

Efficacy of Seventh Sense Hypnotherapy during COVID 19 times: A Mental Health Case Report

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Abstract

Mental health has become an important concern these days especially in the times of covid 19 pandemic. Old cases of mental health issues have suffered a relapse and have reasons to emerge once again as mental demons in today's unpredictable, uncertain scenario. This is the time for mental health professionals to really come forward and take on this gigantic task of reaching out to the common man and hand hold them to health and happiness. The moot question is – is it possible? The present article suggests that it is very much possible. Developing the insight of seventh sense within the individual makes sense in the present-day dynamic world. Things may not come back to normal very soon but the process of healing, rehabilitating the senses with the power of optimism may be done within the safety of one's homes and this is where the efficacy of tele health services assume significance.

Keywords: COVID 19 Pandemic, Optimism Attitude Model, Seventh Sense Hypnotherapy, Depression, Mental Health

Introduction

Seventh Sense-Optimism has been elucidated by Banerjee and Puri (2017) who opined that an individual has the capacity to build on his seventh sense which is Optimism and optimistic intelligence. The development of which steers an individual to resilient living. Similarly Banerjee also elucidates in the book on " The Power of Positivity" that optimistic Intelligence can be cultivated which gives a soulful purpose life and helps the individual in accomplishing ones goals, and Eudaimonic well-being (EWB) , the phenomenological experience which includes self- actualization, personal expressiveness, and vitality is also related to this concept of developing seventh sense for achieving happiness in life. (Banerjee and Puri, 2018)

Let's look at the case below to understand more about how seventh sense hypnotherapy works.

Mr. D, a 23-year-old man, belongs to a Hindu family of middle socio-economic background. He was born and brought up in a joint family. In his childhood, he was a witness of countless conflicts in the family as disputes between his father and his uncles happened pretty often. In his opinion, he never received the anticipated and adequate support from his family.

Mr. D shares a close bond with his mother and is certain that his mother has made a lot of sacrifices for his upbringing. However, he has a hostile and unreceptive attitude towards his father. Overall, the Patient feels that his parents have never supported him enough to fulfill his desires and dreams.

The Patient was asymptomatic till 2014. He was diagnosed with ulcerative colitis in 2014 for which he underwent treatment for approximately two years. He could not appear for his semester examination as the Patient underwent a surgery of the colon. The Patient was positioned in the accounts department of a multi-national company by means of campus placement. But his supervisors criticized him for his work performance and he was relocated to the human resource department of the same company. Discontented with his job profile and hostility and antagonism of his superiors, the Patient left the job after a period of four months.

Then Mr. D once more joined another company as a team leader in February 2017, but left this job within one month as he was unable to manage his team members and was discovering the job profile to be enormously taxing.

Because of recurrent rejections at job interviews, the Patient has ceased to go to any type of job selections or interviews. Mr. D has been experiencing conflicts with his family in addition. He desires to pursue MBA and hotel management but his family has financial constraints.

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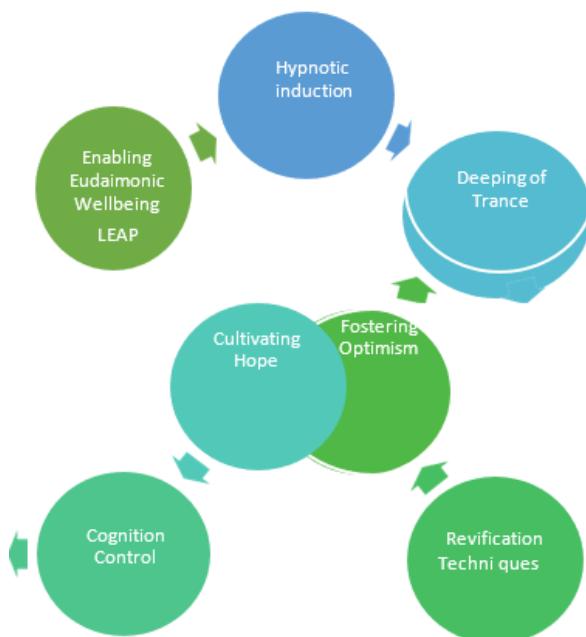
At present, the Patient is experiencing low mood together with feelings of inadequacy and reduced self-confidence and self-esteem. He has become more and more worried and nervous about the future and is plagued with the fear of failure and rejection. He knows English very well but is hesitant and shy to speak in it with others.

