The Newsletter of
THE AMERICAN INSTITUTE OF
# STRESS

Number 11 1991

# SPECIAL EDITION

## FOURTH INTERNATIONAL MONTREUX CONGRESS ON STRESS

### February 16-20, 1992 — Grand Hotel Excelsior — Montreux, Switzerland

Professor Yujiro Ikemi will be the recipient of this year's Hans Selye Award. His lengthy and distinguished career in Psychosomatic Medicine has contributed greatly to our appreciation of the relationship between personality and cancer, and the role of a strong faith in spontaneous regression of malignancy. For the past decade, he has devoted his talents towards integrating Occidental and Oriental approaches to stress reduction into a unified biopsychosocial model of health that emphasizes the inseparability of mind and body. Professor Ikemi has assembled a panel of colleagues to discuss psychophysiologic mechanisms of Oriental somatopsychic self control which will provide new information on chi-gong, breathing, yoga and acupuncture, as verified by EEG topography and PET scanning. Additional Eastern approaches will be presented in Dr. Herbert Benson's update on psychophysiologic studies in Tibetan monks, and Drs. Pat Norris and Steve Fahrion's review of similar studies in Indian yogis. A separate workshop, under the auspices of Goto College of Medical Arts and Sciences on "Oriental Medicine and its Methodology for Stress Reduction," will demonstrate shiatsu, chi-gong energy, breathing exercises, and computerized acupuncture diagnosis. This Congress will also update topics explored in prior meetings. Dr. Ray Rosenman will chair an outstanding group of experts on "The Relationship of Anger and Hostility to Coronary Heart Disease." Dr. Stewart Wolf's segments will address "Stress and Sudden Death," and "The Stress Buffering Effects of Social Support." The group discussion will feature the participation of other prior Hans Selye Award recipients, Drs. Bjorn Folkow and James Henry. The Plenary Session on "Biobehavioral Effects of Subtle Energies" will again be chaired by Drs. Ross Adey and Bjorn Nordenstrom. In addition to their presentations on electromagnetic effects and communication in the body, other papers include the latest results with the Symtonic device for the treatment of insomnia, and NeuroElectric Therapy for addictive disorders. The concluding panel discussion will include Dr. Jacques Benveniste who will discuss magnetic fields and the "memory of water." Other state-of-the-art presentations, workshops and demonstrations will be devoted to Job Stress, Post Traumatic Stress Disorder, computerized stress diagnosis and treatment, psychophysiologic stress assessment and therapy, new alpha and theta biofeedback instrumentation for stress-related disorders and much more. 28 CME, CEU credits. Additional details and background information are provided in the following pages.

**ALSO INCLUDED IN THIS ISSUE**



"To administer medicine to diseases which have already developed and thereby suppress bodily chaos which has already occurred is comparable to the behavior of those who would begin to dig a well after they have grown thirsty, or those who would begin to cast weapons after they have engaged in battle. Would these actions not be too late?"

"... I have heard that in early times the people lived to be over 100 years old. But these days people reach only half that age and must curtail their activities. Does the world change from generation to generation or does man become negligent of the laws of nature?"

"... Today people do not know how to find contentment within. They are not skilled in the control of their spirits. For these reasons they reach only half of their 100 years and then they disintegrate."

*The Yellow Emperor's Canon of Internal Medicine, circa 400 B.C.*

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The Newsletter of
THE AMERICAN INSTITUTE OF
STRESS

**Paul J. Rosch**, M.D., F.A.C.P.
Editor-in-Chief



# ABOUT THIS CONGRESS

***"And there is nothing new under the sun"***
**Ecclesiastes 1.8**

Scientific research is oriented towards new discoveries, but should also include the preservation and assimilation of existing knowledge. Too often, the latter is neglected, and investigators may be astonished to find that they are merely rediscovering observations and concepts promulgated decades or even centuries ago. Many of the latest hypotheses about the role of stress in health and illness essentially reaffirm beliefs widely recognized in the past, but subsequently disregarded because they could not be explained.

The beneficial effects of acupuncture, meditation, yoga, and other established and enduring Eastern practices are only partially acknowledged by Western medicine. They are more often apt to be viewed with cynicism because of a lack of any understanding of the mechanisms of action involved or scientifically designed and controlled, double blinded studies. Cutting edge psychophysiologic research is now beginning to satisfy such concerns, as will be demonstrated and elucidated in this Congress. As in the past, it will also be evident that the full potential of these findings is most likely to be achieved by the eclectic multidisciplinary forum provided by these meetings.

