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## Recent Eclectic Approach to Psychotherapeutic Interventions in the Indian Context - Subconscious Energy Healing Therapy (S.E.H.T)

Purnima Bamel, Psychologist, Citizen Hospital, Gurgaon

BrahamDeep Sindhu, MD, Psychiatrist, Gurgaon

Swati Sindhu, MD, Medicine, Citizen Hospital, Gurgaon

Astha Puri, MSBA, Data Scientist, CVS Health, New York, USA

Aman Kumar, M.Phil., Rehabilitation psychologist

Taniya Singh, Psychologist, Citizen Hospital, Gurgaon

### Abstract

In contemporary society, and indeed throughout history, humanity perpetually seeks solace. Life is a blend of joy and suffering. To overcome pain, active effort is required, pushing us to ponder that where healing does truly originate. This inquiry weighs heavily on the minds of many. The source of healing unquestionably does not reside externally; it is intricately woven into our subconscious. The authentic healer is the power within our own subconscious mind. Medical professionals, therapists, and psychologists merely play a supportive role in this process. For this one has to delve deeply within ourselves to tap into our inherent power. Psychotherapy can provide crucial emotional support, coping strategies, and overall psychological well-being for individuals and couples experiencing infertility, making it an important component of infertility counseling. There are various interventional strategies in terms of psychological therapies and techniques in the management of well being of the couple before during and after treatment. This chapter provides a dynamic approach and recent advancement in infertility counseling i.e. SEHT – Subconscious Energy Healing Therapy. This helps the individual to understand that one's inner power isn't just a concept—it's a tangible, transformative force capable of ushering in healing, strength, and a renewed sense of well-being.

**Keywords :** Psychological therapies, healing, subconscious mind, SEHT – Subconscious Energy healing Therapy

Psychotherapy can play a significant role in infertility counseling by addressing the emotional and psychological aspects of infertility, helping individuals and couples cope with the distress it can cause. Researches have shown that psychotherapy can lead to positive outcomes in this context, like emotional support, coping strategies, improved psychological well being, enhancing marital relationships, treatment adherence etc (Domar et al., 2012; Jordan et al., 2017; Domar et al., 2011; Gameiro et al., 2013)

There are several popular psychotherapies in use today, each with its own focus and techniques like Cognitive Behavioral Therapy (CBT), Hofmann, S. G., et al. (2012); Psychodynamic Therapy, Leichsenring, F., et al. (2015); Acceptance and Commitment Therapy (ACT): Hayes, S. C., et al. (1999); Dialectical Behavior Therapy (DBT): Kliem, S., et al. (2010); Mindfulness-Based Stress Reduction (MBSR) Reiner, K., et al. (2013).

But its significant to note that the effectiveness of these therapies may vary depending on individual needs and preferences. The mental health professional determines the most suitable approach for the couples' specific situation. ( Sindhu et al 2023)

### **Eclectic therapeutic approach in infertility counseling**

The need for an eclectic approach to therapies in infertility counselling is based on the recognition that individuals and couples facing infertility often have unique and complex emotional and psychological needs. An eclectic approach combines different therapeutic methods to tailor treatment to the specific circumstances of each client. ( Banerjee, P. 2018). In terms of Diverse Emotional Responses, Infertility can elicit a wide range of emotional responses, from grief and anxiety to depression. An eclectic approach allows therapists to draw from various therapeutic modalities to address these diverse emotions effectively.

Individual Differences also play an important role in the selection of appropriate therapy. Each person or couple's experience of infertility is unique. An eclectic approach enables therapists to adapt their techniques to match the individual needs and preferences of clients. Also there are complex interactions which impact the relationship. Infertility often involves intricate emotional dynamics within relationships. An eclectic approach can incorporate couples therapy, cognitive-behavioral techniques, and other methods to address these complex interactions. The eclectic approach ensures that clients receive a more comprehensive care plan, addressing not only the emotional aspects of infertility but also any underlying mental health issues. Clients may respond differently to various therapeutic techniques. An eclectic approach allows therapists to adapt and modify their strategies as needed to achieve the best results.

The idea of tailoring therapy to the individual or couple's unique needs is a well-recognized practice in the field of psychotherapy. It's important for therapists to be flexible and draw from various therapeutic tools to provide the most effective support in the context of infertility counseling ( Banerjee, 2018; Sindhu et al, 2023)

### **Lacunae in therapy for infertility counseling**

In the Indian context with a population of over 140 crores, while psychotherapy is valuable in infertility counselling, there are some lacunae or gaps that exist in the field. These gaps represent areas where further research and development are needed. Sindhu et al (2023). Here are some of the lacunae in psychotherapy in infertility counselling along with research references:

#### **1 . Access to Services**

- Limited access to specialized infertility counselling services, particularly in rural areas (Boivin et al., 2013).

