

Recent advances in psychotherapy in the Indian scenario - subconscious energy healing therapy: S.E.H.T for infertility counselling

Abstract

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 counselling. 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 counselling 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.

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.

Keywords: psychological therapies, healing, subconscious mind, subconscious energy healing therapy, infertility counselling

Volume 14 Issue 6 - 2023

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Received: December 1, 2023 | **Published:** December 13, 2023

Introduction

Psychotherapy can play a significant role in infertility counselling by addressing the emotional and psychological aspects of infertility, helping individuals and couples cope with the distress it can cause. Researchers have shown that psychotherapy can lead to positive outcomes in this context in various ways elucidated briefly here.

Emotional support: Infertility often leads to emotional distress. Psychotherapy can provide a safe space for individuals or couples to express their feelings, reducing emotional burdens.¹

Coping strategies: Psychotherapy can equip patients with coping strategies to manage the stress of infertility and associated treatments.²

Improved psychological well-being: Research by Wischmann et al.,³ suggests that psychotherapy can lead to improved psychological well-being and overall mental health in individuals dealing with infertility.

Enhancing marital relationships: Infertility can strain relationships. Couples therapy within a psychotherapeutic context can help improve communication and maintain strong relationships (Domar et al., 2011).

Treatment adherence: Psychological support through therapy can positively impact treatment adherence and outcomes.⁴

There are several popular psychotherapies in use today, each with its own focus and techniques. Here are some broad outlines for a few of them:

a. Cognitive-behavioral therapy (CBT), Hofmann SG, et al.⁵

Focus: Changing negative thought patterns and behaviors.

b. Psychodynamic therapy, Leichsenring F, et al.

Focus: Exploring unconscious processes and past experiences.

c. Acceptance and commitment therapy (ACT): Hayes SC, et al.⁶

Focus: Promoting psychological flexibility and acceptance.

d. Dialectical behavior therapy (DBT): Kliem S, et al.⁷

Focus: Emotion regulation and interpersonal effectiveness.

e. Mindfulness-based stress reduction (MBSR): Reiner K, et al.⁸

Focus: Reducing stress and enhancing mindfulness.

It should be noted 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.

Eclectic therapeutic approach in infertility counselling

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. While there isn't a specific reference for the eclectic approach in infertility counselling, it is generally supported by the following reasons:

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: 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.

Complex interactions: 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.

Comprehensive care: 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.

Flexibility: 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.

While there might not be a single reference for the eclectic approach in infertility counselling, 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 counselling.

Lacunae in therapy for infertility counselling

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. Here are some of the lacunae in psychotherapy in infertility counselling along with research references:

Access to services

Limited access to specialized infertility counselling services, particularly in rural areas.⁹

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.¹⁰

Male involvement: Research suggests a lack of male involvement in infertility counselling. More work is needed to engage men in the counselling process.¹¹

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.¹²

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.¹³

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.

Recent advances in therapeutic interventions in infertility counselling

Domar AD, et al.,¹⁴ discusses the use of complementary and alternative therapies in the context of infertility. The researcher team specifically focuses on acupuncture, which is one of the more researched energy-based therapies in relation to infertility. Energy-

based healing therapies, such as Reiki and Healing Touch, are complementary approaches that some individuals or couples use in conjunction with traditional medical treatments for infertility. These therapies aim to balance and channel energy within the body to promote physical and emotional well-being. However, it's essential to note that the scientific evidence supporting their effectiveness in infertility counselling is limited.¹

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.

S.E.H.T. Sub Conscious Energy Healing Therapy

After amalgamating S.E.H.T., It is pronounced as 'सेहत' which means HEALTH.

So S.E.H.T. introduces a new concept that works on 2 Paradigms –

RISHTA WITH KAMLESH



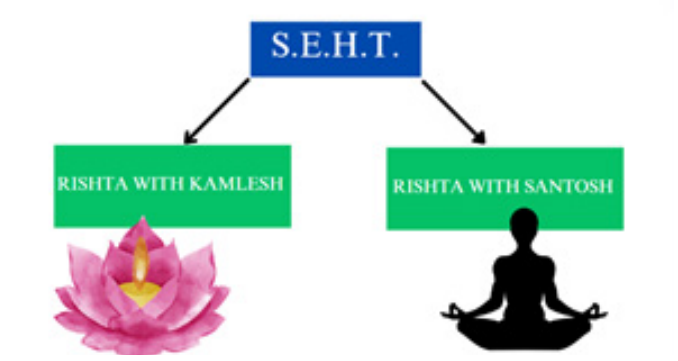
(Padme Manasi Niyatani Padme Sarvamidam Vaset.)
Meaning: "Meditate with a mind like a lotus, and reside in this world as the lotus does."
"This quote encourages practicing mindfulness and meditation, comparing the mind to a lotus that remains unaffected and undisturbed by the world's chaos."

