



NEUROLOGISCHE KLINIK UND POLIKLINIK
MIT FRIEDRICH-BAUR-INSTITUT

Direktorin: Prof. Dr. med. M. Dieterich



in Assoziation mit dem Institut für Neuroimmunologie
und dem Institut für Schlaganfall- und Demenzforschung

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Herrn
Prof. Dr. W. Eisenmenger
Chairman of the Ethics committee at the Lud-
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Dr. M. Empl

Application to the Ethics Committee for a non-AMG/non-MPG study

Introvision in migraines and headaches - IntroMig

Dear Prof. Eisenmenger,

I have been working for many years in the Headache Department and in the headache outpatient clinic with Prof. Straube and I am planning a study on Introvision in migraines and headache patients. Introvision is a mental self-regulation method which uses a mindfulness technique that was developed by Frau Prof. Wagner, University of Hamburg. It not only targets reduction of stress, but also attempts to resolve the cause of an internal conflict, similar to an emotional decoupling used in trauma therapy. There are already studies on the efficacy of Introvision in chronic neck tension and tinnitus. Please find attached the complete application documents. I would be very happy about a positive vote.

Kind regards

Dr. med. Monika Empl
Neurology Consultant