2. **Cultural Sensitivity** There is a felt need for more research on culturally sensitive approaches to infertility counselling, as different cultural backgrounds may influence the experience of infertility (Inhorn & Patrizio, 2015).

3. **Male Involvement** Research suggests a lack of male involvement in infertility counselling. More work is needed to engage men in the counselling process (Peterson et al., 2008).

4. **Long-term Outcomes** A focus on short-term outcomes in many studies. There's a need for research examining the long-term impact of infertility counselling on individuals and couples (Smith et al., 2011).

5. **Tailored Interventions** The development of more tailored interventions is the need of the hour. Infertility is a highly individualized experience, and counselling approaches may need to be personalized (Martins et al., 2014).

These lacunae highlight the need for a more comprehensive approach to infertility counselling, considering access, cultural diversity, the involvement of both partners, long-term impacts, and personalized interventions to better address the complex emotional and psychological aspects of infertility. ( Sindhu et al 2023).

Hence the need of an indigenous approach to psychotherapy which amalgamates the best from various therapies yet catering to the sensitivities of the Indian mindset ( Puri et al, 2023)

### **Recent Advances in therapeutic indigenous interventions in infertility counseling for Indian Populace**

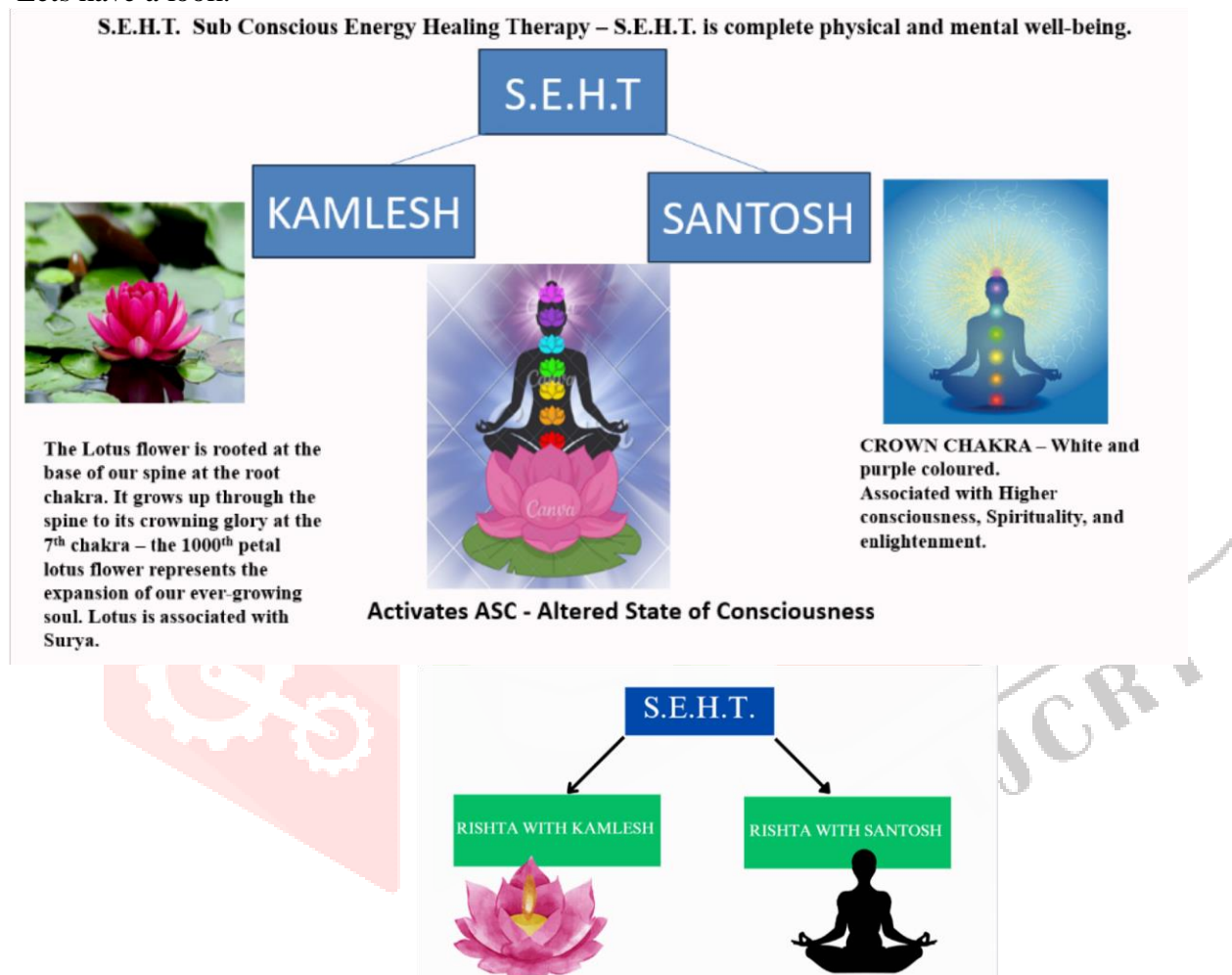
Domar, A. D., et al. (2009) discusses the use of complementary and alternative therapies in the context of infertility. The world of subconscious energy healing therapy holds immense potential for transforming lives.

