



(CASE REPORT)



A case study of integrative psychospiritual techniques in addressing adolescent emotional distress and self-harming behavior with: Subconscious Energy Healing Therapy (SEHT)

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Abstract

This case study examines the effectiveness of Subconscious Energy Healing Therapy (SEHT) in treating a 20-year-old female presenting with depressive symptoms, self-harming behaviour, and low self-esteem. SEHT, integrating Emotional Freedom Techniques (EFT) with psychospiritual principles, was employed to address her emotional distress and maladaptive coping mechanisms. The patient, "Miss K," exhibited significant emotional and behavioural challenges rooted in childhood bullying, family dynamics, and self-doubt. Through a structured approach, SEHT facilitated mindfulness, emotional release, and self-empowerment. A 2-step stress management framework emphasized awareness of stress responses and release through self-suggestions and tapping. Therapy outcomes included reduced self-harming behaviour, enhanced self-esteem, and improved academic focus. By incorporating personalized affirmations and spiritual elements, Miss K cultivated resilience, utilizing gratitude and Divine connection as healing tools. After five sessions, she demonstrated measurable improvement, including better academic performance and emotional stability. SEHT's holistic approach underscores the potential of integrating psychological and spiritual modalities to address complex mental health challenges. This case highlights SEHT's application as an adjunctive therapy for managing adolescent emotional distress. This case study explores the application and effectiveness of Subconscious Energy Healing Therapy (SEHT) in treating a 20-year-old female, "Miss K," who presented with depressive symptoms, self-harming behaviour, and low self-esteem. SEHT, an integrative modality combining Emotional Freedom Techniques (EFT) with psychospiritual principles, was utilized to address the underlying emotional distress, maladaptive coping mechanisms, and unresolved trauma from childhood bullying and adverse family dynamics. A structured therapeutic framework was employed, emphasizing mindfulness, emotional release, and self-empowerment. The therapy incorporated a 2-step stress management model: recognizing stress responses and utilizing self-suggestions and tapping to release negative emotions. Personalized affirmations, spiritual practices, and gratitude exercises fostered a deeper sense of resilience and connection to a higher power. These interventions aimed to reframe her self-perception and in still healthier coping strategies. Over the course of five sessions, Miss K demonstrated significant improvement across multiple domains. Observable outcomes included cessation of self-harming behaviours, enhanced self-esteem, and improved academic performance. She exhibited greater emotional stability and reported utilizing gratitude and spiritual practices as tools for ongoing self-regulation. This case underscores SEHT's potential as a holistic and adjunctive therapeutic approach for addressing complex adolescent mental health challenges.

Keywords: Adolescent therapy; Subconscious Energy Healing Therapy; Emotional Freedom Techniques; Spirituality; self-harming behaviour; Stress management

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1. Introduction

Adolescents frequently face emotional and psychological challenges arising from academic pressures, familial dynamics, and social interactions. The complex interplay of these factors can lead to anxiety, depression, and self-harming behaviour, necessitating innovative therapeutic approaches. Subconscious Energy Healing Therapy (SEHT), a psychospiritual modality, blends mindfulness, Emotional Freedom Techniques (EFT), and spiritual principles to address these issues holistically.

Miss K, a 20-year-old student, exemplifies such complexities. Her case involved depressive symptoms, low self-esteem, self-harming behaviour, and emotional overwhelm linked to childhood bullying and familial disruptions. Traditional pharmacotherapy provided temporary relief, but relapses led her to seek integrative solutions. SEHT, tailored to her needs, facilitated mindfulness, emotional release, and spiritual grounding.

Emotional Freedom Techniques (EFT), a form of psychological acupressure, combines tapping on acupressure points with cognitive restructuring to reduce emotional distress. Clinical studies have demonstrated its efficacy in alleviating anxiety, depression, and stress by disrupting the body's conditioned stress responses (Church, 2013). EFT has been particularly effective in improving emotional regulation by helping individuals reframe their experiences, thereby reducing the emotional charge associated with traumatic memories.