RISHTA WITH SANTOSH



"Contentment is the essence of holistic well being"

These therapies include techniques like hypnotherapy, guided imagery, and emotional freedom techniques (EFT). Many individuals actively explore these approaches as part of their infertility journey. Chang CF, et al.,¹⁵ have discussed the effects of hypnosis on reducing emotional distress and improving coping in adult women undergoing in vitro fertilization treatment. This study examines the potential benefits of hypnotherapy in reducing emotional distress in women undergoing in vitro fertilization (IVF) treatment.



- SEHT encompasses 2 aspects of wellness i.e.
- I. Rishta with Kamlesh
 - II. 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
<p>R – Reinforcing I – Inner S – Sub-Conscious H – Healing T – Towards A – Acceptance</p>	<p>W- Wholesome I- Insight T- towards H- healing</p>	<p>S - Self Love A - Insight N - Nurturing T - Transforming O - Opting Optimism S - Serenity H - Healing</p>	<p>K – Karmic Chords A - Amiable M - Meaning full L - Letting go E - Energetic S - Supportive H - Heart Warming</p>

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

RISHTA or RELATIONSHIP

R	Reinforcing	Infertility 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	Infertility 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.
I	Insight	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.
T	Towards	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.
H	Healing	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.

In summary, “WITH” in the context of infertility counselling 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	Infertility 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.
A	Insight	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.
N	Nurturing	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.
T	Transforming	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.
O	Opting Optimism	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 tranquility.
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 with KAMLESH

RISHTA, intertwined with the essence of KAMLESH, 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. In this belief system, the work of certain hypnotherapists or energy healers may involve delving into past lives through regression therapy, aiming to identify and resolve issues from

these past experiences. By addressing these unresolved issues, the karmic chords are believed to be cleared, allowing the individual to heal and move forward in their current life.

fostering an amiable atmosphere, imparting meaningful insights, encouraging letting go, infusing individuals with renewed energy, offering supportive guidance, and providing heartwarming healing, this counselling model supports individuals and couples in profound ways. By exploring karmic connections and fostering amiable, supportive environments, it promotes deep self-reflection and acceptance. Karmic connections are often associated with the concept of karma, which comes from Indian religions and philosophies like Hinduism and Buddhism. In essence, karmic connections suggest that the relationships and interactions we have with others are influenced by the karma we have accumulated through our actions in past lives or in the current one.

These connections are believed to be significant and enduring, as they can impact our current circumstances and future experiences. Karmic connections may explain the feelings of familiarity, strong attractions, or conflicts that we experience with certain individuals, as if there is a deeper, unexplained connection between us.

It's important to note that the belief in karmic connections is a spiritual and philosophical concept, and not everyone subscribes to this belief. The idea of karmic connections is a way to understand and interpret the complexity of human relationships and the events that unfold in our lives.

It emphasizes the significance of finding meaning, releasing emotional burdens, and embracing newfound energy. Through supportive and heartwarming interactions, RISHTA with KAMLESH paves the way for emotional healing and personal transformation,

The therapeutic process of SEHT incorporates 7F's and 7 IF's

7Fs of Fertility	7IF's of Infertility
Flexibility	Insecurity
Facing Fear	Inadequacy
Fortitude	Isolation
Forgiveness	Inhibition
Faith Fostering	Inertia
Fresh Stand	Insight
Fulfilment	Illumination

The 7F's of Fertility are enumerated here.

PYRAMID OF 7F OF FERTILTY



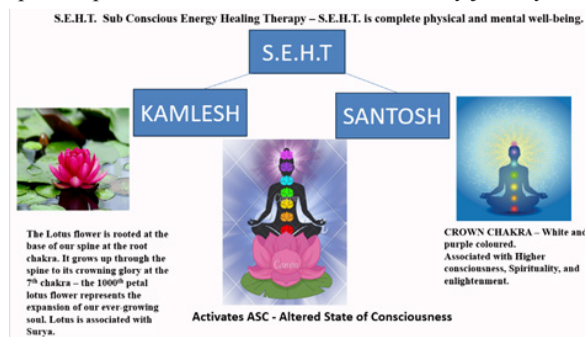
A. Flexibility: The initial stage involves being open-minded and adaptable. It's about being willing to explore various options, treatments, and lifestyle changes related to fertility. Flexibility

offering a comprehensive and empathetic approach to infertility counselling.