Altogether this is also affecting his sleep. Mr. D has shared that he is having difficulty in falling asleep and can't sleep soundly. The Patient lacks the will to carry out any chores and generally wants to stay in bed and sleep for most of the time. The powerlessness to accomplish the errands that he could perform earlier without any problems is making him feel guilty and inadequate. The Patient finds his life of no value and he has often experienced thoughts of ending his life. However, fortunately he has not carried out any act of self-harm because of his mother. He came to Citizen Hospital with chief complaints of staying aloof, loss of interest in work and study, low mood, self-confidence and reduced self-esteem from the former one year. He has been going through conflicts and complications in the interpersonal and occupational sphere too.

His MSE reveals the presence of dysthymic affect and his thought content consists of feelings of inadequacy and pessimistic view of the future. He has an insight level of 5, i.e., intellectual insight.

Psychological Intervention

Seventh sense hypnotherapy



Type and technique of interventions used

OAM Therapy with Seventh sense Hypnotherapy: Techniques from different approaches were used to make the patient more functional. The aim was to increase

feelings of self-worth in the Patient through techniques of empathy, active listening and unconditional positive regard. Using this five-step model, the individual is able to self-manage, monitor and acquire a positive attitude and mind set leading to improved self-worth and efficacy.

Goals of Intervention

- Symptom reduction
- Reducing negative emotions
- Increasing self confidence
- Elevating self esteem
- Activity re-scheduling
- Developing problem solving skills
- Developing coping skills

Therapy Process

Session-I

Goal: Build rapport & create awareness

Mr. D: I have a lot of problems. I always feel low now a days. I am not able to sleep properly. I keep thinking about my career and every time when I ask myself questions about it, the only solution of I can think of is death. I cannot be successful in my life. Will you able to help me?

Th: Yes, we can, together we can work to achieve success. Don't worry you will come out of this. First you need to understand the causes and effects of your situation.

The Patient was Psycho-educated about the nature, symptoms and prognosis of depression. The causes of depression were explained through the Bio-psycho-social model, wherein the role of genetics, neurotransmitters, family environment and pre-morbid personality traits in depression were discussed. The OAM Therapy model and cognitive triad of depression were also explained to the Patient. Here in the Patient was made to understand the mechanism behind his feelings of worthlessness and hopelessness. Suicidal ideation was ruled out and risk assessment was conducted.

The Patient was made to understand the need for treatment & importance of treatment adherence.

Session- II

Goal: Building a therapeutic alliance & setting treatment goal

Th: How are you feeling today?

Mr. D: Not good...I have to learn to relax and become a bit more hopeful and confident about my capability to do what I want to. I don't know why I am not able to trust my own abilities.

TH: I can understand what you are feeling. Let's make a plan. I would like you to think of a situation where you find you don't have any problems. I will appreciate if you note down your future without any problems that you are facing currently.

The therapist used techniques of empathy, active listening & unconditional positive regard to establish a healthy therapeutic alliance. The end result of the therapy had been discussed. How to achieve these goals by therapy were worked out with the Patient. His expectations from therapy and the therapy contract were discussed.

Session-III

Goal: achieve calmness and relaxation through Visualization

TH: Today we are going to start with one of our best techniques, Visualization. For the effectiveness of this technique I am going to take you in a state of trance. After the therapist induced the patient into a hypnotic trance, and therefore helped him to relax, the therapist told the patient to visualize some positives and guided imaginary through which he learns to see the positives in his life. The Patient was encouraged to think about pleasant memories. He was asked to recollect and explain in detail about any past experiences or events that made him happy.

Session-IV

Goal: To cut down the time spent by the Patient ruminating over negative thoughts & reduce the subsequent distress by cognitive restructuring.

Th: Have there been any positive changes that you observed in yourself?