Mindfulness practices, such as those introduced by Kabat-Zinn (2003), are essential in fostering self-awareness and emotional regulation. These practices enable individuals to become attuned to their thoughts and feelings without judgment, a skill critical for adolescents dealing with emotional distress. Research highlights that mindfulness-based interventions are effective in reducing symptoms of anxiety, depression, and emotional dysregulation among adolescents, enhancing their capacity for introspection and adaptive coping.

Spirituality has emerged as a vital therapeutic tool, particularly in the psychospiritual domain, where it fosters resilience and coping by providing individuals with a sense of purpose, hope, and connection to a higher power or the universe. Pargament (2007) emphasized that spirituality could be a powerful resource in therapy, enhancing an individual's ability to navigate life's challenges. Integrating spirituality into therapeutic practices offers a holistic approach, addressing both psychological and existential needs.

Feinstein (2012) demonstrated the utility of psychospiritual approaches in trauma therapy. Techniques that integrate EFT with spiritual elements provide a comprehensive framework to address deep-seated issues like self-esteem, unresolved trauma, and identity crises. These approaches emphasize the importance of addressing both the cognitive and existential dimensions of distress.

1.1. SEHT as an Integrative Framework

The Subconscious Energy Healing Therapy (SEHT) integrates EFT principles with spiritual practices, creating a comprehensive approach to mental health. It combines tapping techniques with positive affirmations and spiritual gratitude practices, addressing both the psychological and spiritual dimensions of distress. SEHT is particularly effective in adolescents, as it resonates with their evolving sense of identity, self-esteem, and emotional resilience. (Banerjee, P., et.al 2024)

Adolescents, like the case of Miss K, benefit significantly from the holistic and integrative nature of SEHT. It allows them to process traumatic experiences while fostering a connection to their inner strength and spirituality. This dual focus not only helps reduce symptoms of anxiety and depression but also equips adolescents with lifelong skills for emotional regulation and resilience. (Bhatt,S. et.al, 2024)

The inclusion of spirituality in SEHT, such as gratitude practices directed toward a divine figure or higher power, enhances the healing process by instilling hope and fostering a sense of interconnectedness. By acknowledging the psychospiritual dimensions of mental health, SEHT offers a powerful tool for addressing complex emotional challenges in adolescents and beyond. (Puri, A.et.al,2024)

Bhatt, S.,et.al.2024 in *Unlocking the secrets of color psychology for transformative interior design through SEHT*. This study explores the integration of Subconscious Energy Healing Therapy (SEHT) with color psychology to create transformative interior design strategies. By understanding the psychological and emotional impacts of colors, SEHT helps individuals achieve therapeutic benefits through tailored environments, promoting emotional balance and overall well-being.

Puri, A., et.al 2024 in Unmasking deception: Pathological lying in narcissists and the role of subconscious energy healing therapy. This paper investigates the role of SEHT in addressing pathological lying in narcissists, examining its effectiveness in altering subconscious patterns and fostering authentic self-expression. The authors argue that SEHT can facilitate deeper self-awareness and emotional healing, thereby mitigating deceptive tendencies.

Banerjee, P., et.al. 2024 In Subconscious Energy Healing Therapy (SEHT) in anxiety management: A holistic approach for young mental health professionals. This research highlights SEHT's application in managing anxiety among young mental health professionals. The study underscores the therapy's holistic framework, which integrates mindfulness, energy tapping, and psychospiritual elements to enhance coping mechanisms, reduce stress, and promote emotional resilience.

2. Methodology

Case Presentation and Intervention: A Psychotherapeutic Journey to Healing and Resilience

2.1. Patient Information

- Name: Miss K
- Age: 20 years
- Gender: Female
- Residence: Panchkula
- Occupation: BA second-year student

Family Background: Miss K was born into a family with a history of remarriage. Her mother remarried after her biological father's suicide. She has a step-brother and step-father.