Overview of RISHTA with SANTOSH

RISHTA, encapsulated within the framework of SANTOSH, symbolizes a profound journey through the emotional landscape of infertility. The principles of Reinforcing, Inner exploration, Subconscious understanding, Healing, Moving Towards acceptance, and fostering Self Love, Insight, Nurturing, Transformation, Opting Optimism, Serenity, and Healing (SANTOSH) emphasize the depth of emotional healing and personal growth possible through infertility counselling. By reinforcing positive behaviours, providing insights into inner emotions, addressing subconscious concerns, and nurturing individuals with transformative approaches, this counselling model encourages individuals and couples to embrace self-love, find tranquility 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.



allows you to adjust your plans and expectations as you navigate the challenges of fertility.

- B. Facing Fear:** As you move forward, you confront your fears and anxieties related to fertility issues. This stage involves acknowledging and understanding your fears, which is the first step toward overcoming them. Facing fear allows you to address the emotional hurdles that might be hindering your progress.
- C. Fortitude:** With an understanding of your fears, you start building mental strength and resilience. Fortitude is the courage and determination to endure the emotional challenges associated with fertility struggles. It involves finding the inner strength to persevere, even in the face of setbacks and uncertainties.
- D. Forgiveness:** As you progress, you work on forgiving yourself and others for any feelings of guilt, blame, or resentment that may have arisen during your fertility journey. Forgiveness is a powerful emotional release that enables you to let go of negativity and make room for healing and growth.
- E. Faith Fostering:** This stage involves nurturing faith in the process. It could be faith in medical treatments, faith in your body's ability to conceive, or spiritual faith. Cultivating this faith provides hope and motivation, helping you stay positive and resilient despite challenges.
- F. Fresh Start:** Moving forward, you embrace the idea of a fresh start. This might involve considering different fertility treatments, exploring alternative family-building options, or even focusing on other aspects of life. A fresh start signifies a willingness to adapt and try new approaches, bringing renewed hope and energy to your journey.

G. Fulfilment: The final stage represents a sense of completion and contentment, regardless of the outcome of your fertility journey. It's about finding fulfilment in your life, whether or not you achieve parenthood. This stage emphasizes self-acceptance, appreciating your strengths, and finding joy and purpose beyond the realm of fertility struggles.

These stages represent a psychological and emotional progression, highlighting the evolving mindset and coping strategies individuals and couples may experience as they navigate the challenges of fertility. Each stage builds upon the previous one, reflecting personal growth and resilience throughout the journey.



7If's in infertility are elucidated here in brief.

1. **Insecurity:** In the beginning, individuals or couples dealing with infertility might experience feelings of insecurity. This can relate to doubts about their abilities to conceive, concerns about their relationships, or worries about how others perceive them. Addressing these insecurities is an essential step toward emotional healing and resilience.
2. **Inadequacy:** Feelings of inadequacy often follow insecurities. Individuals might start questioning their worth and abilities, especially in the context of fertility. Coping with these feelings involves recognizing one's value beyond the ability to conceive and seeking support to rebuild self-esteem.
3. **Isolation:** Infertility can lead to a sense of isolation. People might withdraw from social activities and relationships, feeling misunderstood or different from others. Overcoming this stage involves reaching out for support, either from friends, family, or support groups, to counteract the isolating effects of infertility.
4. **Inhibition:** Inhibition refers to the constraints that fertility issues can place on various aspects of life, such as intimacy or pursuing certain goals. Overcoming inhibition might involve seeking professional help, both medically and psychologically, to address physical and emotional barriers. Open communication and therapy can be valuable at this stage.
5. **Inertia:** Inertia signifies a feeling of being stuck, both emotionally and in the fertility process. It's a state of feeling unable to move forward or make decisions. Breaking this inertia often involves gaining new perspectives, exploring different treatment options, or considering alternative paths to parenthood.
6. **Insight:** As individuals progress, they might gain insight into their emotions, relationships, and priorities. This self-awareness can come through therapy, counselling, or personal reflection. Insight allows individuals to understand their reactions and make more informed decisions about their fertility journey.

7. Illumination: The final stage represents a moment of enlightenment or clarity. It's when individuals find acceptance and peace with their fertility journey, regardless of the outcome. Illumination involves embracing one's life as it is, finding fulfilment in other aspects, and acknowledging the strength and wisdom gained through the challenges of infertility.