Mr. D: I am little bit relaxed and hopeful about my treatment. I am developing trust in you as I now think you can help me. But I have recurrent negative thoughts like 'I am useless, I am a failure'

TH: Alright, we will work to overcome from these thoughts. Shall I start the therapy now?

After the therapist induced the patient into a hypnotic trance, he asked the patient to visualize his weakness and thoughts behind his low self-esteem. Then the therapist told the patient to attempt reconstruction of these thoughts. In a sense that the Patient needs to think some positive and helpful thoughts instead of these present negative thought. The therapist helped the patient to reconstruct his thought process by giving suggestions. By this, the patient is able to learn to acquire new positive outlook of the problem. The Patient was also advised to watch or listen motivational videos and read autobiographies or success stories.

Session-V

Goal: Put positive thoughts into actions

TH: Hi, how are you spending your day now? Is there any positive change that you have experienced past these few days?

Mr. D: It is better now. I am able to think in a different way about my condition but still behind in acting out.

TH: You need to practice few steps daily and soon you will see drastic changes in your behavior.

The therapist had taken permission from the patient to work with him using the combination of OAM therapy and 7 Sense Hypnotherapy. The therapist used the hypnotic induction process in which the patient closes his eyes, and goes into a trance. Since he is intensely involved in trance, his conscious attention is distracted, and the therapeutic association that the therapist just gave him remains stuck within his unconscious. This therapeutic association may now automatically begin a process of unconscious search for developing fruitful behavior that will support in the therapeutic transformation to be experienced later as a response. The patient learned to avoid negative thoughts about himself and get an insight. After that the therapist taught him some mindfulness techniques, Mindfulness helps individuals to relax and facilitates entering into the realms of altered state of consciousness. As the therapist induced suggestive changes, the emergence of positive attitude developed.

Session-VI

Goal: Emergence of Optimism (building self-confidence)

TH: Hi, Good to see you! You look much better today.

TK: I feel better. I have started working towards achieving my goal. I am following proper routine but I am just a bit unsure whether I will be able to continue this constructive routine for long.

TH: Do you still have negative thoughts about yourself?

TK: Not always but sometimes in a day I have apprehension about my future. TH: We will work on enhancing your optimism.

The therapist induced suggestive changes; the emergence of positive attitude developed. It also helped him to develop the powerful attitude of optimism. Subsequently, the patient's self-worth reached its peak. He started believing in himself and in his own capabilities. In times of uncertainty, he has now developed endurance and resilience.

Session VII

Goal: Self-worth, Peaking of new attitude

TH: We have almost achieved all our therapy goals.

TK: I am still thinking to improve my overall well-being. I want to inculcate a confident attitude and a feeling of self-worth in myself.

TH: Yes, that was what I was about to suggest. Let's get started, shall we?

After inducing a hypnotic trance, the therapist gave some suggestions related to the enhancement of the patient's self-worth. In a hypnotic trance the suggestibility of the unconscious mind increases. As the therapist induced suggestive changes, the emergence of positive attitude developed. It also helped him to develop the powerful attitude of self-worth. Subsequently, the patient's self-worth reached its peak. He started believing in himself and in his own capabilities. In time of uncertainty, he has now developed endurance and resilience. His relationship with family members was reportedly improved. The Patient felt at ease and more hopeful about achieving his goal. He reported that he could concentrate on his goals more efficiently than before.

The patient was told to rehearse for the same when needed. The patient was recommended to be reviewed periodically to confirm the maintenance on therapeutic learning. Follow ups were continued focusing particularly on the Patient's coping and adaptive skills.

Conclusion

Thus, we find the effectiveness of seventh sense hypnotherapy in ameliorating the distress in the individual and empowering him to feel self-efficacy. This is the first step towards goal achievement. It is very important that the individual should feel hopeful and wanted within his scenario. If that does not happen on his own, then developing the seventh sense within the individual-the light of optimism will ignite him to move on.

Hope sustains lives and optimism acts like an anchor in the mind of the individual-making him more productive, optimistic and a strong member of the community thereby edging the economy of any country upwards. This is the need of the hour today, especially during the uncertain times of COVID 19 pandemic.

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