

Integrative healing for the elderly through subconscious energy healing therapy (SEHT) and Geriatric Dance Movement Therapy (GDMT)

Priyanka Verma ^{1,*}, Amita Puri ², Shivam Gupta ² and Srishti Bhatt ²

¹ Head of Department, AIBAS, AUH.

² Consultant Clinical Psychologist, Citizen Hospital and De-Addiction center.

International Journal of Science and Research Archive, 2025, 15(01), 267-274

Publication history: Received on 25 February 2025; revised on 03 April 2025; accepted on 05 April 2025

Article DOI: <https://doi.org/10.30574/ijrsra.2025.15.1.0965>

Abstract

Aging is a multidimensional process that affects individuals emotionally, physically, and cognitively. In the geriatric phase of life, individuals often experience emotional regression, social isolation, and physical decline, compounded by unresolved subconscious traumas accumulated over decades. These unaddressed psychological burdens can manifest as chronic ailments, depression, anxiety, or cognitive deterioration, significantly impacting overall well-being. Subconscious Energy Healing Therapy (SEHT) works at the subconscious level to release emotional blockages, repressed traumas, and negative belief patterns that contribute to psychological distress and physical ailments. By clearing energy imbalances and fostering emotional resilience, SEHT facilitates deeper healing, empowering elderly individuals to embrace aging with greater emotional stability and self-awareness. Simultaneously, Geriatric Dance Movement Therapy (GDMT) provides a therapeutic medium for physical and emotional expression. Through rhythmic, intentional movements, GDMT enhances mobility, stimulates cognitive function, and fosters a sense of social connection. It also serves as a non-verbal outlet for releasing deep-seated emotions, allowing individuals to process subconscious trauma in a holistic manner. Integrating SEHT with GDMT creates a powerful, holistic intervention that addresses aging-related challenges at the emotional, physical, and energetic levels. This combined approach promotes neuroplasticity, emotional regulation, and physical vitality while reducing stress, loneliness, and cognitive decline. By aligning subconscious healing with expressive movement, SEHT-GDMT fosters a sense of empowerment, well-being, and renewed purpose in elderly individuals, making it a transformative model for geriatric care.

Keywords: Subconscious Energy Healing Therapy (SEHT); Geriatric Dance Movement Therapy (GDMT); Aging and Emotional Well-Being; Neuroplasticity and Trauma Healing; Holistic Geriatric Care

1. Introduction

1.1. Subconscious Energy Healing Therapy (SEHT)

SEHT taps into the subconscious layers of the mind, where deep-seated memories, emotions, and patterns reside. By addressing suppressed grief, trauma, abandonment, or fears from childhood, adulthood, or past lives, SEHT brings emotional balance and spiritual clarity. Aging is a complex and multidimensional process that affects individuals physically, emotionally, and cognitively. As people transition into their geriatric years, they often experience emotional regression, social isolation, and declining physical health, further exacerbated by unresolved subconscious traumas. These deep-seated emotional burdens, accumulated over decades, can manifest as anxiety, depression, and chronic ailments, reducing overall well-being and quality of life. Addressing these psychological challenges necessitates holistic and integrative therapeutic approaches that engage both the conscious and subconscious mind.

* Corresponding author: Priyanka Verma.

Subconscious Energy Healing Therapy (SEHT) is a transformative healing modality that focuses on accessing and releasing emotional blockages, repressed traumas, and negative belief patterns stored in the subconscious mind. By working at the energetic level, SEHT helps individuals process unresolved grief, childhood wounds, and past-life experiences that contribute to psychological distress. The therapy fosters emotional balance, enhances self-awareness, and promotes spiritual clarity, enabling individuals to navigate aging with greater resilience and inner peace.

Recent research has demonstrated the efficacy of SEHT in addressing a wide range of psychological and emotional concerns. Studies indicate that SEHT can be a valuable tool for managing anxiety, improving relationship dynamics, and even supporting psychotherapy interventions for infertility counselling (1)(Nayar et al., 2024; Banerjee et al., 2024; Puri et al., 2023). As a non-invasive and holistic intervention, SEHT offers a promising avenue for geriatric care by addressing the psychological distress that often accompanies aging. Integrating SEHT with other therapeutic modalities, such as Geriatric Dance Movement Therapy (GDMT), can further enhance its impact by providing a medium for physical and emotional expression.

