RESEARCH

Compendium of some Research Projects of the Silva Course in Chronological Order

1. **Incarnate Word High School Project**
   This research was done to find out what benefits the high school students felt they received from the Silva course.
   Incarnate Word School for Girls, San Antonio, Texas, 1972
   Ray Glau, Don Kreipke, and Ron Bynum from Silva International, Inc.; Sister Miriam Garana, and Sister Teresa Connors of Incarnate Word High School
   A total of 371 of the 460 students from seventh grade to seniors took the Silva course. The results were very positive. School officials were surprised that so many of the students reported that the Silva Course “helped me to remove feelings of depression and fear”. Several students admitted that they had enrolled in the course because it was better than staying in class, but afterwards 96 percent said they were glad they had taken the course and felt it was worth the time. "According to the numerous interviews, my own observations, and the results of the questionnaire...I can honestly say that the project was highly successful! It is not a panacea, but when the principles of the Silva course are used effectively, it prepares the atmosphere in which confidence can grow, in which there can be personal and academic growth and achievement the type of growth parents and educators dream of - the total development of the person." Sister Miriam was visited by Father John Rilley, principal of Hallahan High School in Philadelphia, which helped open the way for the Silva course to be taught there and in two other high schools in the area, with full psychometric testing to determine the actual personality factors that change when students learn to use more of their minds to help them solve more problems. (See Research Project #8)

2. **EEG Correlates of Attention in Humans**
   This research was conducted to demonstrate the capacity of the Silva course graduate to produce alpha brain wave rhythm voluntarily, and the compatibility of it with the conscious production of images.
   Trinity University, San Antonio, Texas, 1972.
   Drs. Frederick J. Bremner, V. Benignus, and F. Moritz.
   The research demonstrated that "the Silva subjects were quite capable of producing the alpha rhythm" on demand.

3. **Internal Focus as a Subset of Attention**
   This study was done to gather evidence on internal focus of attention as it relates to voluntary production of alpha brain wave rhythm.
   Trinity University, San Antonio, Texas, 1972.
   Drs. Frederick J. Bremner and F. Moritz.
   Results: There was a relationship demonstrated between the onset of alpha rhythm in the EEG, the subject's unique subjective feeling, and the subject's verbal response that he or she was at a particular state of attention.

4. **The Alcoholic Study**
   This research was done to measure the influence of the Silva course on personality changes amongst a group of alcoholics and their spouses.
   George T. DeSau, Ed.D., and Hector M. Cantu, M.S.W.
   Positive results. Six months after completion of the Silva course, 12 of the 15 alcoholics had had no alcohol in the interim. One had taken a glass of wine and stopped. One had twice started drinking but managed to stop without becoming intoxicated to the point of requiring hospitalization. One required hospitalization for excessive drinking of alcohol.
   Published by Silva International, Inc.
5. **Ratio of People Seeking Benefits to People Receiving Benefits from the Silva Course**

This research was conducted for the Board of Directors of the Mind Science Foundation so that they could evaluate whether participants in the Silva course are receiving the benefits they are seeking.


Dr. J.W. Hahn, Dir. of Mind Science Foundation

More that 1100 Silva graduates who responded to the survey indicated that they had received more benefits than they had sought when they attended the course. Dr. Hahn reported that 99.6 percent of the respondents were satisfied with the course.


6. **The Albuquerque Report**

This research was done to measure the positive influence of the Silva course on personality factors. Conducted with a group of 30 people in a regular Silva course.

Albuquerque, New Mexico, 1974.


The results confirm the informal observations of definite and valuable changes taking place in Silva courses. The individuals tested appear to be moving away from any indication of neurotic disorders and toward greater self-guidance, fulfillment, and balance based on their own internal points of reference. The researchers said that, "this shift appears significant indeed".


7. **The Ottawa County Project**

This research was designed to measure the effect of the Silva course as a rehabilitation tool in social work.

Social Services Department, Ottawa County, Michigan, and Psychology Department of Hope College, Holland, Michigan, 1974.

Dr. James Motiff, Psychology Department, Hope University, Holland, Michigan; Larry Hildore, and David A. Wallace.

Positive results. Test data revealed that the participants - 60 single mothers on welfare - showed marked improvement in every category except "remembrance and insight from dreams". The most frequently expressed feeling from participants was thankfulness for the Silva course experience; the second most expressed feeling was that of wanting to help others. Within a few weeks of completing the course 40 of the 60 women gained employment.


8. **Silva Courses: Their Effects in Three Secondary Schools**

This research was done to measure the influence of the Silva course in personality factors amongst high school students, with psychometric testing using Cattell's High School Personality Questionnaire.


Schools: Hallahan High School - 2000 students; St. Fidelis High School - 120 students; Lawrenceville High School - 520 students.

George T. DeSau, Ed.D.