*"Do not stop to think about the reasons for what you are doing, about why you are questioning. Curiosity has its own reason for existence. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery each day. Never lose a holy curiosity."* Albert Einstein

At our 1989 Congress, Bjorn Nordenstrom was somewhat reluctant to present his exciting theory of closed electrical circulatory systems in the body, and his research results demonstrating cures of metastatic cancer using a weak electrical current because of their dubious relevance to the subject of stress. The following year, Ross Adey had similar reservations about the pertinence of his research on the effect of electromagnetic fields on cell and tissue regulatory mechanisms, and the role of the cell membrane as a powerful signal amplifier. However, concomitant presentations on low emission energy therapy and cranioelectric stimulation for insomnia, depression and other stress-related complaints resulted in further dialogue that confirmed the important links between both of these separate lines of investigation not only to stress research, but to each other. Those links will be forged even more firmly in this Congress, as will be explained below. We are particularly fortunate in having these two distinguished researchers to again preside over a Plenary Session on "Biobehavioral Effects of Subtle Energies" which will include a presentation by Jacques Benveniste on electromagnetic fields and "memory in water" and updated research findings on the use of subtle energies in the treatment of stress-related disorders.

*"You do one experiment in medicine to convince yourself, then 99 more to convince others."*
Alphonse Raymond Dochez

# Good Health = Good Communication

Good health depends entirely on the ability to maintain the constancy of what Claude Bernard termed the "milieu interieur," or internal environment during stress. Walter Cannon later referred to this as "the steady state," and coined the term "homeostasis" to describe those vital, adaptive, evolutionary responses required to preserve the status quo. Similarly, Selye was subsequently to define stress as "the non-specific response of the body to any demand for change."

However, the body is very much like a large corporation, or a nation, with respect to its need for a division of labor to accomplish daily activities. This, in turn, is completely contingent on clear communication between different components. Over the past century, our appreciation of communication in the body has progressed from humoral conversations between organs and structures, to the exchange of information between cells. Our recognition of this is currently at a chemical/molecular level. As I proposed in my last year's presentation on "Stress and Cancer" stress stems from a lack of control. The basic problem with the cancer cell is that it is out of control because it does not communicate properly with other cells or growth regulatory mechanisms. Possibly a strong faith provides a sense of control that filters down to

cancer cells through communicative pathways yet to be uncovered. I was discussing this with Ross Adey the night before my talk, and he promptly gave me a slide to use containing the following quotes from an article by Yamasaki in his chapter in *Non-genotoxic carcinogenesis:*

"Cancer can be regarded as a rebellion in an orderly society of cells when they neglect their neighbors and grow autonomously over surrounding cells."

"Since intercellular communication plays an important role in maintaining an orderly society, it must be disturbed in the process of carcinogenesis.

"Evidence suggests that blockage of intercellular communication is important in the promotion process of carcinogenesis."

I mention this because it is a perfect example of the experience most of us have had at these meetings, where individuals from entirely different backgrounds and disciplines suddenly find a surprising mutuality of interest and are exposed to important information that would normally not be accessible. This may contribute greatly to the discovery process, and more about this later from Stewart Wolf. The biobehavioral effects of subtle energies might seem to have little connection with anger and coronary heart disease, or stress and sudden death. However, it is likely that cardiologists and researchers in other seemingly unrelated fields will find areas of relevance, and conversely may make important contributions because of their different backgrounds and perspectives.

*"To be astonished at anything is the first movement of the mind towards discovery."*

Claude Bernard

## A New Paradigm Shift

Babies born to mothers who used electric blankets during pregnancy have an increased incidence of birth defects. Individuals living near or having increased exposure to high power line or appliance electromagnetic fields are reported to have higher rates of leukemia and brain tumors in some surveys. A new EMF study again confirms a link between proximity to power lines and childhood leukemia, but no correlation with the strength of electric and magnetic fields measured in bedrooms and around the house. This suggests that our evaluation techniques may be inadequate. As the head of the California research team commented, focusing only on EMF magnitude is "like going to the symphony and grading it just on how loud the music was."