2. Review of Literature

The subconscious mind plays a critical role in shaping an individual's emotions, behaviours, and overall well-being. Unresolved subconscious traumas can contribute to chronic stress, anxiety, and depression, particularly in elderly individuals who have accumulated emotional burdens over their lifetime. SEHT provides a structured approach to accessing and healing these subconscious wounds, making it a valuable intervention for geriatric populations.

(2) Gupta,et.al (2024) explored the application of SEHT in managing anxiety among young mental health professionals. Their study demonstrated that SEHT effectively alleviates stress and enhances emotional resilience by working at the subconscious level. This suggests its potential applicability in geriatric care, where emotional resilience is crucial for maintaining psychological well-being.

Similarly, (3) Banerjee et al. (2024) highlighted SEHT's effectiveness in enhancing relationship counseling outcomes, which could be particularly relevant for elderly individuals dealing with loneliness and social isolation.

In a case study by (4) Bhatt,et.al(2024), SEHT was integrated with psycho-spiritual techniques to address adolescent emotional distress and self-harming behaviours. The findings indicated that SEHT facilitated deep emotional healing and behavioural transformation. While the study focused on adolescents, its implications extend to geriatric care, as elderly individuals often experience emotional distress linked to unresolved past traumas.

(5) Puri et al. (2024) examined the role of SEHT in colour psychology and its impact on interior design, suggesting that environmental factors can enhance the therapeutic effects of subconscious healing. This insight can be applied to geriatric settings, where creating a soothing and energetically balanced environment can support the healing process. Additionally, (6) Bamel et al. (2024) discussed the recent eclectic approaches to psychotherapy in India, emphasizing SEHT's versatility in diverse therapeutic contexts, including infertility counselling (7) (Puri et al., 2023).

Taken together, these studies underscore the transformative potential of SEHT as a holistic therapeutic approach. Its application in geriatric care can address the deep-seated emotional and psychological challenges associated with aging, offering elderly individuals an avenue for healing, self-discovery, and emotional renewal.

The aging population faces various physical, emotional, and cognitive challenges that impact their quality of life. Therapeutic interventions such as Geriatric Dance Movement Therapy (GDMT) and Subconscious Energy Healing Therapy (SEHT) have gained attention for their holistic benefits. This literature review explores existing research on these interventions, emphasizing their impact on elderly well-being.

2.1. Dance Movement Therapy (DMT) and Geriatric Population

DMT is a psychotherapeutic approach that integrates movement and emotional expression to enhance psychological and physiological health. Several studies have highlighted its effectiveness in geriatric care:

- **Physical Benefits:** Research indicates that DMT improves flexibility, coordination, and balance, reducing fall risks among older adults (9) (Koch et al., 2019). A meta-analysis by (10) Karkou and Meekums (2017) supports the claim that rhythmic movement enhances motor function and joint mobility.

- **Cognitive Enhancement:** Studies suggest that engaging in structured movement therapies like DMT can improve memory, executive function, and cognitive flexibility, particularly in individuals with early-stage dementia (11) (Hackney & Earhart, 2010; Rehfeld et al., 2018).
- **Emotional Well-being:** (12) Koch et al. (2022) found that DMT reduces symptoms of depression and anxiety by stimulating the release of endorphins and promoting self-expression. A systematic review by (13) Guzmán-García et al. (2013) further underscores its role in decreasing loneliness and fostering social interaction among older adults.

2.2. Subconscious Energy Healing Therapy (SEHT) and Elderly Healing

SEHT is an alternative therapeutic approach that focuses on the subconscious mind to address emotional trauma, stress, and energy imbalances.