## Subconscious Energy Healing Therapy" (SEHT)

"Subconscious Energy Healing Therapy" (SEHT) is a term that encompasses a range of alternative and complementary healing methods, often emphasizing healing through the manipulation of energy or the influence of the subconscious mind. ( Sindhu et al 2023; Puri et al, 2023) especially in the Indian subcontinent wherein people are able to connect at various levels with the psychotherapeutic processes from time to time during their long journey during infertility counseling.

The following image of SEHT draws the essence of this therapy which is being successfully used in hospital settings in India. ( Sindhu et al 2023, Verma, 2021 Banerjee, P 2018 ).

Lets have a look.



SEHT encompasses 2 aspects of wellness i.e.

- 1 Rishta with Kamlesh
- 2 Rishta with Santosh

In Hindi language 'Rishta' means ; *Relationship* ; and Kamlesh means . *Blooming like a lotus flower and rising like an Angel* .

The first dimension is symbolic of Relation with self and prioritising self for self happiness so that one may spread happiness too wherever one happens to be.

In Hindi language Santosh indicates ' *Contentment* ' which in simple terms mean ' *satisfaction with one's lot* '

RISHTA	WITH	SANTOSH	KAMLESH
R – Reinforcing I – Inner S – Sub-Conscious H – Healing T – Towards A – Acceptance	W- Wholesome I- Insight T- towards H- healing	S - Self Love A - Insight N - Nurturing T - Transforming O - Opting Optimism S - Serenity H - Healing	K – Karmic Chords A - Amiable M - Meaning full L - Letting go E - Energetic S - Supportive H - Heart Warming

Let's look at these words briefly and how they are incorporated in therapy.

## RISHTA or RELATIONSHIP

**R** Reinforcing **I**nfertility counselling often involves reinforcing positive behaviours, coping mechanisms, and communication skills. Therapists aim to strengthen the emotional well-being of individuals or couples experiencing infertility.

**I** **Inner** Infertility counselling encourages individuals and couples to explore their inner thoughts, feelings, and concerns related to infertility. It delves into the personal and emotional aspects, helping them understand their own emotions and perspectives.

**S** **Subconscious** Counselling may address subconscious thoughts and fears related to infertility. Sometimes, individuals might not be fully aware of their deep-seated concerns, and counselling can help bring these subconscious issues to the conscious level, allowing for better understanding and resolution.

**H** **Healing** Infertility counselling provides a healing space where individuals and couples can express their grief, frustrations, and anxieties related to infertility. Through counselling, they can work towards emotional healing and find ways to cope with the challenges they face.

**T** **Towards** Counselling guides individuals and couples towards acceptance, understanding, and resolution. It helps them move towards a more positive mindset, acceptance of their situation, and potentially exploring alternative paths to parenthood, such as adoption or assisted reproductive technologies.

**A** **Acceptance** Infertility counselling assists individuals and couples in accepting their circumstances. This acceptance does not mean giving up on the desire for a child, but rather acknowledging the reality of the situation and finding ways to live a fulfilling life despite infertility. Acceptance can also involve exploring other paths to parenthood or finding meaning and fulfilment in other aspects of life.

In summary, "R-I-S-H-T-A" in the context of infertility counselling represents the therapeutic process of reinforcing positive aspects, exploring inner emotions, addressing subconscious concerns, facilitating healing, guiding individuals and couples towards acceptance, and ultimately supporting them on their journey to parenthood or finding fulfilment in other ways.



**WITH**

**W** Wholesome **I**nfertility counselling aims to provide a wholesome approach to emotional well-being. It addresses the holistic needs of individuals or couples, considering their emotional, mental, and sometimes even physical well-being. The counselling process is comprehensive, taking into account all aspects of their lives that are affected by infertility.

