

# Future Life Progression (FLP) in enhancing mental health through SEHT – subconscious energy healing therapy

## Abstract

Future Life Progression (FLP) is an innovative therapeutic technique that involves guiding individuals to visualize and experience potential futures. It enables them to explore life trajectories that reflect hope, fulfilment, and resilience. This approach can serve as a powerful intervention for individuals grappling with mental health challenges, such as depression, by shifting their focus from present struggles to the possibilities of a brighter future. When integrated with Subconscious Energy Healing Therapy (SEHT), FLP can yield profound effects by addressing the underlying emotional and energetic imbalances contributing to mental health conditions. This case study examines the application of FLP for a 29-year-old patient diagnosed with moderate depression. The patient, initially resistant to traditional therapeutic methods, engaged in FLP sessions aimed at envisioning a future marked by serenity, purpose, and emotional fulfilment. The process involved guided visualization, mindfulness, and energy healing exercises designed to facilitate emotional release and promote inner harmony. Over the course of therapy, the patient reported significant reductions in depressive symptoms, including feelings of hopelessness and lack of motivation. By visualizing a meaningful future and identifying achievable goals, the patient experienced a renewed sense of purpose and direction. The therapeutic process reframed current challenges as essential steps towards personal growth and self-actualization. The case highlights the efficacy of FLP in fostering emotional resilience and enhancing psychological well-being. Its integration with SEHT amplifies the therapeutic impact, enabling patients to access their subconscious minds and address deep-seated emotional blocks. By empowering individuals to view their lives through a lens of possibility and hope, FLP serves as a transformative tool in the treatment of depression. This case underscores the potential of FLP to complement traditional therapeutic methods, offering a holistic and future-oriented approach to mental health care.

**Keywords:** Future Life Progression, SEHT, depression, mental health, therapeutic visualization, emotional resilience, subconscious healing

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## Introduction

Depression among young adults, particularly those in their late twenties, is a critical mental health issue globally. Feelings of loneliness, hopelessness, and a lack of purpose often interfere with personal and professional growth. Innovative therapeutic interventions like Future Life Progression (FLP) combined with Subconscious Energy Healing Therapy (SEHT) offer effective solutions. FLP empowers individuals by enabling them to visualize potential future scenarios, fostering clarity and motivation. Simultaneously, SEHT addresses subconscious blocks, promoting profound emotional healing. This paper explores the efficacy of these techniques through the case study of a 29-year-old patient, he, who struggles with depression and loneliness.

### How FLP helps in managing depression

#### Visualization of positive outcomes

FLP guides patients to imagine a brighter, successful future, creating a shift in focus from current difficulties to potential achievements. This visualization fosters hope and a renewed sense of purpose, motivating individuals to pursue their goals with determination.

#### Reframing present challenges

Through FLP, patients gain perspective by witnessing a future where they have overcome present obstacles. This process reframes

their struggles, helping them view challenges as temporary and surmountable rather than overwhelming.

#### Encouraging emotional resilience

By empowering patients to envision themselves in control of their destiny, FLP enhances emotional resilience. It instils confidence in their ability to navigate adversity, boosting self-efficacy and reducing feelings of helplessness.

#### Addressing loneliness and isolation

Depression often exacerbates feelings of emptiness and social disconnection. FLP helps patients confront these emotions by imagining fulfilling relationships and meaningful connections in their future. This visualization becomes a roadmap, guiding them toward nurturing real-life social bonds.

#### Integrating SEHT for deeper healing

SEHT complements FLP by addressing the subconscious roots of depression. It facilitates the release of unresolved trauma, limiting beliefs, and emotional blocks that hinder growth and well-being. Together, FLP and SEHT offer a holistic approach to healing, empowering individuals to overcome deep-seated patterns and embrace a positive trajectory.

## Future Life Progression (FLP)

Future Life Progression (FLP) is a transformative therapeutic approach designed to help individuals explore their potential futures by utilizing guided visualization techniques. This method allows clients to transcend present temporal constraints and imagine possible scenarios that stem from their current choices. Initially conceptualized as an extension of hypnosis and guided imagery, FLP has become a recognized intervention for improving mental health and fostering self-awareness.<sup>1</sup> FLP operates by encouraging clients to focus on specific questions or uncertainties, visualizing future possibilities, and reflecting on the insights gained from these sessions. This approach has gained popularity due to its ability to alleviate emotional distress and promote goal-directed behavior.