The salamander can regenerate a third of its brain and half of its heart following surgical removal, and will reproduce a severed leg complete with toes in six weeks. The electrical potential of the regenerating salamander is negative. The frog has no such regenerative capabilities, because its polarity is positive. However, if this is changed to negative, regeneration of removed tissue is possible, and this can also be domonstrated to some degree in rodents. Weak electrical and ultrasound energies are currently employed to speed the healing of bone fractures and soft tissue injuries. In addition to these effects on cell growth, there are important central nervous system effects. If the normal polarity of the DC current across the brain of the salamander is reversed, it will enter a state of sleep. One can also induce anesthesia by properly orienting a salamander in an applied magnetic field. Conversely, an anesthetized salamander can be revived by restoring its normal polarity. And, we have demonstrated at these meetings the important therapeutic effects of such externally applied weak electric energies on stress-related problems.

These observations cannot be explained in terms of conventional Newtonian physics or thermodynamic laws governing ionic fluxes across cell membranes. As I proposed at last year's Congress, such observations suggest that there are receptor sites on cell membranes for extremely weak forces that can have pivotal effects on cell growth and central nervous system function. Ross Adey's research which is so elegantly presented in his videotape "Whispering Among Cells" also reveals that the cell membrane is more than a protective shield studded with receptor sites for antibodies and small neuropeptides. Rather, it is emerging as a powerful signal amplifier, and an interactive window through which the cell senses and reacts to its environment.

*"Investigators seem to have settled for what is measurable instead of measuring what they would really like to know."*

Edmund D. Pellegrino

## Is There An Electrical Circulatory System?

It is quite appropriate that this year's Nobel prize for physiology and medicine went to two German scientists for developing an exquisite means of tuning into this communicative process. They confirmed that for many substances, the cell membrane is an impenetrable barrier, whereas others can enter or exit through different channels freely. An infinitesimally weak signal produces a sudden change in electrical tension between the interior and exterior of the cell, causing the opening of a channel for a few thousandths of a second, during which millions of ions pass back and forth. The magnitude of the total electrical current generated is only a few billionths of an ampere.

Could certain cells be sensitive to weak energies

(continued on page 4)

## Is There An Electrical Circulatory System?

(continued from page 3)

of this magnitude that are generated internally? Are EEG waves merely the noise of the machinery of the brain, or do they reflect signals and messages directed to distant sites through an electrical circulatory system? There are hardwired and humoral connections between the brain and the immune system, but could there also be energy communicative pathways? The acknowledged but poorly understood value of acupuncture, faith healing, therapeutic touch, the placebo effect, and phenomena such as spontaneous remission of cancer and possibly some parapsychologic claims become more comprehensivle in such a model. "Music hath charms to soothe a savage breast," and the health promoting and stress reducting effects of music therapy are increasingly being demonstrated. As indicated in prior Newsletters, aromatherapy and weak stroboscopic photic stimulation may provide similar benefits. How are these effects mediated? The implications for stress research will be further developed in this Congress by an outstanding panel of world authorities on these intriguing effects of subtle energies.

*"The origin of an original work is always the pursuit of a fact which does not fit into accepted idea."*

Claude Bernard

## Strike Up the Band

The stress orchestra is constantly expanding, with all sorts of new instruments, players, and repertoires. The burgeoning field of psychoneuroimmunology has revealed the powerful effects of emotions and behavior on immune system function. Recent research has confirmed the important influence of stress on a host of viral linked disorders ranging from the common cold and herpes, to AIDS and cancer. Autoimmune disorders including lupus, hyperthyroidism, rheumatoid arthritis and multiple sclerosis can also be precipitated or aggravated. Other stress-related "Diseases Of Civilization" are mediated by different neurohumoral mechanisms. Extreme anger or excitement is frequently cited as the cause of heart attacks, hypertension, sudden death, and strokes. The pernicious health repercussions of rapid psychosocial change and disruption of stable social relationships have been increasingly demonstrated. Work-related pressures are now responsible for an epidemic of heart attacks and sudden death in Japan, and represent the leading source of stress in civilized societies. These cardiovascular consequences of stress result from increased stimulation of the sympathetic nervous system and an excess production of catecholamines and adrenal cortical hormones. Stress-related gastrointestinal and dermatologic disorders involve other agencies that directly influence motility, secretion or blood supply. Depression, anxiety, panic disorder, insomnia, and possibly some types of schizophrenia are associated with changes in serotonin, nor-epinephrine, endorphins, prolactin and other neuropeptides influenced by stress.

