

# 000504 - Facilitating the Psychosocial Genomics of Positive Cognition with Therapeutic Hypnosis (present with M. Cozzolino, G. Celia, & via internet connection K. Rossi, & E. Rossi)

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## Résumé

We explore recent neuroscience research about the therapeutic function of sleep in clearing toxic metabolites from the brain and discuss its implications for understanding the therapeutic values of high and low phase hypnosis. We review Rossi's hypothesis about how the natural human Circadian Cycle (every 24 hours) and the Basic Rest-Activity Cycle (every 90 to 120 minutes), which are evident at all levels from mind to genes, may be the evidence-based psychobiological research from neuroscience and psychosocial genomics that could account for the cognitive/behavioral efficacy of therapeutic hypnosis. We review how Rossi's 4-Stage Creative Cycle is consistent with a wide range of pre-scientific cultural traditions that are being integrated today as the role positive cognition in complementary and alternative medicine (CAM) as well as therapeutic hypnosis. We present recent psychosocial genomic research using the microarray technology for assessing a variety of top-down mind/gene search algorithms for facilitating the possible efficacy of therapeutic hypnosis with some brain dysfunctions (Alzheimer's, Parkinson's etc.).

## Exercices pratiques

In the second half of the workshop, Ernest Rossi will engage the entire audience via internet connection in a live demonstration of how to facilitate positive cognition by optimizing the 4-stage creative cycle of problem solving with therapeutic hypnosis.

## Objectifs

Name 4-stages of the creative cycle that could facilitate therapeutic hypnosis.

Cite neuroscience and psychosocial genomic research consistent with therapeutic hypnosis.

Demonstrate therapeutic hypnosis with positive cognition by optimizing the 4-stage creative cycle.