<b>I</b>	<b>Insight</b>	Counselling provides individuals and couples with insights into their situation. It helps them gain a deeper understanding of their emotions, thoughts, and behaviours related to infertility. This self-awareness can be empowering and assist them in making informed decisions about their fertility journey.
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**T** **T**owards Counselling guides individuals and couples towards healing. It provides them with tools, coping strategies, and emotional support to move forward in their lives. The goal is to help them navigate the challenges of infertility and work towards a place of acceptance, peace, and fulfilment.

<b>H</b>	<b>Healing</b>	Infertility counselling offers a healing space where individuals and couples can express their emotions, confront their fears, and process their grief related to infertility. Through therapeutic techniques and counselling interventions, individuals can heal emotionally, finding ways to cope with the challenges and uncertainties associated with infertility.
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In summary, "WITH" in the context of infertility counseling emphasizes a comprehensive and empathetic approach. It promotes a wholesome understanding of the individual or couple's situation, provides valuable insights, guides them towards healing, and supports them on their journey to emotional well-being and acceptance.

**SANTOSH**

**S** Self love **I**nfertility counselling often emphasizes the importance of self-love and self-compassion. It encourages individuals and couples to be kind to themselves, recognize their worth beyond their ability to conceive, and cultivate a positive self-image.

<b>A</b>	<b>Insight</b>	Counselling aims to provide insight into the emotional and psychological aspects of infertility. It helps individuals and couples gain a deeper understanding of their feelings, thoughts, and behaviours related to their infertility journey. This insight can be empowering and facilitate better decision-making.
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<b>N</b>	<b>Nurturing</b>	Infertility counselling creates a nurturing and supportive environment. Counsellors offer emotional support and validation, helping individuals and couples navigate the challenges and emotional ups and downs of infertility with care and understanding.
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<b>T</b>	<b>Transforming</b>	Counselling supports individuals and couples in transforming their perspectives and coping mechanisms. It helps them adapt to their circumstances and find new ways to approach their fertility journey, ultimately leading to personal growth and resilience.
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**O** **O**pting **O**ptimism Infertility counselling encourages a positive outlook and optimism. While acknowledging the difficulties of infertility, it also helps individuals and couples focus on the possibilities and options available to them. Opting for optimism can improve emotional well-being and reduce stress.

**S Serenity** Counselling aims to bring serenity and inner peace to individuals and couples facing infertility. It provides tools and strategies to manage stress, anxiety, and emotional turmoil, fostering a sense of calm and tranquillity.

**H Healing** Infertility counselling promotes emotional healing. It offers a safe space for individuals and couples to express their emotions, process grief, and work through emotional pain. The goal is to support healing and emotional well-being throughout the infertility journey.

In summary, "SANTOSH" in the context of infertility counselling signifies a comprehensive approach that includes self-love, insight, nurturing support, transformation, optimism, serenity, and emotional healing. These elements collectively contribute to helping individuals and couples navigate the challenges of infertility with greater emotional well-being and resilience.

## KAMLESH

**K Karmic Chords** **Infertility counselling might explore the concept of karmic connections or emotional ties related to infertility experiences. This can involve understanding past experiences, traumas, or relationships that might be influencing the current situation. Exploring these karmic chords can provide insights into the emotional complexities associated with infertility.**

**A Amiable** Infertility counselling fosters an amiable and supportive environment. Counsellors aim to create a friendly and approachable atmosphere where individuals and couples feel comfortable discussing their concerns, fears, and hopes related to infertility. A positive and friendly environment can enhance the counselling experience.

**M Meaningful** Counselling endeavours to make the infertility experience meaningful for the individuals or couples involved. This might involve finding purpose or learning important life lessons through the challenges faced. counsellors work to help individuals find meaning and understanding in their infertility journey, promoting personal growth and resilience.

**L Letting go** Infertility counselling often involves helping individuals and couples let go of negative emotions, self-blame, and unrealistic expectations. It encourages the release of emotional baggage, allowing individuals to move forward with a lighter heart and a more positive outlook. Letting go is a crucial aspect of emotional healing and acceptance.

**E Energetic** Counselling can infuse individuals and couples with renewed energy and motivation. By addressing emotional issues, counselling helps individuals regain their emotional strength and vitality, enabling them to face the challenges of infertility with resilience and determination.

**S Supportive** Infertility counselling provides a strong support system. counsellors offer emotional support, validation of feelings, and coping strategies. They act as a reliable support network, helping individuals and couples navigate the emotional ups and downs of infertility with understanding and compassion.

**H Heart warming** Counselling aims to warm the hearts of those involved by providing empathy, compassion, and genuine care.