- **Emotional and Psychological Healing:** Research by (14) Feinstein (2019) demonstrates that energy healing techniques like Emotional Freedom Technique (EFT) and Reiki help process suppressed emotions, reducing stress and enhancing emotional resilience.
- **Trauma Processing and Grief Reduction:** A study by (15) Church et al. (2017) found that subconscious healing methods aid in reframing past traumatic experiences, allowing for emotional catharsis and closure.
- **Mind-Body Connection:** SEHT promotes holistic well-being by aligning energy fields and fostering inner peace. (16) Louchakova (2017) argues that subconscious healing improves self-awareness and reduces existential distress in older populations.

2.3. Integrative Approach: The Synergy of SEHT and GDMT

The combined use of SEHT and GDMT provides a multidimensional healing experience:

- **Catharsis and Emotional Release:** SEHT helps individuals access suppressed emotions, while GDMT allows them to express these emotions through movement (12,15) (Koch et al., 2022; Church et al., 2017).
- **Physical and Energetic Restoration:** SEHT clears internal blockages, improving overall vitality, whereas GDMT reinforces these benefits by enhancing physical activity and social interaction (14, 11) (Feinstein, 2019; Hackney & Earhart, 2010).
- **Holistic Healing:** The combination fosters a balance between internal healing (SEHT) and external embodiment (GDMT), leading to sustainable emotional and physical well-being (11,16) (Rehfeld et al., 2018; Louchakova, 2017).

2.4. Synergy of SEHT and GDMT in Elderly Healing

Subconscious Energy Healing Therapy (SEHT) and Geriatric Dance-Movement Therapy (GDMT) form a complementary and holistic healing approach that works at both the internal and external levels, fostering deep emotional, psychological, and physical well-being in elderly individuals. Their synergy creates a seamless loop of catharsis, vitality, and peace, guiding the elderly back into alignment with their inner selves.

2.4.1. SEHT: Clearing Internal Blockages

SEHT operates at the subconscious level, addressing deeply rooted emotional wounds, traumas, and energetic imbalances that accumulate over a lifetime. It works by:

- Releasing suppressed emotions that may manifest as anxiety, depression, or psychosomatic illnesses.
- Restoring energetic balance by eliminating disruptions in the subconscious field, which often contribute to chronic ailments and emotional distress.
- Enhancing emotional resilience by allowing individuals to reframe past experiences and find closure.

For the elderly, unresolved grief, fear of mortality, past regrets, or childhood traumas often resurface in later years. SEHT provides a powerful tool for processing these emotions, leading to inner tranquillity and a renewed sense of purpose.

2.4.2. GDMT: Externalizing and Integrating Healing

Geriatric Dance-Movement Therapy (GDMT) takes the emotional and energetic healing initiated by SEHT and expresses it through movement. It helps in:

- Embodying emotional release through expressive gestures, rhythmic movements, and dance, preventing emotional stagnation.
- Enhancing physical mobility and vitality by improving coordination, balance, and overall physical health.
- Strengthening social bonds by creating a communal healing experience, reducing feelings of isolation and loneliness.
- For the elderly, GDMT serves as a channel for joy, creativity, and self-expression, allowing them to reconnect with their bodies in a way that feels liberating and empowering.

2.4.3. *The Seamless Loop of Healing: Catharsis, Vitality, and Peace*

The combination of SEHT and GDMT forms a self-reinforcing cycle of healing:

- **Catharsis:** SEHT unearths and releases pent-up emotions, while GDMT provides an avenue to express and embody these emotions physically.
- **Vitality:** SEHT clears energetic blockages, restoring the natural flow of life force energy, while GDMT enhances physical and emotional dynamism, promoting an active lifestyle.
- **Peace:** SEHT fosters internal harmony, and GDMT helps individuals integrate this newfound balance into their daily lives, reinforcing long-term well-being.

This synergy not only brings elderly individuals back into alignment with their inner selves but also allows them to experience aging with a renewed sense of freedom, dignity, and wholeness. By working from within (SEHT) and without (GDMT), they achieve holistic healing that is both transformative and sustainable.

3. Benefits of Dance and Movement Therapy for the Geriatric Population

3.1. Emotional Detox and Release of Deep-Rooted Fears

As individuals age, they often carry emotional burdens accumulated over a lifetime. Dance and movement therapy (DMT) provides a non-verbal and expressive outlet for seniors to release suppressed emotions. Engaging in rhythmic movements, guided exercises, and free-flowing dance helps them let go of fears related to mortality, loneliness, and unresolved past experiences. The physical act of moving to music can bring a sense of liberation, emotional release, and improved mental well-being.

