

Psychotherapy in the Indian Context with SEHT-Some Reflections

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Abstract

Psychotherapy, particularly in the Indian setting, can be considered as an interpersonal approach of alleviating pain. Although the Indian perspective, unlike many Western systems, lacks a clinical foundation, it does present a more holistic worldview. In the Indian psychotherapy approach, there are different paradigms that have universal validity in terms of personality development, interpersonal adjustment, and symptomatic alleviation for holistic recovery. The purpose of this essay is to highlight the possibilities of an old Indian point of view in the management of wellness and quality of life at both the individual and communal levels.

Keywords: Psychotherapy, SEHT – Subconscious Energy Healing Therapy

Introduction

Psychotherapy has been defined variously by different persons at various periods. Wolberg's 1967 definition of psychotherapy is still perhaps the most widely regarded. According to him, "psychotherapy is the treatment of emotional problems by psychological means in which a trained person deliberately establishes a professional relationship with the patient with the object

- 1) Of removing, modifying, or retarding existing symptoms.
- 2) Of regulating dysfunctional behavioural patterns.
- 3) Of encouraging good personality growth and development.

Globally, the therapies being practised around the world share some similar sentiments that echo in the therapy process, namely, confidentiality and rapport building, which translates into an intense emotional confiding relationship between the therapist and the client due to the therapist and the patient sharing an identical world view. As a result, professional interpersonal relationships play a crucial role in the therapeutic intervention's effectiveness.

Indian thinking also emphasises the significance of the "guru-shishya" connection, in which an individual seeks spiritual or intellectual tutelage. This interaction is critical for personal development and progress. Through therapeutic interactions and the therapist's function as a guide and mentor, it is frequently included into modern psychotherapy. Humanistic and existential psychotherapists like Irvin Yalom and Carl Rogers, who place a strong focus on the dyadic interaction between the therapist and the client as the therapeutic force, have done an excellent job of reviving this healing and illuminating relationship.

Furthermore, India has long adopted culturally relevant therapeutic practices. The Vedas and Upanishads are India's primary sources of information on therapeutic techniques. The four Vedas are the Rig Veda, Yajur Veda, Sama Veda, and Atharva Veda. The Yajur Veda and the Rig Veda discuss a variety of psychological themes, including the mind and mental illness. Perceptions, consciousness, cognition, and so on are all explained in the Upanishads. India is no stranger to therapy. Our sages have endeavoured since the beginning to know the workings of the mind and numerous strategies for regulating it. Religious and philosophical writings, it is widely accepted, are fundamentally entwined with the Indian psyche, mixing cosmology, theology, mythology, and philosophy.

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Ancient Indian scriptures include detailed and complex accounts of many psychological concepts such as mind, cognition, personality, emotions, and so on.

Energy healing is an Indian traditional healing approach that restores the body's, mind's, and soul's energy balance and flow. This approach addresses the physical, emotional, and spiritual elements of well-being. It is used to treat a variety of medical disorders, particularly those connected to mental health.

Inter dresses sickness caused by disruption of the energy flow in the body; it is believed that when the energy flow is restored, the individual is naturally cured; there are several forms of energy healing treatments that function differently to heal a person.

There are several kinds of energy healing techniques

Reiki treatment

Reiki is derived from two Japanese words: Re, which means "god's wisdom," and Ki, which means "energy." This therapy is used in conjunction with traditional medicine to treat illnesses. The key or energy is used to benefit others in this therapy. Many hand movement methods and specialised symbols are employed to harness the universe's energy to heal the body. Reiki can aid in the treatment of illnesses such as the common cold and stomach problems. It is also very useful in treating major ailments like heart disease.

Pranic Healing

It all comes down to employing the body's vital force to heal the body's energy. This therapy focuses on the energy of a person's body or aura. In this therapy, energy is used to remove toxins from the body, hence expediting the physical healing process.

Crystal therapy

In this therapeutic technique, stones and crystals are utilised to extract pollutants from the body. These stones and crystals have varied effects on the body and address different types of physical, mental, and spiritual issues. They reject bad energy from the body, which causes mental and physical discomfort.

Quantum healing

The notion of resonance and enjoyment underpins quantum healing treatment. The energy level in the body is raised through breathing and visualising energy flow. Quantum healing is not only spiritual, but it also has an immediate favourable impact on the immune system.

Qigong

This therapy is meant to restore the body's equilibrium. With a 4000 year history, this therapy consists of

synchronised bodily movements, breathing, and meditation to promote health and spirituality. The therapy is based on Chinese medicine and is supposed to balance the body's positive energy, which is essential to stay healthy.

Angel therapy

Angel therapy is a type of psychiatric treatment that combines regular counselling approaches with a belief in the reality of Angels and the patience to become aware of them.