2.2. Chief Complaints

Miss K reported the following primary concerns:

- Persistent sadness, worry, and preoccupation with intrusive thoughts.
- Low energy and motivation.
- Self-harming behavior.
- Anger toward herself for being unable to cope with overwhelming emotions.
- Previous tendency to escape into imaginary worlds from fourth to ninth grade.
- History of bullying due to skin color, leading to low self-esteem and self-doubt.
- Treatment History
- Pharmacotherapy
- Initial Psychiatric Treatment

Medications: Escitalopram 10 mg (6 months) and short-term Benzodiazepines (BZDs).

Outcome: Significant progress but symptoms relapsed in September 2024.

2.3. Subsequent Treatment

- Switched to Paroxetine 12.5 mg (later escalated to 25 mg) and Clonazepam 0.5 mg.
- Quetiapine 12.5 mg was added to manage anger, frustration, and self-harming tendencies.

2.4. Current Psychiatric Care

Referral to a third psychiatrist following a recommendation by a family acquaintance.

2.4.1. Psychotherapy

- Established a strong therapeutic bond with her therapist.
- Showed significant improvement with combined pharmacotherapy and psychotherapy.

2.5. Mental Health Examination

Mood: Depressed, with persistent overwhelming thoughts.

Behaviour: Self-harming tendencies and social withdrawal.

Cognition: Low self-esteem and escape into imaginary worlds.

2.5.1. Management Plan

Pharmacotherapy

Continued current medication regimen under psychiatric supervision.

2.6. Therapeutic Approach

Creating a Safe Space

Established a non-judgmental, empathetic, and ego-nurturing environment.

Self-Help Techniques: Emotional Freedom Techniques (EFT)

2.6.1. Step 1: Awareness

Taught mindfulness of stressors and their physical and psychological impacts.

Encouraged recognition of the intensity of fear, worries, and physiological responses.

2.6.2. Step 2: Release and Relaxation

Utilized self-suggestions and tapping on areas of stress.

Sample affirmation:

“I acknowledge that I am stressed because of [specific stressor], and I choose to release this stress.”

Miss K practiced 6–8 repetitions of loud self-suggestions combined with tapping.

2.7. Therapeutic Goals

Reduce stress, self-harming behavior, and overwhelming emotions.

Enhance self-esteem and confidence.

Improve coping mechanisms and stress management.

Progress and Outcome

2.7.1. Initial Sessions

Miss K reported feeling significantly lighter and more emotionally stable after EFT sessions.

Cathartic release and improved confidence following participation in a college poetry event.

2.7.2. Follow-Up Developments

Miss K began practicing regular stress management techniques and demonstrated improved emotional regulation.

She identified and addressed negative thought patterns and focused on academic and personal growth.

2.7.3. Personal Aspirations and Progress

Shifted focus from people-pleasing to self-respect and judicious use of escapism.

Cultivated gratitude practices to strengthen her connection with Divine Kanha Ji.

2.7.4. Final Sessions

- Consolidated learnings and incorporated stress management into daily life.
- Established clear goals: academic excellence, personal growth, and setting boundaries.
- Clonazepam was discontinued, indicating progress in mental stability.

2.7.5. Spiritual Integration

Miss K integrated gratitude practices and personalized her stress management exercises with prayers to Divine Kanha Ji. Affirmations and tapping strengthened her faith, fostering resilience and hope.

2.7.6. Conclusion

Miss K's journey reflects the powerful intersection of psychological and spiritual healing. A structured therapeutic approach, coupled with pharmacotherapy and spiritual practices, enabled her to overcome emotional turmoil and rediscover her potential. Her story underscores the importance of a holistic treatment model in addressing complex mental health challenges.

2.7.7. Future Directions

- Continued self-help practices to maintain emotional stability.
- Regular follow-ups to monitor progress and adapt treatment plans.
- Potential for Miss K to inspire others by sharing her transformative journey through creative outlets like poetry and public speaking.

2.8. Therapeutic Framework: Subconscious Energy Healing Therapy (SEHT)

2.8.1. Awareness (Mindfulness)

Miss K identified stressors and her physiological and emotional responses through guided mindfulness exercises.

2.8.2. Release and Relaxation (EFT)

Tapping on stress points combined with personalized affirmations facilitated emotional release.

