



November 2021

## PROJECT UPDATES

**Since you last heard from us, we've:**

**Been busy preparing for Phase 2 of ASMRNet.** As you might know, one of the core aims of ASMRNet is to co-create a research agenda for the future of ASMR research using a collaborative method called the Delphi Technique. We're now ready to launch Step 1 of the study which invites relevant stakeholders to suggest important research questions that we should be addressing in relation to ASMR. If you'd like to take part, or know anyone who might, please contact Giulia ([g.poerio@essex.ac.uk](mailto:g.poerio@essex.ac.uk)).



## ASMR NEWS



### NEW PAPER!

Congratulations to [Dr Emma Palmer-Cooper](#) and colleagues who have published a paper in a special issue of Cognitive Neuropsychiatry entitled "Unusual experiences and their association with metacognition: Investigating ASMR and Tulpamancy".

[Read it](#)

What is Tulpamancy? No doubt you've heard of ASMR but what is a Tulpa? As the paper explains.... *"Tulpamancers create the concept of a Tulpa, an imagined, invisible entity who gains sentience through the use of Tibetan Buddhist meditative practices. Tuplamancers associate tulpas with positive impacts on mental health and overall life"*.

