.

1. Create the most effective process – in the framework of rehabilitation of patients with disabilities - to develop self-confidence on the verge of realizing what is not possible in the usual perception of reality.
2. To form a strong dominant of confidence in getting rid of both the disease and the accompanying psychosomatic problems.
3. To create preconditions for simulation of steady remission.

Tasks.

To achieve the above goals, you need to solve a number of the following tasks.

1. Within the framework of the proposed convergence of psychological relaxation methods using metatheatrical representation in the fantasy style, it is necessary to create the illusion of "omnipotence" – in relation to one's own abilities to achieve the intended goals.
2. The development of imagination and non-bendable intention in movement and towards the intended goal.

3. Understanding the possibility and feasibility of such self-implementations.

4. The creation of a fixed installation and application of this installation is in everyday reality.

5. Formation of internal self-confidence and creation of conditions for permanent remission.

6. Reduction of fatigue with the development of mobility of nervous processes.

Relevance.

The actual effectiveness of this transpersonal psychotherapeutic technique consists in combining the methods of natural experiment, metatheatrical approaches and psychological relaxation with musical accompaniment - to achieve the effect of being present in one's own fantasy. This will allow us to create a stable fixed attitude – almost mystical self-confidence, for further positive actions in the direction of self-solution of health problems in patients with disabilities and confidence in a favorable and effective solution of such problems .

Scientific novelty.

This convergent methodology is based on the system of "natural experiment" according to A. F. Lazursky and Lionel Abel's metatheater and is based on a session of psychological relaxation, the plots of which is then "revived" unclear and present reality (through metatheatrical action) at the end of the session.

This is the first time the method is used in this converged version.

Methodological foundations .

The concept of convergent innovative transpersonal metapsychotherapy method: in this version – as a grant project – was codenamed: "Reviving fairy tale". And it will be used for rehabilitation of patients with disabilities and disabled patients with multiple sclerosis. The concept is designed to create and maintain a stable remission and is built within the framework of the following methods that make up its components:

1. The method of natural experiment according to A. F. Lazursky [1-3].

- This method was first proposed in 1910 by A. F. Lazursky at the 1st all-Russian Congress on experimental pedagogy. A natural experiment is conducted under normal conditions within the framework of activities that are familiar to the subjects, such as training sessions or games. Often, the situation created by the experimenter may remain outside the consciousness of the subjects; in this case, the complete naturalness of their behavior is a positive factor for the study. An experimental situation is created openly, so that the subjects themselves become participants in its creation. This makes the method of natural experiment correctly congruent to the metatheater, which complements its ontological timbre.

2. Lionel Abel music theater[4-6].

- A metatheater is a convenient name for a quality or power in a play that challenges the theater's demand to be simply realistic — to be only a mirror in which we view the actions and sufferings of characters as we are, suspending our distrust of their reality. The metatheater begins by sharpening awareness of the dissimilarity of life to dramatic art; it can end by making us aware of the strange similarity of life to art or illusion.

3. Psychological relaxation with musical accompaniment.

- The benefits of systematic relaxation sessions are recognized in modern psychotherapy [7]. The theory of the positive effects of relaxation on the psyche is based on the statement about the relationship between mind and body. It is known that a person under stress increases muscle tone. It is assumed that there is also an inverse relationship: with a decrease in muscle tone, mental tension also decreases. In this case, the

reduction of mental stress can be achieved by deep relaxation of the muscles.

- The most important concept in relaxation classes for psychotherapeutic purposes is generalization, that is, the distribution and consolidation of the relaxation effect. Unsystematic and superficial relaxation exercises give a temporary, incomplete effect. Only regular exercises in compliance with the methodology lead to a stable generalization of the effect and a long-term positive effect of relaxation.

- Relaxation texts are represented, for example, by correct texts on the site [8].

- Musical accompaniment compositions - for relaxation are widely presented on the YouTube channel resource [9].

The main content of the transpersonal metapsychotherapy module - on the example of entomotherapy [10]:

Shaded large room with comfortable chairs or recliners. Scented lamps and candles. Soft muted lighting. Music center or computer. Composition of music for relaxation.

During the relaxation period (according to the text below), with appropriate musical accompaniment, tropical butterflies are released into the room (figures 1, 2, 3, 4). They fly to the outstretched palms of people – smeared with a brush with orange juice. They sit on their palms and drink juice. They can be touched and gently stroked. At the first session, people do not know that there will be live butterflies. Butterflies are kept in a special box-farm. In the end, we observe a high level of their joyful excitement – in a positive modality, when the elements of the relaxation text come to life and become part of the explicit reality. The dreams of a relaxation session create reality. In essence, this session of transpersonal metapsychotherapy is a deontological and psychotherapeutic model that creates a motive for the patient to maintain a stable remission and understand that their desires, fantasies, aspirations and plans can be realized and manifested in the current reality.

All this leads to such a level of positive emotions that the production of pleasure neurotransmitters (dopamine, serotonin, beta- lipotropins, endorphins, etc.) during and long after the session leads to the formation of foci of mild depolarizing excitation of the nervous pathways. Which in turn gives the opportunity for the irradiation of this excitation with the stimulating healthy areas on the damaged sectors. Thereby stimulating – in a natural way – the processes of anabolism of the neuromuscular apparatus and the functionality the neuromotor pool – to maintain stable remission and remyelination processes, damaged by the current pathology of nerve fibers.