3.2. Healing Unresolved Traumas, Regrets, and Grief

Many elderly individuals struggle with lingering regrets, losses, and traumas from their past. Dance therapy allows them to process these emotions through body movements, helping to externalize and release inner conflicts. Through structured movement patterns and improvisational dance, seniors can symbolically express grief and past pain, fostering healing, self-acceptance, and emotional closure in a gentle, supportive environment.

3.3. Promoting Peace, Forgiveness, and Acceptance of Life's Journey

Aging naturally brings contemplation and self-reflection. Many seniors experience guilt, resentment, or feelings of incompleteness regarding their life choices. Dance therapy, with its emphasis on fluidity and self-expression, encourages them to embrace imperfection, practice self-forgiveness, and accept life's journey with grace. The meditative aspect of slow, intentional movements, such as tai chi or therapeutic dance, fosters emotional harmony and inner peace.

3.4. Enhancing Memory, Reducing Overthinking, and Anxiety

Cognitive decline, memory lapses, and excessive rumination are common in older adults. Engaging in dance therapy stimulates the brain, improving cognitive functions such as memory, coordination, and spatial awareness. The rhythmic repetition of dance steps strengthens neural pathways, aiding in memory retention. Additionally, moving in sync with music induces a state of mindfulness, reducing anxiety and overthinking, while promoting relaxation and joy.

3.5. Fostering Connection with Higher Consciousness and Inner Joy

Many seniors seek spiritual fulfillment and a deeper connection with themselves in their later years. Dance therapy allows them to transcend physical limitations and connect with their inner selves through movement. Whether through mindful movements, group dances, or expressive storytelling, seniors experience a sense of unity, purpose, and emotional upliftment. This process enhances their overall well-being, instilling a renewed sense of vitality, self-awareness, and inner joy.

4. Case study

4.1. Background

A 78-year-old, Male retired professor, experienced a significant decline in his physical and emotional well-being following the passing of his wife. He suffered from chronic knee pain that persisted despite regular medication and physiotherapy. Additionally, he exhibited frequent emotional outbursts, feelings of isolation, and a diminished sense of self-worth. His daughter, deeply concerned about his deteriorating state, sought alternative interventions and enrolled him in a combined Subconscious Energy Healing Therapy (SEHT) and Guided Dynamic Meditation Therapy (GDMT) program.

4.2. Presenting Concerns

Physical Symptoms: Chronic knee pain, restricted mobility, and fatigue.

4.2.1. Emotional and Psychological Symptoms:

- Persistent grief and loneliness.
- Frequent mood swings and emotional outbursts.
- A sense of purposelessness post-retirement and loss of companionship.
- Increased irritability and social withdrawal.

4.3. Intervention Approach

Given their complex emotional and physical concerns, a tailored therapeutic intervention combining SEHT and GDMT was implemented.

4.3.1. Subconscious Energy Healing Therapy (SEHT):

- Focused on addressing deep-seated emotional distress through subconscious reprogramming.
- Utilized energy realignment techniques to release unresolved grief and suppressed emotions.
- Enhanced emotional regulation and cognitive reframing to foster a renewed sense of self-worth.

4.3.2. Guided Dynamic Meditation Therapy (GDMT):

- Incorporated mindfulness and visualization techniques to alleviate psychological distress.
- Helped them reconnect with positive memories and reinforce a sense of inner peace.
- Introduced gentle movement exercises to improve mind-body coordination and alleviate knee pain perception.

4.4. Progress and Outcome of SEHT and GDMT Program

After several weeks of consistent engagement in the Subconscious Energy Healing Therapy (SEHT) and Grief and Depression Management Therapy (GDMT) program, the individual demonstrated remarkable improvements across multiple aspects of well-being:

4.4.1. Physical Well-being

The individual reported a significant reduction in knee pain, which had previously limited their daily activities. This improvement allowed them to move more freely and regain confidence in their physical capabilities. With enhanced mobility, they began participating in light physical activities, such as short walks, stretching exercises, and household tasks that were previously challenging. This newfound physical engagement contributed to their overall sense of independence and vitality.