Doreen Virtue invented angel treatment. As a psychologist, you lived a very regular existence throughout the 1980s and early 1990s. She earned a master's degree and a PhD in counselling psychology, and she then oversaw several counselling programmes at Woodside Women's Hospital in the San Francisco Bay Area and developed the Women's Kind Psychiatric Hospital at Cumberland Hall Hospital in Nashville, Tennessee.

Wine seemed to be a mainstream psychologist, but she also had ongoing experience as a clairvoyant. She has seen and spoken with unseen companions since she was a toddler. East for her clairvoyant encounters, she denied them Asin adult all the time.

During therapy sessions, for example, she would occasionally get knowledge that might help her patient. However, all changed in 1995 when Angela's voices informed her that her automobile would be taken. She didn't hear the voices and ended herself in the middle of a carjacking attempt before the day was done. With two men attempting to steal her car, she finally heeded the voice telling her to shout.

As a result of this encounter, she begins to listen to the voices she perceives to be heavenly and begins to re-evaluate her life. Natural psychic powers return an angel treatment as a result of her deliberate integration of psychological training and psychic abilities. She also quit her job at the hospital to pursue a private practise. As Angel treatment progressed, she began to teach and conduct courses. She gave several natural media interviews and was particularly successful on daytime television programmes geared towards women.

In the five years that followed her life-changing experience, she wrote a series of books, including Angel therapy: healing messages for every area of your life in 1997,

Divine Guidance: how to have a dialogue with God and your guardian Angels in 1998.

Chapter cleaning was released in 1998. Another book about healing with angels: how angels can help you in all aspect of your life was released in 1999. She also published a 44-card Angel Oracle deck and a variety of cassette cassettes in 1999.

The Advantages of Angel Therapy

Angel therapy is one of the most effective strategies for removing roadblocks to losing weight or getting in better

shape, eventually helping us feel better about ourselves and our bodies. As part of the treatment, lower emotions and disempowering cognitive patterns are discharged. It employs physical analysis to address issues such as asthma, mental health issues, and menopausal symptoms. chronic fatigue syndrome, as well as a variety of other conditions that traditional medicine is unable to address. It treats psychological issues such as stage fright, social anxiety, and a lack of self-confidence in specific settings.

Aromatherapy therapy

Aromatherapy is being utilised all over the world to treat chronic pain, depression, anxiety, certain cognitive problems, insomnia, and stress-related diseases. Although essential oils have been used effectively as a traditional medicine for generations, there is very little scientific evidence to support their usage. As a result, the pharmacology of essential oils and their individual chemical elements is largely unknown. However, mounting evidence that inhaled or topically applied essential oils penetrate the circulation and exhibit detectable psychological effects in relevant molecular, cellular, or animal models suggests that the effects are essentially pharmacological.

Aromatherapy is the therapeutic use of essential oils in plant materials to improve our health and energy levels.

Aromatherapy tries to improve an individual's psychological, emotional, cognitive, and physiological well-being by controlling the use of pure aromatic plant chemicals. Common ailments that are frequently addressed using Roman therapy and essential oils include the following. Anxiety and stress-related sleep problems dementia depression ADHD autism trolley discomfort menstruation and menopausal problems

Acupressure

Acupressure is a traditional Chinese medical technique that provides short relief from anxiety symptoms. It bills activating pressure spots in your body on your own or with the assistance of a specialist.

Acupressure can boost blood oxygen levels and has the same regulating effects as deep breathing exercises.

Acupressure also stimulates the parasympathetic nervous system, which decreases the stress hormone cortisol production.

Sound therapy

Sound healing, often known as sound therapy, is the practise of utilising music to enhance one's health and well-being. It employs sound vibrations to lull us into a contemplative state. It is said to help with a variety of physical and mental ailments, the most popular of which being stress management, anxiety, depression, and pain management.

While there are several theories underlying sound therapy, the most common is brain entrainment, which is the phenomenon in which the rhythmic wave patterns of an external instrument (typically in the form of music or pulsing light) may create certain brainwave patterns in a person.

According to the notion, we may elicit distinct mental states by "tuning" our brainwaves to a particular frequency. particular frequencies correspond to particular cognitive states. For example, when we are relaxed and tranquil, our brain neurons release alpha wavelengths, but theta wavelengths are connected with an even lower frequency shown in contemplative and dream-like states.

Colour therapy

It is also known as chromotherapy, is a holistic therapy that use the visible spectrum (colours) of Electromagnetic Radiation to treat a variety of physical and mental health concerns. We may detect signs of this therapy being used in the ancient Egyptian era, when sun-filled chambers and coloured spectacles were utilised for healing. It has gained popularity as an alternative treatment in recent years, although many people have abandoned it for therapeutic purposes.