These stages reflect the psychological and emotional progression that individuals often experience while coping with infertility. Each stage represents an opportunity for personal growth, self-discovery, and resilience. Seeking support from loved ones and mental health professionals can greatly assist in navigating through these stages.

Know your SEHT quotient: 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

1. This is not me
2. This is me.
3. This is most definitely me

KQ	Statements	Response		
		1	2	4
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 experiences that bring a sense of purpose to your life?			
7	Do you enjoy collaborating with others and helping them succeed in their endeavours?			
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 SNo.	Statements	Response		
		1	2	4
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?			
3	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 challenges as opportunities for personal 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 to 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	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.

Another dimension of SEHT Assessment is SBT – story building test

This is a projective test of personality in which the pictures are shown to the individual one by one, even in case of couples (never together) and they are asked to tell in simple words what do they think is the picture depicting. This test also conveys the hidden family dynamics and conflict which the individual or the couple may not be willing to disclose due to various variables.

Projective tests of personality can be useful in infertility counselling for several reasons:

Exploring emotional barriers: Projective tests can help individuals and couples explore their emotional responses and barriers related to infertility. For instance, the TAT can provide insights into a person's unconscious thoughts and feelings, which may be affecting their emotional well-being during the infertility process.¹⁶

Understanding coping mechanisms: These tests can reveal an individual's coping mechanisms, which may be adaptive or maladaptive. This knowledge is essential for infertility counselors to provide targeted support.¹⁷

Communication enhancement: Projective tests can facilitate communication between couples by helping them express and understand their emotions, fears, and desires better.¹⁸

Identifying stressors: They can pinpoint specific stressors or triggers related to infertility, helping counselors tailor interventions accordingly.¹⁹

Personality assessment: Infertility counselling often involves assessing the personality dynamics of individuals and couples. Projective tests can contribute to a more comprehensive understanding of these dynamics.²⁰

However, it's essential to note that projective tests are not without controversy and have limitations, including subjectivity in interpretation and cultural biases. Thus, they should be used in conjunction with other assessment methods and therapeutic approaches in infertility counselling.²⁰

Seven pictures used for SBT in S.E.H.T. are shown here.





These pictures very effective in giving a quick understanding of the couple’s interpersonal dynamics which otherwise may have taken several sessions and man-hours to elicit. Herein lies the utility of the SBT – Story

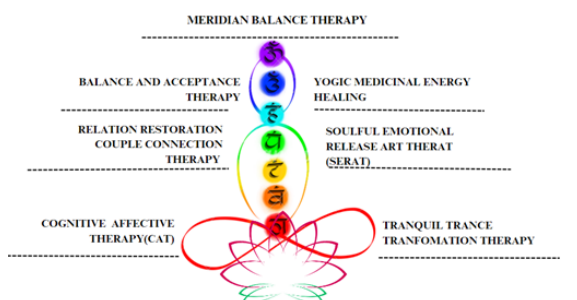
Building test

Thus, the qualitative assessment of the couple’s interpersonal family dynamics is assessed by SBT.

The quantitative assessment of SEHT is done by finding the SEHT Quotient as discussed above. These assessments play pivotal role in designing the therapies as is enumerated down below.

Seven therapeutic modalities for S.E.H.T

The following therapies used during SEHT for couple’s wellbeing are enumerated here in brief.



Cognitive affective therapy (CAT)

Cognitive-Affective therapy (CAT) can be a helpful approach for individuals or couples experiencing infertility. While CAT is not a direct treatment for infertility itself, it can assist individuals in managing the emotional distress, anxiety, and depression that often accompany fertility challenges. Here’s how CAT can be beneficial in the context of infertility:

Coping with distress: Infertility can lead to intense emotional distress, including sadness, anger, guilt, and frustration. CBT techniques can help individuals identify and challenge negative thoughts and beliefs associated with infertility, and develop healthier coping strategies to manage these emotions effectively.

Stress management: Trying to conceive can create significant stress and anxiety. CBT provides techniques such as relaxation exercises, mindfulness, and stress management strategies to help individuals reduce stress levels and improve their overall well-being.

Addressing negative thought patterns: Infertility can lead to negative thinking patterns and self-blame. CBT helps individuals identify and challenge irrational or unhelpful thoughts and replace them with more realistic and balanced ones. This can lead to a reduction in anxiety and an improvement in mental well-being.

Enhancing communication and support: Infertility often affects both partners in a relationship, and it can strain communication and support systems. CBT can improve communication skills, promote empathy, and provide tools for couples to navigate the emotional challenges together.