Progress in stress research has always been a function of contemporary advances in biochemistry, physiology, technology and communication. Claude Bernard had no appreciation of the self-regulatory activities of the endocrine system, and had to base his theories on the rudimentary scientific knowledge available in the 19th Century. Walter Cannon could only describe the adrenal medullary secretions responsible for the "fight or flight" response as "sympathin, since adrenalin and nor-adrenalin had not yet been characterized. Similarly, Selye's achievements coincided and to a large extent depended on Kendall's delineation of adrenal cortical secretions and the discovery of pituitary peptides such as ACTH and STH. His perpetual search for the *first mediator* was frustrating because of the lack of knowledge about the existence and function of brain neuropeptides and hypothalamic links to higher and lower centers.

We are now entering into a new, exciting era that promises to provide still further information about communication processes at an atomic level. This has important implications for stress research and may represent a common pathway that links otherwise disparate avenues of investigation.

In a recent letter to me concerning this Congress, Stewart Wolf wrote: "Spurts in knowledge have occurred when discoveries made in several specialized areas were brought together as, for example, in the discovery of the structure of DNA. In a fashion similar to solving a jigsaw puzzle, Watson and Crick put together bits of evidence turned up by other investigators in physics, chemistry and biology until the picture of DNA began to emerge. The task required very little laboratory work on their part, but a great deal of thought and close attention to what others were doing."

*"Probably the majority of discoveries in biology and medicine have been come on unexpectedly, or at least had an element of chance in them, especially the most important and revolutionary ones."* W.I.B. Beveridge

"Watson and Crick succeeded in synthesizing the information available to them because they understood the languages of sister disciplines. Often the use of language is not shared across disciplinary lines. The restriction in scope and the sharpening of focus required in certain highly specialized fields often leads to the idiosyncratic use of words amounting ultimately to a parochial jargon interpretable only by the initiated. Thus, a lush growth of technical esoterica obstructs synthe-

sis and beclouds understanding in a fashion reminiscent of the Tower of Babel."

*"All natural phenomena can be profitably investigated at different levels of integration."* Rene J. Dubos

"It is high time to enlarge efforts at interdisciplinary synthesis. Indeed, there is some urgency to recruit individuals inclined toward integrative thinking. Many of them will be found among the older generation of medical academics since the present pattern of federal support for research rewards narrowly circumscribed activity among investigators and thereby actually restricts synthesis. Indeed, a research proposal describing what Waston and Crick planned to do would very likely not have been funded in this country."

"The basic idea is that we know more than we think we do, but that key pieces of information are sequestered in technically restricted "fields" awaiting the perception of a connection with information hidden away elsewhere. When linked together, such pieces of the puzzle may begin to reveal an emerging pattern, recognition of which could suggest crucial experiments that could further accelerate progress. As the little group of past awardees increases each year, their dialogue should become increasingly stimulating and valuable."

*"A discovery is generally an unforseen relation not included in a theory, for otherwise it would be foreseen."* Claude Bernard

This year, Stewart Wolf will chair a round table panel discussion which will include other Hans Selye Award Recipients, Bjorn Folkow and Jim Henry. The title he has selected is "The New Synthesis of Stress Physiology: Genetics Plus Physiology." This will provide an unique opportunity for younger scientists to profit from the wisdom and insight these pioneers in stress research have gained over their combined total of 150 years of investigation. What particularly distinguishes their careers is the rare ability to meaningfully extrapolate the results of animal experimentation to the human condition and clinical concerns. In doing so, they have separately arrived at similar conclusions with regard to genetic and environmental mechanisms that modulate stress responses, and a confirmation of the powerful buffering and salubrious effects of a strong social support system.

*"The role of reason is not so much in exploring the frontiers of knowledge as in developing the findings of the explorers."* W.C. Beveredge

Following last year's Congress, I received a numnber of comments from Faculty members, attesting to its unique value. Some of these are excerpted on page 8, but the following letter from Dr. Aaron Honori Katcher, Associate Professor of Psychiatry at the University of Pennsylvania seemed particularly germane.

"Dear Paul:

For the past several weeks my thinking has been driven by the residual excitement from the Montreux Congress. As you know from the correspondence that Jim Lynch forwarded to you, we have been rethinking our ideas obout the conjunction between social and physiological processes in light of some of the material presented at the conference.

