

Hypnose und Kognition
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Ausgewählte Literatur zum Leitthema Hypnose und Dissoziation

zusammengestellt von Burkhard Peter¹

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¹ Analog zum Inhalt dieses Heftes ist auch in dieser Zusammenstellung die umfangreiche Literatur zum Thema Dissoziation im pathologischen bzw. klinischen Kontext nicht bzw. nur spärlich vertreten.

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Abstracta

Mit dem letzten Heft haben wir begonnen, in Form erweiterter Zusammenfassungen (Abstracts) über experimentelle und theoretische Arbeiten vorwiegend aus dem deutschsprachigen Raum zu berichten. In der Regel handelt es sich dabei um Diplom-Arbeiten, Dissertationen oder Habilitationen des Themenbereiches von Hypnose und Kognition. Die nachfolgenden Abstracts wurden von Markus Fent und von den Autoren selbst erstellt, denen wir hierfür herzlich danken. Für die Zukunft würden wir wünschen, von mehr Autoren (oder ihren Betreuern) selbst solche Abstracts (ca 1 Seite) zu erhalten.

Diese Arbeiten können in den Bibliotheken der jeweiligen Universitätsinstitute oder in der M.E.G.-Geschäftsstelle in München eingesehen werden.

Studie zum Vergleich zweier Therapieverfahren zur Behandlung von Prüfungsangst

Diplomarbeit von Gabriele Dolke und Eric Marquardt am Psychologischen Institut der Westf. Wilhelms-Universität Münster, 1988, betreut von Prof. Dr. R. De Jong-Meyer und W. Rebber

Ziele: Hauptschwerpunkte dieser Untersuchung waren (1) die Überprüfung der Effektivität des *Collapsing Anchors*-Verfahrens, einer zentralen therapeutischen Technik aus dem Neuro-Linguistischen Programmieren von Bandler & Grinder (1979), in Bezug auf die Behandlung von Prüfungsangst; (2) der detaillierte Vergleich und die Analyse der Gemeinsamkeiten und Unterschiede in Durchführung und Wirkungsweise dieses Verfahrens mit einem Programm auf der Basis der *Kognitiven Modifikation* nach Meichenbaum (1972) und (3) der Vergleich beider Behandlungsgruppen mit einer unbehandelten Kontrollgruppe.

Therapie: Um die Effektivität dieses Verfahrens zu überprüfen, entwickelten die Verfasser ein speziell auf Prüfungsängste abgestimmtes Therapieprogramm, das *NLP-Trainingsprogramm Collapsing Anchors*. Dieses wurde mit einem bereits bestehenden Programm von Held et al. (1983) auf der Basis der Kognitiven Modifikation nach Meichenbaum (1972), dessen Wirksamkeit bezüglich der Therapie von Prüfungsangst bereits mehrfach belegt ist, verglichen.

Das Klientel setzte sich aufgrund theoretischer Überlegungen aus einer relativ homogenen Gruppe von 25 Jurastudentinnen zusammen, die im zeitlichen Rahmen der Studie ihre Prüfungen zum 1. Staatsexamen ablegten. Die Teilnehmer wurden per Zufall auf die beiden Therapieverfahren und die beiden Therapeuten verteilt. Das Training bestand aus 5-9 einzeltherapeutischen Sitzungen zu je 1 1/2 Stunden, die im einwöchigen Abstand von den Verfassern selbst durchgeführt wurden.