4.4.2. Emotional and Psychological Well-being

There was a notable decrease in the frequency and intensity of emotional outbursts. Where they once struggled with overwhelming emotions, they gradually developed the ability to manage distress in a more constructive manner. Through guided therapy sessions, they cultivated healthier coping mechanisms to process grief and loneliness. Techniques such as mindfulness, expressive art therapy, and subconscious healing strategies helped them navigate their emotions with greater self-awareness and control. A renewed sense of purpose and emotional stability emerged. They

began setting personal goals, expressing interest in future plans, and demonstrating a more optimistic outlook on life. Feelings of hopelessness were replaced with a growing sense of resilience and self-assurance.

4.4.3. *Social Engagement*

The individual successfully re-established meaningful connections with close family members and former colleagues. Regular communication and social interactions helped bridge emotional gaps, fostering a stronger support system. They actively participated in recreational and social activities, including book discussions, community events, and group meetups. These engagements not only provided a sense of belonging but also encouraged intellectual and emotional stimulation. The increase in social interaction led to improved self-confidence and a willingness to explore new experiences. The individual started embracing opportunities to engage with others, reducing previous tendencies of isolation and withdrawal.

4.4.4. *Overall Impact*

The SEHT and GDMT program significantly enhanced the individual's quality of life by addressing both emotional and physical challenges. The transformation was evident in their improved emotional regulation, physical mobility, and social reintegration. With ongoing support, they continue to build on these improvements, demonstrating resilience and a newfound enthusiasm for life.

4.5. Case Study Conclusion

This case study highlights the transformative impact of integrating Subconscious Energy Healing Therapy (SEHT) and Guided Meditation Therapy (GDMT) in addressing both physical and emotional distress in elderly individuals. The individual's journey from persistent knee pain, emotional turmoil, and social withdrawal to improved physical mobility, emotional resilience, and social engagement underscores the effectiveness of these holistic interventions. Chronic pain and emotional distress are often interconnected, and SEHT played a crucial role in releasing deep-seated emotional blockages, leading to a noticeable reduction in knee pain and overall physical discomfort. Meanwhile, GDMT helped manage grief, loneliness, and emotional outbursts, equipping the individual with healthier coping mechanisms and fostering inner balance.

Beyond physical and emotional well-being, the therapies also contributed to restoring social connections. By facilitating emotional healing, they empowered the individual to reconnect with family, friends, and community activities, leading to a more fulfilling and engaged social life. This case underscores the importance of holistic and integrative approaches in geriatric care, particularly for individuals experiencing emotional distress, grief, and physical limitations. Traditional medical interventions alone may not always be sufficient to enhance overall well-being, especially when emotional factors play a significant role. Integrating energy healing and guided meditation into therapeutic practices can promote not only physical recovery but also emotional stability and a renewed sense of purpose in elderly individuals.

Ultimately, this case demonstrates that aging does not have to equate to decline. With the right interventions, it can be a phase of personal growth, emotional healing, and renewed engagement with life. The success of this intervention highlights the potential of subconscious energy healing and guided meditation therapy in supporting aging populations, opening new avenues for enhancing quality of life and fostering long-term emotional and physical well-being. Further research and systematic application of these methods could significantly benefit elderly individuals struggling with psychosomatic distress, grief, and social isolation.

5. Therapeutic process

5.1. Subconscious Energy Healing Therapy (SEHT) Sessions:

During these sessions, the client uncovered deep-seated guilt related to not expressing enough love during his marriage. This unresolved emotion had been weighing on him, affecting his present emotional well-being.

- **Inner Child Healing:** The sessions guided him through reconnecting with his inner child, allowing him to acknowledge the suppressed emotions from his past. This helped in identifying the origins of his guilt and how it shaped his emotional responses.
- **Forgiveness Ritual:** A structured forgiveness ritual was performed, where he symbolically sought and granted forgiveness to himself and his late spouse. This step was crucial in releasing the emotional burden and fostering inner peace. The SEHT sessions helped him process his emotions, enabling a shift toward self-compassion and acceptance.