The Montreux Congress on Stress offers its participants an intellectual ambience that is rarely present in more discipline or problem oriented scientific conferences. There is an unfortunate tendency driving meetings into smaller and smaller areas of specialization. Research workers, especially younger ones, under the pressure of career advancement, find it safer and more advantageous to attend conferences with a narrow focus where everyone shares the same vocabulary and methodology. It is both the blessing and bane of the term "stress" that it is so wide and can encompass the study of processes from the subatomic to the cultural level of analysis. The program of the Montreux Congress reflected that breadth of interest. However, because of the excellent choice of faculty, each area of interest was represented by distinguished scientists and expert methodologists. Thus the discussion around the talks, at breaks, around the mealtime tables, was far ranging but closely disciplined. One had the opportunity to test ideas about the new information being presented or voice concerns about methodological problems directly with those who were actively pursuing the research.

Lastly, I should say a word about the environment of Montreux. The intensity of thought demanded by the conference is fatiguing, and the marvelous scenery of Lake Geneva, and the ability to walk in such beautiful surroundings, or even see the lake through the windows of the hotel, has the capacity to restore the mind. That beauty of lake, garden and mountain also reminds us that the aim of thinking about the human condition is to determine how we can best be at home in this world."

As Aaron points out, "stress" has both the blessing and bane of blanketing subject matter ranging from atomic to socio-cultural interactions.

It is the ability to have assembled together world renowned experts in psychoneuroimmunology, cardiology, biochemistry, physiology, and physics to discuss such issues that makes these meetings so unique, and at the cutting edge of advances in stress research. None of this could have taken place without the generous support and cooperation of the Biotonus Clinic, and the Grand Hotel Excelsior. Our ability to maintain these high standards and goals this year would not have been possible without additional funding from the Fetzer Institute, to whom we are also deeply indebted. Selected presentations from this year's Congress will appear in *Integrative Physiologic and Behavioral Science,* under the auspices of The Pavlovian Society. We also hope to be able to publish the complete proceedings and to have video and audio tapes available.

Paul J. Rosch, M.D.
President, The American Institute of Stress

*"The problems are the ones that we have always known. The little gods are still with us, under different names. There is comformity of technique, leading to repetition; of language, encouraging if not imposing conformity of thought. There is popularity: it is so easy to ride along on an already surging tide; to plant more seed in an already well-ploughed field; so hard to drive a new furrow into stony ground. There is laxness: the disregard of small errors, of deviations, of the unexpected response; the easy worship of the smooth curve. There is also fear: the fear of speculation; the overprotective fear of being wrong. We are forgetful of the curious and wayward dialectic of science, whereby a well-constructed theory even if it is wrong, can bring a signal advance."*

Dickinson W. Richards

# Faculty

W. Ross Adey, M.D.
Loma Linda, California
Ted Barash
New York, New York
Herbert Benson, M.D.
Boston, Massachusetts
Jacques Benveniste, M.D.
Paris, France
D.G. Byrne, Ph.D.
Canberra, Australia
George S. Everly, Jr., Ph.D.
Baltimore, Maryland
Stephen Fahrion, Ph.D.
Topeka, Kansas
Ron Finch, Ed.D.
Atlanta, Georgia
Bjorn Folkow, M.D.
Goteborg, Sweden
Richard Friedman, Ph.D.
Boston, Massachusetts
Shuji Goto, Ph.D.
Tokyo, Japan
Roger L. Gould, M.D.
Santa Monica, California
James Henry, M.D.
Los Angeles, California
Milan Horvath, M.D.
Prague, Czechoslovakia
Yujiro Ikemi, M.D.
Fukuoka, Japan
Takenori Kikuchi, M.D.
Tokyo, Japan
Edwin I. Megargee, Ph.D.
Tallahassee, Florida
Lyle H. Miller, Ph.D.
Boston, Massachusetts
Jeffrey Mitchell, Ph.D.
Ellicott City, Maryland
Kazu Mori, M.D.
Kyoto, Japan
Philip T. Nicholson
Chestnut Hill, Massachusetts
Bjorn Nordenstrom, M.D., Ph.D.
Stockholm, Sweden
Patricia Norris, Ph.D.
Topeka, Kansas
Boris Pasche, M.D., Ph.D.
Cambridge, Massachusetts
Margaret A. Patterson, MBE
London, England
Kenneth R. Pelletier, Ph.D.
San Francisco, California
Richard H. Rahe, M.D.
Reno, Nevada
Russell J. Reiter, Ph.D., D.Med.
San Antonio, Texas
Paul J. Rosch, M.D.
Yonkers, New York
Ray H. Rosenman, M.D.
San Francisco, California
Claude Rossel, M.D., Ph.D.
Montreux, Switzerland
Peter Schwartz, M.D.
Milan, Italy
Kazumasa Shiga, Ph.D.
Tokyo, Japan
Amarendra N. Singh, F.R.C.P.
Hamilton, Canada
James Skinner, Ph.D.
Houston, Texas
Charles Spielberger, Ph.D.
Tampa, Florida
Richard Turcotte, Ph.D.
Atlanta, Georgia
Richard L. Verrier, Ph.D.
Washington, D.C.
Redford B. Williams, M.D.
Durham, North Carolina
Stewart Wolf, M.D.
Bangor, Pennsylvania
Toshijhiko Yayama, M.D.
Kyushu, Japan
Kurt Zanker, M.D.
Witten, Germany