Positive results in all three schools. "A factor of change which is persistent and strong after Silva course training is that of a shifting to internal points of reference - another way of saying the recognition by an individal of his own value and a significant step toward self-control as opposed to being controlled by external others. Further, the reduction of guilt...has tremendous therapeutic as well as educational implications... The other consistent element is that of individuals reporting themselves as being more relaxed and tranquil, certainly characteristics that are much needed in the educational milieu, to say nothing of society in general."

9. **Florida Prison Project**

This research was conducted to determine the effects of the Silva course on a group of inmates who were incarcerated for the first time in the Florida state prison system. Indian River Correction Institution, Vero Beach, Florida, 1979.

J.W. Hahn, Ph. D., Chaplain Gene M. Little, Ph.D., and Ed Bemd, Jr.

The results were excellent. Prison Chaplain Gene M. Little, who administered personality tests to participants before and after the course called it "A very positive program". He added that none of the 14 participants in the program had gotten into any trouble since completing the course, and that the inmates themselves reported that they were much more relaxed, and their grades in the high school and college courses were improving.

Published by the Silva Method of Brevard County, Florida, and by Silva International, Inc.

10. **The Silva Course and it's Uses**

This research was conducted to measure the influence of the Silva course on personality factors amongst university professors.

School Of Dentistry, Autonomous University of the State of Mexico, Toluca, Edo. de Mexico, Mexico, 1980.

Psychology Department of same university.

With the collaboration of Pilar Usanos Tamayo, Psy. D.

Researchers reported that the Silva course "motivated a positive change in the subjects along the following lines: A feeling of healthiness, with less physical discomfort of possible organic origin; an increase in self-confidence, feeling more optimistic and useful; a certain advance in the process of psychological maturity; more acceptance and integration to social conventions; a decrease in susceptibility, fear, and apprehensions; higher acceptance of reality; a disposition towards extroversion, becoming more open and sociable".

Published by Silva International, Inc.

11. **Ninos Cantores del Zulia School Project**

This research was conducted ten years after the research at the schools in Pennsylvania to determine the influence of the Silva course on students now that there is "a new level of awareness and commitment to the inclusion of a subjective training program for self-development" in school curricula.


Maracaibo, Venezuela.

The results were consistent with previous research.

Published by Silva International, Inc.

12. **The Silva Course and Personality**

This research was done to measure the influence of the Silva course in personality variables of 200 people.

Complutense University, Madrid, Spain, 1981.

Pilar Usanos Tamayo, Psy.D.

Positive results shown. Prior to the Silva course, there were no differences between the experimental and the control group. After the course there were significant differences: the subjects who took the course were more open and communicative than those who didn't. Four months after the course, in the follow-up phase, the difference between the two groups was greater.

Doctoral Thesis: Silva Course and Personality Variances; Experimental Study, Pilar Usanos, Madrid Complutense University, 1981. Published in Mexico by O. Multicolor, 1981.

13. **The Silva Course and Non-traumatic Induction to Anesthesia**
This research was done to measure the effect of the Silva course relaxation techniques amongst patients programmed for surgery, evaluating the reduction in their consumption of chemical anesthetics and the elimination of pain.
Specialties Hospital, Mexican Institute of Social Security, Puebla, Puebla, Mexico, 1981.
Miguel Bautista, M.D.
Positive results. 50 percent reduction in use of chemical anesthetic. 90 percent elimination of pain during the 72 hours following the operation.

14. **RCA Records Executives**
To determine positive personality changes in 25 executives with RCA Records as a result of taking the Silva course.
George T. DeSau, Ed.D.
Results: "Indications of change were very positive in terms of personal development as well as viewed from the perspective of characteristics that should make for effective management." It must be pointed out that the development noted in the individuals who participated in the course "was not necessarily reflective of individuals being low in those characteristics prior to the program. Rather, it is a statement of enhancing these areas! The group showed significant change in skills reflective of positive self and organizational management."
Published by Silva International, Inc.

15. **The Silva Course and Levels of Anxiety**
This research was conducted to measure the effect of the Silva course on both trait and state anxiety levels of subjects. State anxiety is an unpleasant emotional condition provoked by a fixed stimulus, while trait anxiety refers to the individual's potential to react with state anxiety.
Psychology Department, Haifa University, Haifa, Israel, 1984.
Rafael Liberman.
The results confirm the hypothesis that the trait anxiety level of the participants on finishing the course and at the next stage, was signigicantly less than the trait anxiety level at the beginning of the same. Both "state anxiety" and "trait anxiety" levels were improved significantly. Previous researchers felt that trait anxiety levels could not be altered significantly, only through long-term therapy, but the results from this study indicated that trait anxiety levels were significantly reduced following completion of the Silva course. Follow-up studies showed that improvement continues the most when participants continue to practice.
Published by Silva International, Inc.