Decision-making support: Infertility treatments involve complex decisions and uncertainties. CBT can assist individuals in clarifying their values, examining their options, and making informed decisions that align with their personal goals and values.

Relation restoration couple connection therapy (R.R.C.C.T.)

RRCC therapy, also known as couple connection or Intimate relationship enrichment, can be an essential resource for couples dealing with infertility. Infertility can place significant emotional, psychological, and relational strain on a couple. Seeking professional support through couple therapy can help them navigate the challenges and strengthen their relationship during this difficult time. Here are some ways in which couple therapy can be beneficial in the context of infertility:

Communication improvement: Infertility can lead to misunderstandings and communication breakdowns between partners. Couple therapy provides a safe and structured environment where both partners can express their feelings, concerns, and frustrations. A skilled therapist can facilitate effective communication and help couples listen to each other with empathy and understanding.

Emotional support: Going through infertility can be emotionally draining, and both partners may cope with it differently. Couple therapy allows couples to share their emotions, fears, and vulnerabilities with each other and work on providing mutual support during this challenging journey.

Reducing blame and guilt: Infertility can sometimes lead to feelings of blame and guilt between partners. In therapy, the couple can explore these feelings in a non-judgmental space and work towards finding ways to support each other rather than pointing fingers.

Decision-making and coping strategies: Infertility often involves making complex decisions about treatments, adoption, or other family-building options. Couple therapy can help couples explore their options together, assess their values, and make decisions that align with their shared goals and values.

Managing stress and anxiety: Infertility can lead to increased stress and anxiety for both partners. Couple therapy can introduce relaxation techniques, coping strategies, and mindfulness practices to help manage stress and enhance emotional well-being.

Navigating intimacy issues: Infertility can affect a couple's intimacy and sexual relationship. In therapy, couples can openly discuss any changes in their intimacy and explore ways to maintain a close and supportive bond.

Coping with treatment outcomes: Infertility treatments can be emotionally and physically demanding, and results may not always be as expected. Couple therapy can assist partners in processing and coping with treatment outcomes, whatever they may be.

Remember that every couple's journey is unique, and therapy can be tailored to meet the specific needs of each partnership.

Balance and acceptance therapy (B.A.C.T.)

This therapy is useful in addressing various emotional and behavioral difficulties. While BACT is not a direct treatment for infertility itself, it can be valuable in supporting individuals or couples dealing with infertility-related emotional distress and coping challenges. Here's how BACT principles and techniques can be applied in the context of infertility:

Emotional control: Infertility can trigger intense and fluctuating emotions, such as sadness, anger, frustration, and hopelessness. BACT focuses on helping individuals identify and understand their emotions while learning healthier ways to regulate and manage them. This can be especially beneficial in coping with the emotional rollercoaster that often accompanies fertility struggles.

Awareness building: BACT places a strong emphasis on awareness building, which involves being present in the moment and non-judgmentally aware of one's thoughts and feelings. Practicing awareness can help individuals become more attuned to their emotional experiences and reduce anxiety and rumination about past or future events related to infertility.

Stress management: Infertility can lead to high levels of distress, and couples may face difficult situations during fertility treatments. BACT teaches individuals coping skills to tolerate distressing emotions without resorting to unhealthy or harmful behaviors. This skill can help manage the frustration and disappointment that can arise during the fertility journey.

Collaborative skills: Infertility can strain relationships, and effective communication is crucial during this time. BACT equips individuals with skills to improve their interpersonal interactions, set boundaries, and express their needs effectively, which can enhance communication between partners and support systems.

Prioritising self: The experience of infertility can be accompanied by self-blame and feelings of inadequacy. BACT encourages individuals to practice self-compassion and self-acceptance, fostering a more positive and supportive relationship with oneself.

Acceptance: Infertility can lead to a sense of loss and a challenging adjustment to a different family-building path. DBT helps individuals work on accepting their current reality while acknowledging their emotions and finding ways to move forward positively.

Soulful emotional release art therapy (SERAT)

Expressive art therapy can be a creative and therapeutic approach to support individuals or couples dealing with infertility. It allows individuals to explore and express their emotions, experiences, and thoughts through various art forms, such as painting, drawing, sculpting, collage, writing, and more. Here's how expressive art therapy can be beneficial in the context of infertility:

Emotional expression: Infertility can bring forth a range of complex emotions that may be challenging to articulate verbally. Expressive art therapy provides a non-verbal outlet for individuals to express and process their emotions, allowing for a deeper exploration of their feelings surrounding infertility.