### Key benefits:

**Reduction in anxiety and depression:** FLP can reduce anxiety and depression by helping individuals shift their focus from uncertainties and fears to a proactive envisioning of positive outcomes. This redirection fosters a sense of agency and control over one's life.<sup>2</sup> The visualization of potential achievements provides clients with a mental roadmap to their goals, enabling them to manage negative thought patterns.

**Enhanced goal clarity:** Visualization exercises in FLP aid individuals in understanding and clarifying their long-term objectives. By immersing clients in a future reality aligned with their aspirations, the technique fosters a deeper sense of purpose and direction, which is crucial for mental well-being.<sup>3</sup>

### Challenges:

**Need for skilled practitioners:** A significant limitation of FLP is its reliance on experienced and skilled practitioners. Improperly guided sessions can lead to unproductive or even distressing outcomes, such as reinforcing unrealistic expectations or intensifying fears through distressing imagery.<sup>4</sup>

**Lack of universally accepted guidelines:** Standardization in FLP methodologies is limited, making it critical for practitioners to undergo specialized training to ensure ethical and effective application.

## Subconscious Energy Healing Techniques (SEHT)

SEHT represents a holistic therapeutic framework aimed at addressing psychological and emotional issues by balancing the body's energy systems. By integrating principles from energy psychology, Emotional Freedom Techniques (EFT), and subconscious energy work, SEHT emphasizes the removal of energy blockages that may hinder an individual's well-being.<sup>5</sup> SEHT operates on the principle that unresolved emotional distress manifests as disruptions in an individual's energy field. Techniques such as tapping on acupressure points (EFT) or using focused intentions (TAT) help restore this balance, promoting emotional and mental stability.

### Applications:

**Stress reduction:** EFT, a key component of SEHT, has been shown to lower cortisol levels and mitigate stress responses effectively. This technique involves tapping specific meridian points while focusing on the issue at hand, enabling clients to process emotions and achieve relaxation.<sup>6</sup>

**Trauma Recovery:** Techniques such as Tapas Acupressure Technique (TAT) are instrumental in helping clients reframe traumatic

experiences. By gently working on subconscious patterns, these techniques reduce the emotional intensity of distressing memories, promoting healing.<sup>7</sup>

**Integration with FLP:** SEHT acts as a preparatory step for FLP by helping clients achieve a calm and balanced emotional state. This ensures that clients approach FLP sessions with an open and receptive mindset, maximizing the effectiveness of visualization exercises.<sup>8</sup> For instance, balancing emotional states prior to progression sessions allows clients to visualize future scenarios without the interference of unresolved emotional baggage.

## Combining FLP and SEHT for mental health

The integration of FLP and SEHT represents a groundbreaking approach to mental health care, leveraging the cognitive and energetic dimensions of human experience. While FLP provides a structured cognitive framework to explore future possibilities, SEHT eliminates emotional and energetic barriers that may impede progress.

**This synergistic model has been found to:** Enhance emotional regulation by providing a dual focus on future-oriented visualization and present-moment energy alignment.

Improve self-efficacy by enabling individuals to see themselves as active agents in shaping their futures.

Boost problem-solving skills by fostering creative and flexible thinking in a safe, guided environment<sup>9</sup>.

## Empirical evidence clinical trials

Barker<sup>10</sup> conducted a clinical trial where FLP, combined with EFT, significantly reduced anxiety symptoms in participants. The study highlighted that 75% of individuals demonstrated improved long-term goal adherence and emotional resilience, validating the therapeutic potential of integrating these techniques.

**Meta-analyses:** A meta-analysis by Feinstein<sup>11</sup> evaluated the effectiveness of energy psychology interventions, including EFT and TAT. Findings showed substantial reductions in psychological symptoms, suggesting that SEHT can be a powerful tool in comprehensive therapeutic practices.

**Case studies:** Lawrence<sup>12</sup> presented detailed case studies where FLP and SEHT were used with clients experiencing chronic stress. Participants reported increased perceived control over their lives and notable improvements in mental health and well-being.

## Implications for practice and future research

The integration of FLP and SEHT opens new avenues for therapeutic interventions in mental health care. Practitioners can harness these techniques to offer holistic solutions that cater to cognitive, emotional, and energetic dimensions of well-being.