Specific colours, according to Indian Ayurvedic medicine, can activate and regulate our bodies' chakras. They can increase hormone secretion, improve mood, and reduce stress.

Psycho Astrotherapy (PAT)

Contribute to our knowledge of ourselves and our place in the cosmos. The modern-day task in the twenty-first century is to learn to live in harmony with ourselves, with one another, and with the community that nourishes us. PAT makes revolutionary information from the sciences available to a new generation of readers. These disciplines are old, rooted in our past, and have served as a source of inspiration and direction from the beginning to the present. p a t is all about new information from the cutting edge of modern thought. Astrology is an excellent complement to psychotherapy in the quest for a deeper understanding of our inner nature and the significance of our life.

Astrology is distinct in that it presents a model of each particular human mind as represented in the horoscope. If you employ astrology's symbolism as a key to human knowledge and self-realization, it reveals the path to completely experience and alter our nature.

Dance/movement therapy

It often known as dance therapy or DMT, is a kind of treatment that use movement to assist patients in achieving emotional, cognitive, physical, and social integration. Dance therapy, which is beneficial for both physical and mental health, can be utilised for stress

reduction, illness prevention, and mood management. Furthermore, DMT's physical component improves muscular strength, coordination, agility, and reduces muscle stress. Individuals, couples, families, and organisations can all benefit from dance/movement therapy. Dance therapy, in general, increases self-awareness, self-esteem, and a safe environment for emotional expression.

Nutritional Therapy

It is an evidence-based method to improving one's health via individually tailored dietary and lifestyle adjustments. It advocates the health advantages of eating whole, unprocessed foods, as well as the therapeutic effects of certain foods for specific health issues.

A digital detox therapy

It is a period of time during which a person abstains from using digital devices such as cell phones, laptops, and social media platforms. As people spend more time on digital gadgets and the Internet, this type of detoxification has grown in favour.

Yoga therapy

It is your physical, emotional, and mental wellness are the main concerns of yoga therapy, a mind-body exercise. In addition to receiving therapy from a healthcare professional, the practise combines movement, mindfulness, meditation, relaxation, and breathing techniques to help you unwind, alleviate stress, and manage underlying diseases or symptoms.

Subconscious energy healing therapy (S.E.H.T)

This therapy is very useful in managing many challenging situations with the clients. The therapy uses holistic approach and incorporate various other therapies in terms of energy healings.

The paradigm of this therapy has is as follows.

The tool used is **SANTOSH**

- S** - Sensitising self about the problem
- A** -Adapting to the New Situation
- N** - Nurturing self
- T** -Transformational Tools for Self growth
- O** - Opting Optimism for Success
- S** - Self Love
- H** - Holistic healing for health

Interdependence and social questions are encouraged in Indian society. The traditional joint family structure of India has shown to be a valuable asset for the treatment of mentally ill members of the family.

Despite the breakdown of the joint family and the emergence of the nuclear and extended family systems, the family still constitutes a resource for mental health that the nation cannot ignore, although its use in the treatment of mental diseases is minimal.

Family focus psychotherapy treatments may be the best method for encouraging families to take a more active role in the treatment of their mentally ill members, and they may also open the door to more community-based mental health care.

According to several research, spiritual psychotherapy has been proven to be efficient and culturally more acceptable in the Indian environment.

Dynamic psychotherapy has incorporated the idea of shivite healing from the Hindu mythology of God Shiva. In marital counselling, the Savitri tale has been employed as a foundation for psychotherapy. Hanuman complex for the traditional tale of Lord Hanuman seeking outside assistance and being reminded of his lost abilities. Indian families are capable of initiating and maintaining growth as well as serving as a source of comfort, security, and inspiration for their members' physical, spiritual, and emotional requirements.

The need of the hour is to have an indigenous psychotherapy approach that incorporates various psychotherapy approaches along with the new holistic paradigms that are available. There are many therapies that are available and have hundreds of studies supporting their validity, but among the different psychotherapies available, most of them based on the western society.

Conclusion

India is in the process of transitioning to a transformed model lifestyle while attempting to maintain traditional values and customs, which are priceless and have an impact on future generations as well. This is due to the current impact of globalisation on migration, organisation, and society transformation. The focus of the current investigation was on how Indian culture's fundamental principles identify and handle mental health disorders. Spiritual psychotherapy has been used practically in the Indian setting and has been proposed as a substantial intervention with indigenous methods that will help the general public. To indigenize these psychological therapies, additional research in this field creating empirical data in this context will be beneficial.

The long-term advantages of SEHT, an innovative method of holistic subconscious healing as an adjunct to psychotherapy, will significantly contribute in the fusion of western and eastern viewpoints for the individual's complete healing.

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