Self-exploration and reflection: Engaging in creative processes can facilitate self-exploration and reflection. Art therapy offers a space for individuals to explore their identities, desires, fears, and hopes related to fertility. It can help individuals gain insights into themselves, their needs, and their aspirations during their fertility journey.

Stress reduction and relaxation: Art therapy can serve as a form of relaxation and stress reduction. Engaging in creative activities can shift the focus away from the challenges of infertility and promote a sense of calm and inner peace. It can also serve as a healthy distraction from the stress and anxiety associated with fertility treatments.

Communication and storytelling: Art can be a powerful means of communication. Expressive art therapy enables individuals to visually communicate their experiences and narratives related to infertility. Artwork can convey emotions, thoughts, and experiences that may be difficult to express through words alone. This can foster understanding and empathy between individuals and their partners or support systems.

Building resilience and empowerment: Engaging in the creative process and witnessing the transformation of materials into meaningful artwork can foster a sense of accomplishment and empowerment. It can help individuals develop resilience and a greater sense of agency in navigating the challenges of infertility.

Community and support: Participating in art therapy groups or workshops specific to infertility can provide a supportive community of individuals facing similar challenges. Sharing artwork and experiences within a group setting can foster connection, validation, and a sense of belonging.

Meridian balance therapy (MBT)

Chakra healing is sometimes used as a complementary approach for individuals or couples dealing with infertility.

Root chakra (Muladhara): The root chakra is associated with feelings of stability, security, and being grounded. For individuals struggling with fertility challenges, addressing this chakra may help reduce feelings of fear and insecurity related to parenthood. Practices such as grounding exercises, yoga poses that focus on the lower body, and spending time in nature can support this chakra.

Sacral chakra (Swadhisthana): The sacral chakra is related to creativity, sensuality, and emotions. When dealing with infertility, this chakra can be addressed to enhance the connection with one's own body and emotions. Practices like creative expression through art, dance, or journaling, as well as practices that promote self-compassion and emotional release, can be beneficial.

Solar plexus chakra (Manipura): The solar plexus chakra is linked to personal power, self-esteem, and confidence. Supporting this chakra can help individuals facing fertility challenges to maintain a positive and empowered mindset. Practices such as positive affirmations, mindfulness, and activities that boost self-esteem can be beneficial.

Heart chakra (Anahata): The heart chakra is associated with love, compassion, and emotional healing. Addressing this chakra may help individuals process and release any emotional pain or grief related to infertility. Practices like heart-opening yoga poses, practicing gratitude, and engaging in acts of kindness can support this chakra.

Throat chakra (Vishuddha): The throat chakra is related to communication and self-expression. When facing infertility, this chakra can be addressed to encourage open communication between partners and with healthcare providers. Practices like journaling, expressing feelings through art or writing, and engaging in honest conversations can support this chakra.

Third eye chakra (Ajna): The third eye chakra is associated with intuition and inner wisdom. Addressing this chakra can help individuals trust their instincts and make informed decisions about their fertility journey. Practices like meditation, visualization, and deep introspection can support this chakra.

Crown chakra (Sahasrara): The crown chakra is connected to spiritual connection and higher awareness. Practices that promote a sense of faith, hope, and spiritual growth can be supportive for individuals dealing with fertility challenges.

Acupressure is an alternative therapy that involves applying pressure to specific points on the body to promote health and well-being.

Spleen 6 (SP6) - Located on the inner side of the leg, about four finger-widths above the ankle bone. Stimulating this point is thought to help regulate the menstrual cycle and improve reproductive health.

Ren 4 (RN4) - Found on the lower abdomen, about two finger-widths below the belly button. It is believed to support the uterus and reproductive organs.

Conception Vessel 4 (CV4) - Located on the lower abdomen, at the midpoint between the belly button and the pubic bone. Stimulating this point is believed to strengthen the uterus and enhance fertility.

Kidney 3 (KD3) - Situated on the inner ankle, in the depression between the Achilles tendon and the ankle bone. It is believed to support kidney function, which is associated with reproductive health in traditional Chinese medicine.

Governing Vessel 20 (GV20) - Found on the top of the head, in the center of the crown. Stimulating this point may help reduce stress and improve overall well-being during the fertility journey.

Yogic medicinal energy healing (YMEH)

Yoga therapy can be a complementary and holistic approach to support individuals or couples dealing with infertility. While it is not a standalone treatment for infertility, yoga therapy can help improve overall physical and mental well-being, reduce stress, and promote relaxation, which may positively impact fertility. Here's how yoga therapy can be beneficial in the context of infertility:

Stress reduction: Infertility can lead to significant stress and anxiety. Yoga therapy includes various relaxation techniques, such as deep breathing, meditation, and progressive muscle relaxation, which can help reduce stress levels and improve emotional well-being.