**Practice implications:** Practitioners should pursue specialized training in FLP and SEHT to ensure ethical and effective application. Therapy settings should be equipped with resources to facilitate visualization exercises and energy healing practices.

**Research directions:** Conducting randomized controlled trials (RCTs) to establish the efficacy of these techniques across diverse populations. Investigating the neurological and psychophysiological mechanisms underlying FLP and SEHT. Exploring the long-term impacts of combining FLP and SEHT on mental health outcomes such as resilience, emotional stability, and quality of life.

## Methodology

**Case study:** Male, a 29-Year-Old Engineer and IT Professional with Depression

Male, a 29-year-old IT professional and engineer, had been battling depression for the past five years. His symptoms included persistent feelings of emptiness, loneliness, and low energy levels, which affected both his personal and professional life. Despite his technical acumen and professional achievements, he struggled with a sense of purposelessness, isolation, and lack of motivation. Over the last eight months, he had been receiving psychotherapy and was also on medication to manage his depression. However, while these interventions helped stabilize his condition, he felt a need for deeper healing and direction. This is when Future Life Progression (FLP) was introduced into his treatment plan, integrated with his ongoing therapy and medication.

### How FLP helped him

FLP offered him a unique perspective on his life, allowing him to explore a potential future and visualize a better version of himself. The experience proved to be transformative in several ways:

#### a) Visualization of a fulfilling future

During the FLP session, he envisioned himself walking along a serene street in a foreign country in 2029. The clean air, peaceful environment, and calmness of the scene reflected a sense of contentment and progress in his future self. This visualization helped him realize that a brighter and happier future was possible, igniting hope and motivation that had been missing in his life.

#### b) Shifting perspective on current challenges

His future self - conveyed a simple yet profound message: “Things will work out.” This reassurance helped him reframe his current struggles as temporary and manageable. It instilled a sense of patience and faith in his ability to navigate life’s challenges, motivating him to take actionable steps toward self-improvement.

#### c) Addressing feelings of loneliness

While he saw himself as professionally content in the future, he also recognized a lingering sense of loneliness. This realization highlighted the importance of building meaningful connections in his present life. Through FLP, he identified a gap in his emotional needs and became more open to exploring relationships and friendships, which he had previously avoided due to fear of vulnerability.

#### d) Integration with psychotherapy and medication

FLP complemented his ongoing psychotherapy by providing a vision of hope and direction that traditional talk therapy could not always address directly. While medication helped stabilize his mood and reduce the intensity of depressive symptoms, FLP addressed the emotional and psychological dimensions of his healing process, empowering him to envision and work toward a meaningful life.

#### e) Promoting self-empowerment

The session allowed him to see himself as an active participant in shaping his future. He realized that despite the challenges he faced, he had the ability to make choices that would lead to personal and professional fulfilment. This sense of self-empowerment became a cornerstone of his recovery process.

#### f) Energy healing and subconscious release

The incorporation of Subconscious Energy Healing Therapy (SEHT) during the FLP session helped him release subconscious blocks related to loneliness, self-doubt, and fear of failure. By addressing these deeper issues, he felt a newfound sense of freedom and emotional relief.

#### Increased motivation

The patient demonstrated significant progress in harnessing motivation. By breaking down larger, overwhelming aspirations into small, tangible goals, he began to see incremental successes in his personal and professional life. These successes reinforced his sense of accomplishment and boosted self-esteem. His newfound hope and purpose acted as a driving force, helping him maintain momentum and a forward-looking attitude. For instance, setting daily goals like engaging in morning walks or initiating conversations with colleagues helped him rebuild a structured, goal-oriented life.

#### Improved emotional awareness

Emotional awareness became a cornerstone of the patient’s growth. Through therapy sessions, he developed the ability to identify and articulate his feelings, enabling him to understand his needs better. This awareness led him to prioritize nurturing meaningful relationships with family and friends, rather than superficial interactions. He began practicing active listening, empathy, and vulnerability, which helped strengthen his interpersonal connections. These skills fostered a supportive network, enhancing his overall emotional well-being.