Through heartfelt interactions and emotional support, counselling helps individuals and couples feel valued and understood, fostering a sense of connection and comfort.

## Overview of RISHTA ( Relation) with KAMLESH ( Flowering in therapy like a Lotus) and SANTOSH ( Contentment) during and post therapy

RISHTA, intertwined with the essence of KAMLESH and SANTOSH , represents a holistic approach to infertility counselling. By addressing Karmic chords which is a spiritual or metaphysical concept in alternate therapies, in certain alternative or holistic healing practices, there is a belief in the existence of karmic connections or energy cords that connect individuals across lifetimes. This idea suggests that unresolved issues or emotions from past lives can influence a person's current life through these karmic chords.

Through supportive and heartwarming interactions, RISHTA with KAMLESH paves the way for emotional healing and personal transformation, offering a comprehensive and empathetic approach to infertility counseling . By reinforcing positive behaviours, providing insights into inner emotions, addressing subconscious concerns, and nurturing individuals with transformative approaches, this counseling model encourages individuals and couples to embrace self-love, find tranquillity in serenity, and experience profound emotional healing.

Thus, the amalgamation of RISHTA with SANTOSH forms a powerful alliance, guiding individuals and couples towards acceptance, peace, and fulfilment in their infertility journey.

### Know your SEHT quotient.

Another scientific way in which progress in therapy may be measured is in terms of SEHT Quotient. Lets see how.

### Instructions

Please read the following statements carefully Please give the first spontaneous response which comes to your mind and put a tick mark on the questions which apply to you on a scale of 0, 1 and 2

- This is not me
- This is me.
- This is most definitely me

KQ	Response			
		1	2	4
SNo.	Statements			
1	Have you ever felt that your actions, whether positive or negative, had a direct impact on your life circumstances?			
2	Do you believe in the possibility of karmic healing or releasing negative karmic energy?			
3	Are you comfortable compromising and finding middle ground in disagreements			
4	Are you in general willing to forgive and move past conflicts?			
5	Do you think meaningful connections with others are important for personal happiness			
6	Do you actively seek out e experiences that bring a sense of purpose to your life?			
7	Do you enjoy collaborating with others and helping them succeed in their endeavors?			
8	Do you find fulfilment in helping others achieve their goals?			
9	Do you find it easy to forgive others for their mistakes?			
10	Do you find it difficult to move on from past relationships or friendships?			
11	Do you actively seek out experiences that bring excitement and energy into your life?			

- 12 Do you actively seek out experiences that bring excitement and energy into your life?
- 13 Do you believe in the power of positive reinforcement to boost someone's confidence?
- 14 Do you find joy in celebrating the achievements of your friends and family?
- 15 Do you enjoy spending time with new people?

SQ	Response			
		1	2	4
SNo.	Statements			
1	Are you kind and forgiving to yourself when you make mistakes?			
2	Do you appreciate your strengths and embrace your flaws as part of who you are ?			
2	Do you adapt your communication style based on the person you are talking to?			
4	Do you find it relatively easy to cope with changes in your daily routine?			
5	Do you practice self-affirmation and positive self-talk regularly with family and friends ?			
6	Do you take time to engage in activities with friends that nourish mind and body ?			
7	Are you comfortable setting boundaries to protect your well-being and mental health?			
8	Do you see life's as opportunities for personal challenges transformation and learning?			
9	Do you surround yourself with people who uplift and support your self-love journey ?			
10	Do you try to find humor in difficult situations o lighten the mood?			
11	Are you hopeful about the future and believe that things will get better?			
12	Are you able to maintain a sense of inner peace even in chaotic or noisy environments?			
13	Do you find solace in spending time alone and enjoy your own company?			
14	Do you often practice relaxation techniques, such as meditation or deep breathing?			
15	15. Are you open to feedback and criticism as tools for personal development?			

*SEHT Quotient is derived from  $SQ + KQ$*

*i.e. the scores from Santosh quotient and Kamlesh Quotient are added and SEHT quotient is arrived at.*



Thus the progress of therapeutic intervention may be quantified in measurable terms. This therapy delves into the intricacies of the holistic approach towards healing. One can say with confidence that the world of subconscious energy healing therapy holds immense potential for transforming lives.

### **To conclude**

The integration of subconscious energy healing therapy in the Indian context of infertility counseling offers a promising avenue for those seeking a holistic approach to fertility challenges. By addressing the emotional and energetic aspects, this therapy can support individuals and couples in their quest for parenthood, helping them unlock their true potential. SEHT addresses the challenges faced by those struggling with infertility and introduces the concept of incorporating subconscious energy healing therapy as a complementary approach.

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