

1.

Bölüm



HİPNOZUN ORGANİK TEMELLERİ: BEYİN GÖRÜNTÜLEME VE GENETİK

Yelda ÖZSUNAR¹
Handan KAYHAN²

GİRİŞ VE TANIM

Yunanca uyku anlamına gelen hipnoz, gerçekte bir uyku hali değildir. Beynin özellikle başta limbik sistem olmak üzere özellikle emosyonel ve bilinçaltı fonksiyonlarında önemli değişikliklerin olduğu farklı bir bilinç hali veya nörofizyolojik bir girişimdir. Bilincin dış uyaranlara kapalı olduğu uyku halinin tersine, hipnoz altındakiler duyabilir, görebilir, koku alabilir ve düşünebilirler. Ancak istemli davranış, bir dış kaynaktan verilen telkin yönünde etkilenir.

Hipnozda, çevresel dikkat zayıflar, bir anlamda dikkat alanı ince bir ayarla daraltılır. Hipnoz sırasında genellikle odağınız dışındakiler sizi ilgilendirmez (absorbsyon). Bir anlamda daralmış bir görüş açısidir. Genel farkındalık azalır. Farklı bir deyişle, gerçeklik ile bilinç arasında ayrışma (disosiasyon) yaşanır. Dışardan telkin veren kişi veya sistemin istenci veya yönlendirmesi yönünde kişide tutum ve davranış değişiklikleri olur. Bu değişiklik veya etkilenme formal hipnoz, spontan hipnoz veya Self hipnoz /otohipnoz yolları ile yapılabilir.

¹ Prof. Dr. Adnan Menderes Üniversitesi Tıp Fakültesi Radyoloji AD, Aydın, yeldaozsunar@gmail.com

² Öğr. Gör. Dr. Gazi Üniversitesi Tıp Fakültesi, Erişkin Hematoloji BD, Ankara, kayhanhandan@gmail.com



hipnotik telkinleri sağlık çalışanları olarak ağrı, anksiyete kontrolü ve iyileştirmede daha çok kullanmalıyız.

Hipnoz bilimsel ve yararlı olduğu kanıtlanmış bir yöntem olmasına rağmen sağlık çalışanlarınca bilinmemekte veya toplumca yanlış algılanmaktadır. Bu nedenle bu yazıda nörobilimsel ve beyin görüntüleme (nöroradyolojik) bulgularına, özet ve önemli literatür bulgularıyla ortaya konulmaya çalışılmıştır. Hipnozun önemi ve bilimsel bir yöntem olduğu, özellikle fonksiyonel beyin görüntüleme bulgularının daha çok ortaya konulması ile gösterilebilmiştir. Yıllarca tıpta yeterince bilimsel sayılmayan ve bu nedenle itibar görmeyen hipnozu, sağlık çalışanlarına daha çok anlatmak ve öğretmek gerekmektedir. Bu yöntem isim verilmeden ve toplumsal farkındalık olmaksızın zaten reklamcılar, medya, toplum liderleri ve politikacılar tarafından kullanılmaktadır. Sağlık çalışanlarının da bu bilinçle yönetime ilgi duyması ve kullanması bu yazının hedefidir. Yöntem ehil ellerde zararsız ve özellikle ağrı gibi durumlarda yararlı olduğu bilimsel yöntemlerle kanıtlanmış, ucuz ve kolay bir tedavi yöntemidir. Bu nedenle sağlık sektöründe daha fazla yaygınlaşmalı; tıp, psikoloji ve diş hekimliği gibi alanlarda lisans eğitimlerinin bir parçası olmalıdır.

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