16. **The Silva Course and Changes in EEG Alpha Power**
This research was done to demonstrate that the Silva course graduate can increase the production of his or her alpha brain wave rhythm when entering the "basic plane level".
Clinical Neurology Department, San Carlos Clinic Hospital, Madrid, Spain, 1985.
Jose Carlos Oliveros, MD, Head of the Clinical Electroneurophysiology Service, San Carlos Clinical Hospital; Tomas Ortiz, MD, Head of the Psychobiology Department, Complutense University, Madrid; Ana Maris Selman, Bs.D., in Biological Sciences; Simon Arrigain, BS in physics, Head of Computer Service, Clinical Electroneurophysiology, San Carlos Clinical Hospital.
Results indicated a significant increase in the median values of alpha power in the occipital and temporal areas of the brain while the research subjects were in a state of "dynamic relaxation".

17. **Concentration with the Silva Course**
To measure the ability of concentration and memory with 120 people.
Julia Carriglano.
Results: 25 percent increase in concentration, and 26 percent memory increase.
Published by the Silva Method of Argentina, 1985.

18. **The Silva Course for Improving Inadequate Behavior in Children**
This research was done to show the effects of the Silva course in the changing of inadequate behavior (aggression, rebelliousness, lack of discipline) in children.
Education Faculty - Catholic University, Maniales, Colombia, 1985.
Dr. Milena de Munoz and Dr. Gloria Nelly Martinez.
Positive results.

19. **Benefits of the Silva Course to Teachers and Counselors**
This research was conducted to determine how much benefit the Silva course offers to teachers who have already had considerable formal education, when the course is included along with their regular university courses.
Appalachian State University, Boone, North Carolina, 1985.
Dr. George Maycock. Appalachian State University.
Results: "This study showed that teachers and counselors can benefit from taking the Silva course as part of their professional training. In this way the benefits of the course will multiply as these teachers and counselors interact with their classes and clients."
Published by Silva International, Inc.

20. **The Silva Course and Academic Performance in Higher Education**
This research was done to measure the effect of the Silva course in the learning process, intelligence quotient, and personality factors amongst university students.
Autonomous University of Tiaxcala, Mexico, 1986.
Lilia Alcira Vaca, M.D., Departmental Director of Psychopedagogy of above university, Jorge Mario Medina, Edmundo Sanchez Collazos.
Results indicate that 67.7 percent of the subjects improved their IQ classification. There was also significant improvement in personality traits such as sociability, communication, confidence, self-acceptance, improved self-image, self-reliance, development of creativity, and others. "Therefore, it can be stated that the practice of the Silva course techniques contributes to the improvement of academic performance."
Published by Dinamica Mental Metodo Silva, Mexico, D.F.

21. **Performance Enhancement through Visualization and Mental Rehearsal**
To measure and compare the effectiveness in improving athletic skills by 1) the use of mental rehearsal at the alpha level (using Silva course techniques); 2) the use of physical practice; 3) the use of a combination of mental and physical practice.
Cecilia A. Prediger.
Results: Mental practice produced almost as much improvement as the same amount of time in physical practice, and a combination of mental and physical practice for the same total length of time produced more than twice as much improvement in a specific athletic skill.

22. **The Effect of the Silva Course’s Three Fingers Technique on the Improvement of Grades of University Students**
University of Tasmania, Hobart, Tasmania, Australia, 1988.
Dr. E. Henry Stanton.
The students who had learned the Three Fingers Technique improved their test scores nine percentage points - or 17 percent - from one term to the next, while the control group actually dropped one point over the same period.
Published in the Journal of the Society of Accelerative Learning and Teaching, and by Silva International.

23. **The Effect of the Silva Course in Enhancing Intuition and Creativity**
A group of 30 individuals who participated in the Silva course were asked to complete three test instruments before and after the training: The HCP Profile Test to determine left versus right brain dominance; the HCP-PSY Test to determine beliefs and experiences about intuition; and the Intuitive Potentials Test, which measures an individual's current intuitive potentials.
Appalachian State University, Boone, North Carolina, 1988.
Dr. George Maycock, Appalachian State Univ.
Individuals who completed the Silva course showed a significant increase in scores for all three tests. Individuals in the control group who did not participate in the training showed no significant gains in scores on any of the tests.
This research study was presented at the American Educational Research Assoc. 1988 Annual Meeting, and has been published by Silva Intl.

24. **The Effect of Expectations on the Effectiveness of the Silva Course**
This research was done to determine whether skeptics who come to the course with a low expectancy benefit as much as people who come expecting a lot.
Bar-Illan University, Department of Sociology, Israel, 1989.
Rafael Liberman.
Positive results: "The results show that 'skeptics' who take the Silva course attain the same achievements as those whose expectations were high... The Silva course can reduce the level of anxiety and make it possible to attain achievements beyond the participants' expectations of success in the course."
Published by Silva International, Inc.