#### Enhanced resilience

The Future Life Progression (FLP) technique played a pivotal role in building the patient’s resilience. By visualizing a thriving, confident future version of himself, he gained assurance and clarity about his capabilities. This future-oriented mindset enabled him to reframe challenges as opportunities for growth. He approached setbacks with optimism and a solution focused outlook, often seeking creative ways to address problems. His increased resilience also meant that he could handle stressors without reverting to unhealthy coping mechanisms, maintaining a balanced perspective even in difficult times.

#### Integration of techniques

The integration of FLP, psychotherapy, and medication provided a comprehensive and holistic approach to the patient’s treatment.

**FLP (Future Life Progression):** Enabled the patient to connect with a vision of his future self, inspiring hope and motivation while addressing existential concerns.

**Psychotherapy:** Provided a safe space to explore underlying emotional issues, such as unresolved trauma or negative thought patterns, and offered tools for cognitive restructuring and emotional regulation.

**Medication:** Addressed biological factors, stabilizing mood and reducing acute symptoms like anxiety or depression.

This multidisciplinary approach ensured that treatment was not confined to symptomatic relief but also targeted deeper emotional and psychological healing. By addressing surface-level symptoms (e.g., lack of energy, poor concentration) alongside underlying issues (e.g., low self-worth, fear of failure), the patient achieved a balanced and sustained recovery. Over time, this integration reinforced his progress, making it easier for him to implement and maintain positive changes in his daily life.

## Recommendation

### Regular FLP (Future Life Progression) sessions

**Purpose:** Continued FLP sessions can serve as a motivational anchor, helping the patient maintain a clear vision of his long-term goals and aligning his present-day actions with his desired future.

**Benefits:** These sessions provide a structured opportunity to reflect on progress, reassess priorities, and strengthen the connection between the patient's current self and his aspirational self. They can also help him navigate moments of uncertainty or setbacks by reinforcing a sense of purpose and direction.

**Implementation:** Scheduling monthly or quarterly FLP sessions with a trained practitioner will ensure consistent engagement with this transformative technique. The therapist can guide him to refine his goals and identify actionable steps to achieve them.

### Emphasis on relationship building

**Purpose:** Strong interpersonal relationships are critical to emotional well-being and resilience. Deep, meaningful connections can provide the patient with a robust support system during challenging times.

**Benefits:** Building and maintaining relationships will foster a sense of belonging, reduce feelings of isolation, and improve his ability to communicate and resolve conflicts effectively.

**Implementation:** The therapist can guide the patient in exploring activities like joining hobby groups, participating in volunteer work, or engaging in community events. Role-playing exercises in therapy can also prepare him for real-world social interactions. Additionally, maintaining a "relationship journal" to reflect on interactions and identify areas for growth can be beneficial.

### Subconscious Energy Healing Therapy (SEHT)

**Purpose:** SEHT techniques such as guided meditations, affirmations, and visualization exercises can help address residual subconscious barriers and reinforce emotional healing.

**Benefits:** These practices promote emotional balance, reduce stress, and encourage the release of deeply rooted fears or negative beliefs that may hinder progress.

**Implementation:** The patient can incorporate SEHT into his daily or weekly routine. Guided audio meditations or working with a trained therapist in energy healing can enhance these practices. Affirmations like "I am capable of achieving my goals" or "I attract positive energy and support" can be tailored to his personal challenges and aspirations.

### Mindfulness and relaxation techniques

**Purpose:** Mindfulness practices foster present-moment awareness, which is essential for managing stress, reducing anxiety, and enhancing overall well-being.

**Benefits:** Techniques like meditation, progressive muscle relaxation, or diaphragmatic breathing can help the patient regulate emotions, improve focus, and develop a calm, centered mindset.

**Implementation:** Introducing short daily mindfulness sessions (5-10 minutes) and gradually increasing their duration can make the practice sustainable. Apps, group classes, or mindfulness-based therapy can provide structured guidance. Pairing mindfulness with routine activities (e.g., mindful eating or walking) can also make it easier to integrate into his lifestyle.

### Periodic evaluation of treatment plan

**Purpose:** Regular reviews of the patient's treatment plan ensure that therapy and medication remain effective and aligned with his evolving needs and goals.

**Benefits:** These evaluations provide an opportunity to celebrate achievements, identify new challenges, and adjust interventions accordingly. They also help in monitoring side effects or diminishing returns from medication, ensuring a balanced approach to care.

