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TRANCE THERAPY

A NEW HEALING TECHNIQUE?



Directed by Cécile Denjan

Produced by Un Film à la Patte & Arte France

52'

LOGLINE

For thousands of years, humans have been using trance states to heal their minds and bodies. Today, scientists are captivated by these non-ordinary states of consciousness. Whether they are triggered by psychedelic substances or other techniques, trances enable us to access expanded consciousness and can heal psychiatric disorders such as depression, addiction, obsessive-compulsive disorder or post-traumatic stress disorder. Studying them shows us how complex the human mind can be.

SUMMAR

Trance state or rather trance states have established themselves as a life drive, an exploratory mode that complements the ordinary state of consciousness and through which humans have developed another, enriched, expanded, connected relationship with the world... A bigger world.

Though humans have been using trance states to heal their mind, body and soul for thousands of years, modern science is only just beginning to unlock their secrets, thus revealing their potential therapeutic benefits. Following in the footsteps of recent discoveries in meditation and hypnosis, scientists hope that trance states will one day become a new healing method that could be used in psychiatry.

This film draws on the latest scientific advances to deepen our understanding of how the human mind works, through the study of this universal practice that is part of humanity's heritage.

How does trance work? Is it a physiological, neurological or cultural process? What are the different ways of triggering this non-ordinary state of consciousness? Using the latest neuroscientific research, we will look at how trance states affect our bodies and brains. Because they act on our brains and change our relationship to the world, they can heal many psychiatric disorders for which there is currently no therapeutic solution. Trance is an effective treatment for chronic disorders, where the patient is caught up in a toxic pattern from which they cannot break free. It is usually used for treating depression, addiction, and post-traumatic stress disorder.

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