Hormonal balance: Some yoga poses and practices are believed to stimulate and balance the endocrine system, which is responsible for hormone regulation. Balanced hormone levels may support reproductive health and fertility.

Blood circulation: Certain yoga postures can improve blood circulation in the pelvic region, potentially enhancing reproductive organ function and optimizing the conditions for conception.

Mind-body connection: Yoga therapy encourages the integration of mind, body, and spirit. Practicing yoga can help individuals become more in tune with their bodies and better understand their physical and emotional needs during their fertility journey.

Coping with emotions: Yoga therapy can provide a safe space for individuals to explore and release their emotions related to infertility. Mindful yoga practices can help process grief, sadness, and frustration while promoting self-compassion and acceptance.

Enhancing relaxation and sleep: Yoga therapy promotes relaxation and can improve the quality of sleep. Adequate rest and rejuvenation are essential for overall health and well-being, which may indirectly support fertility.

Improving overall health: Regular yoga practice can contribute to better overall health, including improved flexibility, strength, and cardiovascular health. Physical well-being can positively impact fertility and overall reproductive health.

The Taittiriya Upanishad is one of the ancient texts from the Vedic tradition of Hinduism. It is a part of the Yajur Veda and contains profound philosophical teachings. One of its significant contributions to the understanding of human nature is the concept of Pancha Kosha, which translates to “five sheaths” or “five dimensions.”

The Pancha Kosha model provides an integrative view of a person by describing five layers or dimensions that make up the human being. Each layer is seen as successively more subtle and inner than the previous one, akin to the layers of an onion. The five Koshas are:

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- 1. Annamaya kosha (Physical sheath):** This is the outermost layer and refers to the physical body composed of the five elements (earth, water, fire, air, and space). It is the gross, material aspect of a person.
 - 2. Pranamaya kosha (Vital sheath):** This layer deals with the vital energy or life force (prana) that sustains the physical body. It governs breath, circulation, and other physiological functions.
 - 3. Manomaya kosha (Mental sheath):** This sheath represents the mind and mental processes, including emotions, thoughts, desires, and imagination. It is the layer of our psychological experiences.
 - 4. Vijnanamaya kosha (Intellectual sheath):** This dimension pertains to wisdom, discernment, and intellect. It is associated with higher knowledge, intuition, and insight.
 - 5. Anandamaya kosha (Bliss sheath):** This innermost layer refers to pure bliss and spiritual joy. It is the source of deep happiness and contentment that arises from transcending the limitations of the other koshas
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According to this model, each of these koshas is interconnected and contributes to the overall well-being and harmony of an individual. The integrative view of a person emerges by recognizing the interplay and influence of these dimensions on our physical, emotional, mental, and spiritual states.

The Pancha Kosha model is used as a tool for self-exploration, self-awareness, and personal growth in various philosophical and

spiritual traditions, including Yoga and Vedanta. By understanding these five dimensions, individuals can gain insights into their holistic nature and work towards achieving balance and fulfilment in life.

During Infertility Counselling, Integrating the five dimensions (Pancha Koshas) effectively can lead to a more harmonious and balanced life. Here are some practical ways to work with each dimension and promote integration:

1. Physical dimension (Annamaya kosha)

- Maintain a balanced and healthy diet to nourish your body.
- Engage in regular physical exercise or yoga to keep your body fit.
- Get enough rest and sleep to rejuvenate your physical energy.
- Spend time in nature to connect with the natural world.

2. Vital dimension (Pranamaya kosha)

- Practice conscious breathing exercises to regulate and balance your life force (prana).
- Explore practices like Pranayama or Qi Gong to increase vitality and energy flow.
- Pay attention to your breath during times of stress to calm the nervous system.

3. Mental dimension (Manomaya kosha)

- Cultivate mindfulness and self-awareness to observe your thoughts and emotions.
- Practice meditation to calm the mind and improve mental clarity.
- Engage in creative activities to express and process your emotions.
- Develop positive thinking patterns and challenge negative thought patterns.

4. Intellectual dimension (Vijnanamaya kosha)

- Pursue lifelong learning and engage in activities that stimulate your intellect.
- Read books, attend seminars, or take up courses in subjects that interest you.
- Reflect on your experiences and insights to gain deeper understanding.
- Engage in philosophical or spiritual discussions with others.