**Implementation:** Collaborating with his therapist and psychiatrist for quarterly evaluations can ensure timely adjustments. Structured feedback forms or progress tracking tools can provide objective data to inform these discussions. Including the patient in the review process empowers him to take an active role in his care plan.

### Case study: future life progression

In a future life progression session, he envisioned himself in 2029, walking through a serene street in a foreign country. While he expressed contentment with his professional and personal life, he acknowledged feelings of loneliness and a lack of deep connections. The message from his future self—"Things will work out"—instilled reassurance and a renewed sense of faith in his journey. Through SEHT, he worked on subconscious patterns contributing to his feelings of isolation, enabling him to take proactive steps toward building meaningful relationships and overcoming depression.

### Future life progression of patient (2029)

During the session, he envisioned himself walking on a street in a foreign country. The air was clean, and the surroundings were serene, providing a sense of calm and quietness to his mind. When asked about his happiness, he appeared content with his life. His professional and personal life seemed to be on the right track, and he expressed that things were "going and going well." However, he acknowledged experiencing some feelings of emptiness and loneliness in 2029. There was a noticeable lack of deep, friendly connections in his life, which left him yearning for more meaningful relationships.

### Message from future self (2029) to younger self (2024):

"Things will work out."

This message is a reassurance to his younger self, emphasizing faith in the journey ahead and the belief that life will unfold as it is meant to. Despite the challenges, his vision reflects hope, progress, and a sense of quiet contentment in the future.

### Way forward

#### Detailed plan for implementation

#### Therapeutic integration of FLP and SEHT

**Purpose:** Combining Future Life Progression (FLP) with Subconscious Energy Healing Therapy (SEHT) addresses both the patient's conscious aspirations and subconscious barriers, enabling a deeper and more holistic healing process.

**Approach:** Start FLP sessions with a visualization exercise to connect with the patient's desired future. Follow up with SEHT techniques, such as guided meditations or energy cleansing, to resolve any subconscious blocks revealed during the FLP session. Use this integration to uncover patterns that hinder progress and create actionable steps for overcoming them.

**Outcome:** This synergy can accelerate the patient’s journey toward emotional and psychological well-being by aligning internal and external goals.

#### Fostering self-empowerment

**Purpose:** Empowering patients ensures they actively participate in shaping their future, fostering independence and resilience.

**Approach:** Help patients translate their FLP insights into practical, achievable goals in areas like relationships, career, and personal growth. Encourage journaling or creating vision boards to document progress and reaffirm aspirations.

**Outcome:** Patients gain confidence as they see their efforts materialize into tangible results, strengthening their belief in their abilities.

#### Regular follow-ups

**Purpose:** Periodic FLP sessions keep patients aligned with their goals, provide a space to reassess priorities, and adapt to life’s changes.

**Approach:** Schedule follow-up sessions every 6–8 weeks to evaluate progress, explore new challenges, and reinforce motivation. Use these sessions to address shifts in circumstances, helping patients adapt their goals without losing sight of their long-term vision.

**Outcome:** Consistent engagement ensures patients remain hopeful, focused, and prepared to navigate changes proactively.

#### Community and connection

**Purpose:** Social interactions reduce loneliness, provide emotional support, and foster a sense of belonging, which are critical for mental health.

#### Approach:

Encourage patients to join hobby-based groups, support communities, or volunteer programs to meet like-minded individuals. Use therapy sessions to identify barriers to social engagement and develop strategies to overcome them, such as practicing conversational skills or managing social anxiety.

**Outcome:** Patients build meaningful relationships that offer mutual support, enriching their emotional and social well-being.

#### Long-term SEHT practices

**Purpose:** Sustained SEHT practices help maintain emotional balance and address subconscious patterns that may resurface over time.

**Approach:** Teach patients to incorporate affirmations, guided meditations, and energy-cleansing techniques like grounding exercises or visualization into their daily routines. Recommend creating a “self-care toolkit” containing SEHT resources they can access during moments of stress or uncertainty.

**Outcome:** Long-term SEHT practices empower patients to self-regulate emotions and maintain psychological harmony independently.

#### Future recommendations

#### Research and validation

**Objective:** Conduct longitudinal studies to evaluate the effectiveness of FLP and SEHT in managing depression, anxiety, and other mental health concerns.

**Approach:** Collaborate with academic institutions and mental health organizations to design robust studies tracking outcomes like emotional resilience, motivation, and symptom reduction over extended periods.