# Presentations and Workshops

### ORIENTAL AND EASTERN SELF CONTROL OVER STRESS

"Psychophysiological mechanisms of Oriental somatopsychic self controls"
"Psychosomatically-oriented new methods of Qi-gong"
"Breathing and Self Control"
"Effectiveness of Acupuncture as seen by EEG Topograms and Positive Emission Tomography"
"The Role of Yoga Therapy in Psychosomatic Disorders"
"Clinical Experiences with Psycho-Acupuncture"
"The Relaxation Response and its Relation to Psychophysiologic Studies in Tibetan Meditators"
"Eastern and Western Yogis: Human Potential and Practical Applications (Alcoholism to Psychoneuroimmunology)"
"Stress and the Neurophysiology of Ecstatic Mystical Visions"

**WORKSHOP** — Oriental Medicine and Its Methodology: Acupuncture, Shiatsu, Breathing, Chi-gong Demonstrations

### HOSTILITY, ANGER AND CORONARY HEART DISEASE

"Hostility and CHD: Measurements and Mechanisms"
"Type-A Behavior, Anger/Hostility and Heart Disease"
"Clinical and Epidemiological Data on Relationships of Hostility Dimensions to Coronary Heart Disease"
"Anger, Aggression and Type A Behavior: Problems in Measuring Relevant Constructs"

### STRESS AND SUDDEN DEATH — THE PROTECTIVE EFFECTIVE OF SOCIAL SUPPORT

"Sudden Cardiac Death — Predisposing and Protective Influences"
"The Influence of Emotional Arousal and Sleep on the Genesis of Life Threatening Arrhythmias"
"The Activation of Autonomic Mechanisms that Provoke or Inhibit Serious Arrhythmias"
"Application of Chaos Theory to the Central Mechanism of Fatal Arrhythmia"
"Psychological Aspects of Hostility and Relevant Type A Behavior"

### POST TRAUMATIC STRESS DISORDER

"Critical Incident Stress Debriefing: An Intervention for the Prevention of Post-traumatic Stress Disorder"
"Neurocognitive Therapy: The Reformulation and Treatment of Post-traumatic Stress Disorder"
"Acute versus Chronic Post-traumatic Stress Disorder"

### JOB STRESS — CAUSES, CONSEQUENCES AND CURES

"Stress in the Workplace: Issues of Assessment"
"The Politics of Addressing Stress in the Workplace"
"Review of a Worksite Stress Inoculation Program — THE BELLSOUTH Experience"
"Selye's Altruistic Egoism, *Nemawashi*, and Job Stress"
"Cost Effectiveness of Stress Management Training for Industry"
"Mental Work Stress and Health Promotion in Czechoslovakia —Fifteen-Year Follow-up"

**WORKSHOP** — Computerized Stress Assessment and Therapy — Stress and Decision Making

### BIOBEHAVIORAL EFFECTS OF SUBTLE ENERGIES

"Whispering Between Cells: Electromagnetic Fields in Cell and Tissue Regulatory mechanisms"
"Electromagnetic Radiation Suppression of Nocturnal Pineal Melatonin Production: Physiological Implications"
"Low Emission Energy in the Treatment of Insomnia and Other Stress-Related Disorders"
"Cranioelectric Stimulation for the Treatment of Depression and Addictive Disorders"
"Stress Management with Alpha Biofeedback — a New Approach"
"The Link Between Electromagnetic Fields and Biological Matter"