5. Blissful dimension (Anandamaya kosha)

- Practice gratitude and appreciation for the simple joys in life.
 - Engage in activities that bring you a sense of fulfilment and happiness.
 - Spend time in introspection and contemplation to connect with your inner self.
 - Engage in spiritual practices or connect with a higher power, if that resonates with you.
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Tranquil trance transformation therapy (T4)

Hypnotherapy is a therapeutic approach that uses hypnosis to help individuals access their subconscious mind and make positive changes in their thoughts, behaviours, and emotions. While hypnotherapy is not a direct treatment for infertility itself, some individuals or couples facing fertility challenges may consider it as a complementary approach to support their emotional well-being and manage stress during the fertility journey. Here's how hypnotherapy may be applied in the context of infertility:

Stress reduction: Infertility can lead to heightened stress and anxiety, which may negatively impact reproductive health. Hypnotherapy can be used to induce deep relaxation, helping individuals manage stress and promote a sense of calm during their fertility journey.

Coping with emotions: Dealing with infertility can evoke a range of emotions, including sadness, frustration, and fear. Hypnotherapy can assist individuals in processing and coping with these emotions, providing a safe space to explore and address their feelings.

Addressing fears and limiting beliefs: Some individuals may have fears or limiting beliefs related to fertility, pregnancy, or parenthood that can unconsciously affect their mindset and well-being. Hypnotherapy can help identify and address these beliefs, allowing individuals to create a more positive and empowered perspective.

Visualization and goal setting: Hypnotherapy can incorporate visualization techniques to help individuals create mental images of successful fertility outcomes and set positive goals for their fertility journey.

Managing pain and discomfort: For individuals undergoing fertility treatments or experiencing physical discomfort related to infertility, hypnotherapy can be used to help manage pain and promote relaxation.

Enhancing mind-body connection: Hypnotherapy encourages individuals to connect with their inner selves, fostering a deeper mind-body connection that may positively influence overall well-being during the fertility process.

Nature therapy

Natural acceptance towards unconditional resilient energies

Natural: Acknowledging the natural processes of the body is fundamental in the context of fertility. Understanding the natural rhythms of the menstrual cycle, hormonal changes, and the complexities of conception is the first step. It also involves recognizing that fertility journeys vary from person to person and that each path is unique.

Acceptance: Fertility challenges can be emotionally taxing. Acceptance here implies acknowledging one's fertility situation without self-blame or guilt. It involves understanding that fertility issues are a common part of life for many people and seeking assistance or treatment without stigma.

Towards: This word signifies moving toward the goal of building a family. Whether through natural conception, assisted reproductive technologies (ART) such as IVF, adoption, or surrogacy, having a clear direction and being proactive in pursuing fertility options is empowering.

Unconditional: Unconditional acceptance and support are crucial, especially from partners. Fertility challenges can strain relationships, and having unconditional support and love can provide emotional stability. It also involves accepting oneself throughout the journey, regardless of outcomes.

Resilient: Fertility journeys often involve various treatments, procedures, and emotional ups and downs. Being resilient means enduring setbacks, learning from them, and continuing the journey with determination. Resilience in the face of fertility challenges allows individuals and couples to persist, even in the face of disappointments.

Energies: Positive energies in the fertility context refer to a supportive network of friends, family, and healthcare professionals. Positive energy also encompasses a healthy lifestyle, balanced nutrition, and mental well-being. Channeling energies into stress-reducing activities like yoga, meditation, or hobbies can also contribute positively to the fertility journey.

Adopting a mindset that embodies these qualities can significantly impact the fertility journey. It involves understanding the natural aspects of fertility, accepting the situation, actively moving toward fertility goals, providing and receiving unconditional support, being

resilient in the face of challenges, and channeling positive energies into the process. This mindset can foster emotional well-being, strengthen relationships, and enhance the overall fertility experience.

These seven sonata of therapies encompass SEHT- subconscious energy healing therapy, it's important to approach these methods with caution and in consultation with a qualified mental healthcare professional, as their effectiveness can vary among individuals. Additionally, more research is needed to establish their broader application in infertility counselling.

To Conclude, SEHT – Subconscious Energy Healing Therapy is the recent advancement in psycho therapeutic modalities which is an innovative eclectic approach towards developing a holistic management of the couple's concerns while they are going through infertility counselling and treatment. This is the only therapy which comprehensively encompasses the western and eastern thoughts for the well being of the individual.

Acknowledgments

None.

Conflicts of interest

There is no conflict of interest.

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