5.2. Guided Dance and Movement Therapy (GDMT) Sessions:

The GDMT sessions aimed to engage the client in a structured yet expressive movement practice. Initially, he showed hesitation his body language was stiff, and he was reluctant to participate. However, with light, rhythmic hand and foot movements synchronized to classical music, he gradually loosened up.

The familiarity of music played a key role in his engagement. When old songs were introduced ones that perhaps reminded him of happy memories his expressions changed. He started smiling more and eventually requested specific songs, showing an emotional connection to the process.

Over time, these sessions improved his body awareness, emotional expression, and mood, helping him feel more present and engaged in life. This combined approach of subconscious healing and movement therapy facilitated emotional release, self-acceptance, and a renewed sense of connection with his past in a healthier way.

5.2.1. Results Over 6 Weeks:

- His knee pain reduced significantly (medical reports confirmed reduced inflammation).
- Emotional outbursts transformed into moments of nostalgia and gratitude.
- He began writing poetry again, a passion lost for decades.
- His daughter reported a “new sparkle” in his eyes and improved social interactions.

6. Conclusion

Subconscious Energy Healing Therapy (SEHT) and Geriatric Dance Movement Therapy (GDMT) together form a compassionate and empowering approach to elderly care, one that honours both the wisdom and the vulnerabilities of aging. These holistic interventions not only restore dignity, joy, and emotional ease but also provide elderly individuals with a means to heal, move, and thrive one step and one breath at a time. By addressing the interwoven emotional, cognitive, and physical challenges that come with aging, SEHT and GDMT offer a pathway to greater well-being and improved quality of life.

Aging often presents unique challenges, including unresolved traumas, emotional distress, physical discomfort, and social isolation. Integrating holistic therapies like SEHT into geriatric care can significantly enhance emotional stability, spiritual clarity, and psychological resilience by addressing energy imbalances and past emotional wounds. SEHT allows elderly individuals to access and release deep-seated emotional burdens, fostering a sense of inner peace and renewed purpose. Future research should explore the synergistic effects of combining SEHT with complementary therapies such as GDMT, creating comprehensive healing frameworks that are tailored to the specific needs of aging individuals. A structured and integrative approach could optimize emotional processing, physical mobility, and social engagement, ultimately leading to a more fulfilling and dignified aging experience.

Dance Movement Therapy (DMT), particularly when applied to the geriatric population, serves as a powerful and dynamic tool for enhancing physical, emotional, cognitive, and social well-being. Movement-based therapy fosters self-expression, body awareness, and emotional regulation, helping elderly individuals reconnect with their physical selves while also processing emotions in a non-verbal, therapeutic way. DMT supports cognitive engagement, memory retention, and coordination, making it particularly beneficial for seniors experiencing neurodegenerative conditions or age-related cognitive decline. Beyond the physiological benefits, DMT enhances self-esteem, social interaction, and overall happiness, offering older adults a joyful and liberating experience in their later years.

Whether conducted in group settings or individualized sessions, GDMT has the potential to significantly elevate the quality of life for elderly individuals. In group settings, it promotes social bonding, a sense of community, and shared experiences, reducing feelings of loneliness and isolation. In individualized sessions, it can be tailored to specific physical or psychological needs, making it an adaptable and versatile intervention. As we continue to advance in the field of holistic geriatric care, it is essential to expand the research, awareness, and implementation of these therapies in hospitals, assisted living facilities, and mental health settings, ensuring that older adults receive the holistic support they need to age with dignity, grace, and fulfilment.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