### AFTER DINNER PRESENTATIONS

**STRESS, VINCENT VAN GOGH'S ART, AND THE SCHEDULE OF RECENT EVENTS**
**SELF-INDUCED SEIZURES FOR RELIGIOUS PURPOSES**
**CANCER AND THE IMMUNE SYSTEM — FIRST FILMING AND VIDEOTAPE OF ACTUAL CELLULAR INTERACTIONS AND IMPLICATIONS FOR IMAGERY THERAPY**
**"WHISPERING AMONG CELLS" — SOME ANIMATED INSIGHTS INTO CELLULAR COMMUNICATION**

## TENTATIVE PROGRAM SYNOPSIS

**LUNCH AND DINNER WILL BE SERVED AT 1:00 P.M. AND 7:00 P.M. DAILY**

**REFRESHMENT BREAKS AT 11:00 A.M. AND 4:00 P.M. DAILY**

***SEE LIST OF PRESENTATIONS AND WORKSHOPS FOR FURTHER DETAILS***

**February 16 Sunday**

6:00 P.M. Welcome Cocktail Party
Gala Banquet Reception
Introductory Remarks
Hans Selye Award
Distinguished Guests

**February 17 Monday**

9:00 A.M. TO 1:00 P.M.
SYMPOSIUM ON ORIENTAL APPROACHES TO STRESS REDUCTION

2:00 P.M. TO 6:00 P.M.
Tibetan Psychophysiology and the Relaxation Response
Indian Yogis and Psychoneuroimmunology
Neurophysiology of Ecstatic Mystical Visions

AFTER DINNER — STRESS AND VAN GOGH

**February 18 Tuesday**

9:00 A.M. TO 1:00 P.M.
SYMPOSIUM ON ANGER AND HOSTILITY IN CORONARY HEART DISEASE

2:00 P.M. TO 6:00 P.M.
SYMPOSIUM ON STRESS AND SUDDEN DEATH
The New Synthesis of Stress Physiology
Round Table Discussion on Social Support

AFTER DINNER — SELF INDUCED SEIZURES FOR RELIGIOUS PURPOSES

**February 19 Wednesday**

9:00 A.M. TO 1:00 P.M.
SYMPOSIUM ON POST-TRAUMATIC STRESS DISORDER
WORKSHOP — Computerized Stress Assessment and Therapy — Stress and Decision Making

2:00 P.M. TO 6:00 P.M.
SYMPOSIUM ON JOB STRESS

AFTER DINNER — CANCER AND IMMUNE SYSTEM VIDEOTAPE

**February 20 Thursday**

9:00 A.M. TO 1:00 P.M.
PLENARY SESSION ON BIOBEHAVIORAL EFFECTS OF SUBTLE ENERGIES

2:00 P.M. TO 6:00 P.M.
WORKSHOP — Oriental Medicine Demonstrations
Alpha Biofeedback Demonstration

AFTER DINNER — WHISPERING AMONG CELLS VIDEOTAPE

# Registration Form

Name _____

Address _____

City/State/Zip _____

Telephone _____

Affiliation, Major Areas of Interest _____

_____

Name of Traveling Companion _____

Enclosed please find my registration check for $ _____

made payable to The American Institute of Stress to cover:

_____

_____

Arriving on _____

Leaving on _____

Trains leave hourly from Geneva and Zurich to Montreux and the train stations are located in the airport. The scenic ride from Geneva to Montreux takes less than an hour by train or car. Ground transportation will be provided at no charge for individuals leaving on Swissair Flight 111 from New York on Saturday evening, February 15, arriving in Geneva the following morning. A limited number of seats and special fares have been reserved for this direct flight. For further details contact Dede at Field Travel (516) 374-6535. For any additional information, contact: Director of Communications

The American Institute of Stress
124 Park Ave., Yonkers, N.Y. 10703
1-800-24-RELAX (914) 963-1200 in NY—FAX 914-965-6267

Sorry, can't make it this year, but please sent information on:
___ audiocassetes ___ videotapes ___ publication details
_____ Integrative Physiological and Behavioral Science
_____ The Pavlovian Society
_____ The Newsletter of The American Institute of Stress
_____ Membership & Fellowship in The American Institute of Stress