Figure 1. 2. 3. 4 – tropical butterflies [10].

The text of the relaxation: "Flight of butterfly" (excerpt) [8].

«... You are lying on a soft, green meadow.
 The sun is shining brightly above.
 Flowers grow all around you.
 A warm breeze gently blows over your body.
 The breeze sways the grass and flower stalks around you.
 Inhale the fragrance of flowers.
 Extraneous sounds are gradually muted. They move away.
 Sounds come from far away. Past consciousness.
 All worries and worries of the day disappear.
 There is only rest here. and peace.
 ...Focus on the feeling of warmth and peace.
 Turn your attention to your chest.
 A beautiful butterfly sits on it.
 Consider a butterfly.
 Take a closer look at the game of colors. and the delicate patterns on her wings.
 The butterfly is ready to fly.
 But the butterfly stays put.
 On each inhale and exhale. you think it's about to take off.
 And you are ready to go flying with her.
 Watch the movement of the butterfly's wings.
 The butterfly finally takes off.
 You are flying after a butterfly.
 Easy, pleasant flight.
 A gentle, warm breeze blows over your body.
 Absorb all the sounds and images.
 Enjoy your flight experience.
 The butterfly has brought you to an amazing place, free from all worries and excitement.
 ...This is your world.
 A world where you can control everything.
 You are the master and architect of this world.
 Make it as you wish.
 It's time to go back.
 ...Move your fingers. Put your hands in a lock.

They reached out. Well, it was a pleasure to stretch.

They took a deep breath. So that a chill runs down my spine.

They inhaled. They exhaled.

We stretched once more.

...And now smile!

Conclusion.

The scenario of a relaxation session of transpersonal metapsychotherapy, given on the example of entomotherapy can be staged with other acting characters (flowers, animals, people, fairy-tale characters – actors, etc.). Butterfly therapy here is just a successful tested psychological module. Modules can be changed at will and in accordance with the set psychological and physiological goals and objectives.

Conclusions

With the effectiveness of each of the methods used in our convergent system – its own effectiveness lies primarily in the fact that this set of methods used can effectively (on the verge of mystical "omnipotence") awaken in a person the desire to live and fight the disease. Being motivated to such an extent for recovery that there will not even be a shadow of doubt about the positive outcome. This, in turn, can not but affect a positive mood and improve well-being. And finally, all these factors can not but lead to a much more stable remission-than in the usual state of a person with disabilities. Catharsis, which occurs every session of transpersonal metapsychotherapy, will inevitably lead the pathology-strained psyche to "reset". This will also have a positive effect on the somatic manifestations of the pathological process. Of course, facilitating or eliminating the symptoms of clinical manifestations of this process.

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ТАКТИКА И ЛЕЧЕНИЕ БОЛЬНЫХ С ГИПЕРТЕНЗИОННО-ГИДРОЦЕФАЛЬНЫМ СИНДРОМОМ, ОСЛОЖНЕННЫХ COVID-19.

Цымбалюк В.В. Красильников А.Ю.

Кривошеков Е.П. Бурлакова О.В. Мишенкова А.В.

Самарский государственный медицинский университет.

Кафедра хирургии института последипломного образования.

443115 г. Самара, ул. Ташкентская 149, корпус 9, тел.: +79276884289

Новокуйбышевская центральная городская больница, хирургический корпус. Самарская область, г. Новокуйбышевск, ул. Пирогова, д. 1 тел.: 8(84635)62855

Аннотация. В данной статье рассматриваются вопросы тактики и лечения больных с гипертензионно-гидроцефальным синдромом, осложненных COVID-19.

Цель исследования: разработать оптимальную тактику при ведении больных с гипертензионно-гидроцефальным синдромом, осложненных COVID-19.

Abstract. This article discusses the tactics and treatment of patients with hypertension-hydrocephalus syndrome complicated by covid-19.

Ключевые слова: гипертензионно-гидроцефальный синдром, COVID-19.

Key words: hypertension-hydrocephalus syndrome, COVID-19.

Objective: to develop optimal tactics in the management of patients with hypertension-hydrocephalus syndrome complicated by covid-19.

Введение.

Гипертензионно-гидроцефальный синдром (ГГС) - синдром, обусловленный избыточным накоплением спинномозговой жидкости (ликвора) в желудочках мозга и под оболочками мозга, возникающий в результате препятствия оттоку, избыточного образования и нарушения обратного всасывания ликвора. ГГС один из наиболее частых синдромальных диагнозов в детской неврологии (Вишневский А.А., 1985; Посохина О.В., 1986; Иванова Т.А., 1987; Тиходеев С.А., 1988), особенно у детей раннего возраста с перинатальной энцефалопатией (ПЭП). Следует отметить, что термин "гипертензионно-гидроцефальный синдром" - понятие, используемое исключительно

в России. Перинатальная энцефалопатия - диагноз, устанавливаемый детям первого года жизни с неутонченной формой заболевания головного мозга. Последние эпидемиологические исследования свидетельствуют о ведущей роли поражений мозга, возникающих в перинатальном периоде, в дальнейшей дезадаптации, а в ряде случаев и в инвалидизации детей (Daniel S., Virgoh U, 2000).

В большинстве стран единого понятия перинатальной энцефалопатии не существует, и гипоксически-ишемическая энцефалопатия, билирубиновая энцефалопатия и метаболические энцефалопатии рассматриваются как различные заболевания (Суфианов А.А., 1997; Носков А.П.,