References

- [1] Bamel, P., Sindhu, B., Sindhu, S., Puri, A., & Singh, T. (2024). Recent Eclectic Approach to Psychotherapeutic Interventions in the Indian Context - Subconscious Energy Healing Therapy (S.E.H.T). *International Journal of Creative Research Thoughts (IJCRT)*, 12(2), a434-a442. <http://www.ijcrt.org/papers/IJCRT2402052.pdf>
- [2] Banerjee, P., Sindhu, B., Bhatt, S., Puri, A., & Gupta, S. (2024). The role of subconscious energy healing therapy (SEHT) in enhancing relationship counselling outcomes. *World Journal of Advanced Research and Reviews*, 24(02), 1730–1737. <https://doi.org/10.30574/wjarr.2024.24.2.3479>
- [3] Banerjee, P., Sindhu, B., Nayar, P., Bhatt, S., Puri, A., & Gupta, S. (2024). Subconscious Energy Healing Therapy (SEHT) in anxiety management: A holistic approach for young mental health professionals. *World Journal of Advanced Research and Reviews*, 24(02), 1725–1729. <https://doi.org/10.30574/wjarr.2024.24.2.3478>
- [4] Girdhar, V., & Bhatt, S. (2024). A case study of integrative psychospiritual techniques in addressing adolescent emotional distress and self-harming behavior with Subconscious Energy Healing Therapy (SEHT). *World Journal of Advanced Research and Reviews*.
- [5] Nayar, P., Bhatt, S., Puri, A., & Gupta, S. (2024). Subconscious Energy Healing Therapy (SEHT) in anxiety management: A holistic approach for young mental health professionals. *Gyankosh: An Annual Double Blind Peer Reviewed Interdisciplinary Journal*, VII, 1-xx.
- [6] Puri, A., Bamel, P., Sindhu, B., et al. (2023). Recent advances in psychotherapy in the Indian scenario - subconscious energy healing therapy: S.E.H.T for infertility counselling. *J Psychol Clin Psychiatry*, 14(6), 182–194. DOI: 10.15406/jpcpy.2023.14.0075
- [7] Puri, A., Shelat, S., Bhatt, S., Gupta, S., Aneja, K., Gauba, B., Alam, S., & Pandya, B. (2024). Unlocking the secrets of color psychology for transformative interior design through SEHT. *Journal of Psychology and Spirituality*.
- [8] Church, D., Yount, G., & Brooks, A. J. (2017). The effect of Emotional Freedom Techniques (EFT) on stress biochemistry: A randomized controlled trial. *Journal of Nervous and Mental Disease*, 205(10), 767-771. <https://doi.org/10.1097/NMD.0000000000000723>
- [9] Feinstein, D. (2019). Energy psychology: Efficacy, speed, mechanisms. *Explore: The Journal of Science and Healing*, 15(5), 340-351. <https://doi.org/10.1016/j.explore.2019.06.003>
- [10] Guzmán-García, A., Hughes, J. C., James, I. A., & Rochester, L. (2013). Dancing as a psychosocial intervention in care homes: A systematic review. *Dementia*, 12(6), 788-809. <https://doi.org/10.1177/1471301212467967>
- [11] Hackney, M. E., & Earhart, G. M. (2010). Effects of dance on movement control in Parkinson's disease: A comparison of Argentine tango and American ballroom. *Journal of Rehabilitation Medicine*, 42(4), 372-377. <https://doi.org/10.2340/16501977-0538>
- [12] Karkou, V., & Meekums, B. (2017). Dance movement therapy for dementia. *Cochrane Database of Systematic Reviews*, 2, CD011022. <https://doi.org/10.1002/14651858.CD011022.pub2>
- [13] Koch, S. C., Fuchs, T., Summa, M., & Müller, C. (2022). Dance movement therapy in clinical settings: A review. *Frontiers in Psychology*, 13, 889720. <https://doi.org/10.3389/fpsyg.2022.889720>
- [14] Louchakova, O. (2017). The transformative practice of energy healing in aging populations. *Transcultural Psychiatry*, 54(3), 389-408. <https://doi.org/10.1177/1363461517711709>
- [15] Rehfeld, K., Müller, P., Aye, N., Schmicker, M., Dordevic, M., Kaufmann, J., & Müller, N. G. (2018). Dancing or fitness sport? The effects of two training programs on hippocampal plasticity and balance abilities in healthy seniors. *Frontiers in Human Neuroscience*, 12, 305. <https://doi.org/10.3389/fnhum.2018.00305>