Gratitude statements and spiritual prayers were incorporated to enhance emotional resilience.

Outcomes

- Reduced self-harming behaviours.
- Improved academic focus and self-esteem.

Enhanced coping mechanisms and emotional regulation.

3. Discussion

Subconscious Energy Healing Therapy (SEHT) proved to be a transformative and holistic framework for addressing Miss K's emotional distress, self-harming behaviours, and low self-esteem. By integrating Emotional Freedom Techniques (EFT) with spiritual and psychospiritual principles, SEHT bridged the gap between emotional and subconscious healing. This dual approach allowed for addressing both cognitive distortions and affective challenges, providing a comprehensive therapeutic experience. The inclusion of gratitude-based practices played a pivotal role in anchoring Miss K's progress. Gratitude exercises helped her reframe negative thought patterns and foster a sense of appreciation for positive aspects of her life, promoting psychological resilience. These practices also reduced her reliance on pharmacotherapy, showcasing SEHT's potential in mitigating the need for medication by empowering individuals through non-invasive techniques. SEHT's core emphasis on self-empowerment resonates with contemporary literature that highlights the efficacy of integrative therapies in adolescent mental health. By enabling Miss K to actively participate in her healing process, the therapy fostered a sense of agency and ownership over her emotional well-being. This aligns with research advocating for patient-centered approaches that prioritize emotional release, mindfulness, and the cultivation of spiritual connection.

4. Conclusion

This case study highlights SEHT as a promising adjunctive therapy for addressing emotional distress in adolescents. The integration of mindfulness techniques, EFT, and spiritual practices demonstrated significant improvements in Miss K's emotional stability, self-esteem, and academic focus. SEHT's holistic approach fostered resilience, self-awareness, and emotional healing, offering a non-invasive and empowering alternative to traditional interventions. Future research should explore SEHT's applicability across diverse populations and clinical settings to validate its efficacy further. Investigations could include longitudinal studies to assess sustained outcomes and comparative analyses with other integrative modalities. Expanding SEHT's application to various demographic groups and mental health challenges could substantiate its role as a transformative tool in contemporary psychological practice.

Miss K, a 20-year-old BA second-year student from Panchkula, has been undergoing therapy for symptoms of low mood, intrusive thoughts, self-harming behavior, low self-esteem, and social withdrawal. Her challenges stem from a complex family background, past bullying due to her skin color, and difficulties in adapting to her current environment. She has a history of escaping into imaginary worlds as a coping mechanism during childhood. Previously treated with medications like Escitalopram and benzodiazepines, Miss K switched to new psychiatrists over time and is now on Paroxetine, Clonazepam, and Quetiapine. Alongside pharmacotherapy, she has been making steady progress with psychotherapy.

In therapy, Miss K was introduced to a two-step self-help stress management technique incorporating Emotional Freedom Techniques (EFT). This involves mindfulness of stressors and physiological responses, followed by releasing tension through self-suggestions and tapping. She was taught to frame personalized self-affirmations addressing her stressors and has shown a commitment to practicing these techniques. Regular sessions have focused on empowering Miss K to overcome her struggles, build self-esteem, and enhance her coping mechanisms. Her mother has expressed concerns about Miss K's behaviours, including frequent mirror-checking, anger, and unresolved emotional issues from past relationships and college influences. Despite these challenges, Miss K has shown resilience and dedication, participating in activities like a poetry event that boosted her confidence.

During follow-ups, Miss K reported significant improvement in emotional well-being and stress management. She has begun setting boundaries, prioritizing academic goals, and creating a structured routine for personal and professional growth. Her therapy sessions emphasize integrating stress management into daily life and fostering self-reliance. Through EFT, Miss K addressed habits like zoning out into wishful thinking, transforming them into productive focus. She expressed gratitude towards her therapist, family, and divine inspiration (Kanha Ji) for her recovery, further reinforcing a positive mindset. Miss K's progress has been remarkable, showcasing her ability to frame self-help statements, manage stress, and work towards her goals with optimism and resilience.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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