Publish findings in peer-reviewed journals to establish credibility and encourage wider acceptance.

**Outcome:** Evidence-based validation of FLP and SEHT will enhance their integration into mainstream therapeutic practices.

#### Personalized therapeutic frameworks

**Objective:** Develop tailored FLP and SEHT protocols to cater to diverse patient needs and mental health challenges.

**Approach:** Use initial assessments to identify individual goals, emotional patterns, and subconscious blocks.

Create customized session plans combining FLP and SEHT techniques specific to the patient’s circumstances.

**Outcome:** Personalized approaches ensure greater relevance and effectiveness for each patient, enhancing overall outcomes.

#### Training for mental health practitioners

**Objective:** Equip therapists with FLP and SEHT skills to expand their therapeutic toolkit and ensure professional implementation.

**Approach:** Organize workshops, certification programs, and continuing education courses for mental health professionals. Provide hands-on training sessions, case study reviews, and supervision to build expertise in these techniques.

**Outcome:** A larger pool of trained practitioners increases the accessibility and credibility of FLP and SEHT.

#### Holistic mental health programs

**Objective:** Integrate FLP and SEHT into broader mental health initiatives as complementary therapies to traditional methods.

**Approach:** Partner with clinics, hospitals, and wellness centers to offer combined programs including psychotherapy, medication, FLP, and SEHT. Develop packages tailored for specific populations (e.g., adolescents, couples, individuals recovering from trauma) that include FLP and SEHT elements.

**Outcome:** Holistic programs offer a well-rounded approach to mental health, addressing physical, emotional, and subconscious needs comprehensively.

## Conclusion

Future Life Progression, combined with Subconscious Energy Healing Therapy, offers a transformative approach to managing depression in young adults. By envisioning a hopeful future and addressing subconscious barriers, patients like he can cultivate resilience, build meaningful connections, and rediscover purpose in their lives. FLP and SEHT not only provide a therapeutic escape but also pave the way for long-term mental well-being. FLP proved to be a transformative experience for him, helping him envision a future of hope and fulfilment while addressing his current struggles with depression. When combined with psychotherapy, medication, and SEHT, FLP offers a holistic approach to mental health care, empowering patients to take charge of their healing journey and create a life of purpose and contentment. For individuals like, FLP serves as a beacon of hope, illuminating a path toward a brighter future. Combining FLP and SEHT provides a powerful therapeutic framework for managing depression in young adults. By fostering hope, resilience, and emotional healing, these techniques help individuals regain purpose, strengthen relationships, and envision a brighter future, ultimately promoting long-term mental well-being. Future Life Progression

(FLP) and Subconscious Energy Healing Therapy (SEHT) together create a transformative approach to managing depression, especially in young adults grappling with emotional distress, feelings of stagnation, and a lack of purpose. FLP allows individuals to transcend present struggles by envisioning a positive and fulfilling future. This future-focused technique serves as a catalyst for motivation, helping patients to reconnect with their aspirations and recognize the potential for growth and success. By instilling hope and fostering a sense of direction, FLP empowers individuals to take actionable steps toward creating a better tomorrow. SEHT enhances the impact of FLP by addressing the deeper, subconscious barriers that often inhibit progress. Through techniques such as guided meditations, affirmations, and energy-cleansing rituals, SEHT helps release entrenched fears, negative beliefs, and emotional wounds. This process of subconscious healing enables patients to achieve emotional balance and establish a stronger foundation for personal development. Together, FLP and SEHT address both the conscious and subconscious dimensions of healing, offering a comprehensive and holistic therapeutic experience. When integrated with traditional methods like psychotherapy and medication, this combination becomes even more powerful. Psychotherapy provides structured guidance to process emotions and develop coping mechanisms, while medication, when necessary, and alleviates severe symptoms, creating a conducive environment for healing. FLP and SEHT complement these interventions by fostering resilience, promoting self-awareness, and enhancing emotional well-being. For individuals, this integrated approach represents more than a therapy it's a lifeline. It helps them rediscover their purpose, rebuild relationships, and cultivate a fulfilling life. FLP and SEHT illuminate a path of hope and transformation, equipping young adults with the tools they need to overcome depression and create a brighter, more promising future, ensuring sustained mental well-being and personal growth.

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## Conflict of interest

None.

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