## Rate Schedule

Room and Breakfast _____ $120/day
Accompanying person _____ $60/day
Gala Banquet Reception, February 16 _____ $120/person
Cocktail Party
Welcoming Remarks
Gourmet Banquet and Fine Wines
Hans Selye Award Presentation
Invited Dignitaries
Lunch and Dinner, February 17-20 _____ $280/person
($70/day includes Lunch, Dinner, Wines, Beverages)
Registration For Congress _____ $300/person

### Summary

Registration, Gala Banquet, Lodging _____ $1300/person
(Includes all meals beverages and accommodations)
Non registered companion _____ $700/person
Registered companion _____ $1000/person
(Above plus Congress Fees)
Five Nights with Breakfast _____ $600/person
Lunch and Dinner, February 17-20 _____ $280/person
(Additional days available at same rates)

The Grand Excelsior Hotel overlooks Lake Geneva, affording a spectacular view of the Swiss and French Alps. Its Five Star rating reflects not only excellent service, accommodations and cuisine, but also an unusual ambience of old world charm and informal elegance. This collegial atmosphere provides a unique opportunity for personal and professional interaction while dining, and during other breaks rarely possible at most scientific meetings. To preserve this, attendance is restricted, and is further limited by the space available at the Hotel. The prices listed above are obviously substantially below their regular charges, and are strictly limited to participants in this Congress.

# Selected Faculty Responses

*"Marvelous . . . your conference in Montreux last week was without doubt one of the more delightful and intellectually stimulating meetings I have ever attended.* James J. Lynch, Ph.D. (Author of *The Broken Heart, The Language of the Heart)*

*"The conference was "unfathomably broad" at times, but this gave a great stimulation — quite special."* Robert Karasek, Ph.D., Guest Professor Arhus Univ., Denmark

*"I would like to thank you once again for organizing and coordinating an outstanding conference. Most of the papers were excellent, but the opportunity for informal discourse with world-class researchers in related fields was especially rewarding."* Charles D. Spielberger, Ph.D., President, The American Psychological Association, Graduate Research Professor of Psychology, Univ. of South Florida

*"I hasten to express my deep appreciation and thanks for the privilege of participating at Montreux. I cannot thank you enough for the wonderful opportunity to be with you in such delightful surroundings and with such illustrious company."* Ross Adey, M.D., Director of Research, VA Medical Center, Loma Linda, CA

*"Congratulations on the success of the meeting and you should know that your hard work and efforts in putting it all together were appreciated by all who were present."* Ray H. Rosenman, M.D., Director of Cardiovascular Research, SSRI International, Co-originator of Type A Behavior, San Francisco, CA.

*"The 2nd International Congress on Stress set a benchmark for excellence. From a scientific and informational standpoint, I think the 3rd exceeded it. Perhaps the most important aspect of these meetings, though, is the informal interchange amongst the conferees. The dinner and late night cross fertilization of ideas and perceptions with conferees of widely differing orientations is simply priceless."* Lyle H. Miller, Ph.D., Director, Biobehavioral Institute, Brookline, MA

*"You pulled together the greatest minds in the field of stress today. It is exciting to be able to share our mutual work with one another in such an elegant atmosphere."* C. Norman Shealy, M.D., Ph.D., Director, Shealy Institute for Comprehensive Health Care, Springfield, MO

*"I want you to know how much the conference in Montreux meant to me professionally and personally. Personally, it allowed me to meet colleagues from around the world and exchange ideas in a way I have not done for years."* Roger I. Gould, M.D., Chief Executive Officer, Interactive Health Systems, Santa Monica, CA

*"This was a most enjoyable meeting in Montreux, and I thought I should let you know how much Sybil and I enjoyed it."* H.J. Eysenck, Ph.D., Professor, Univeristy of London, England (probably the world's most quoted psychologist)

*"I'd like to thank you for the re-invitation to the extremely successful Montreux Conference; it was a superb time, both scientifically and privately."* Kurt S. Zanker, M.D., Director, Institute of Immunology, Univ. of Witten, Germany

*"The Congress was guided by you in an excellent way . . . I accept with pleasure to participate in Montreux in 1992."* Bjorn Nordenstrom, M.D., Ph.D., Karolinska Institute, Former Chairman of the Selection Committee for the Nobel Prize in Physiology and Medicine, Stockholm, Sweden

# Accreditation

The New York Medical College is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians. As an organization accredited for continuing medical education, New York Medical College certifies that this continuing medical education activity meets the criteria for 28 hours in Category I of the Physicians Recognition Award of the American Medical Association.

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## New Subtle Energy Medicine and Stress