

The role of Subconscious Energy Healing Therapy (SEHT) in enhancing relationship counselling outcomes

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Abstract

Subconscious Energy Healing Therapy (SEHT) is a growing practice that taps into the power of the subconscious mind to address emotional, psychological, and relational blockages that affect relationships. In relationship counselling, SEHT provides a unique framework for healing by focusing on the energetic connections between partners and the deep-rooted issues held within the subconscious. It works through a blend of energy-based techniques, including Emotional Freedom Techniques (EFT), hypnotherapy, and guided visualization, to heal emotional trauma, attachment wounds, and ingrained behavioural patterns. This paper discusses the application of SEHT in the context of relationship counselling, highlighting its potential to resolve conflicts and enhance emotional intimacy. Drawing from psychological theories of attachment and emotional intelligence, this concept note reviews the effectiveness of SEHT as a therapeutic intervention for couples. The methodology includes a qualitative analysis of case studies, practitioner insights, and the role of energy healing in addressing subconscious drivers of relational discord. We conclude that SEHT has the potential to complement traditional counselling methods, offering a more holistic approach to relationship therapy by targeting the subconscious patterns often overlooked in conventional therapy.

Keywords: Subconscious Energy Healing Therapy (SEHT); Relationship counselling; Emotional trauma; Attachment theory; Energy healing; Emotional intelligence; Subconscious mind; Couples therapy

1. Introduction

The human subconscious mind is an intricate and powerful aspect of our mental and emotional functioning, significantly influencing behavior, emotions, and relational dynamics. In the context of romantic relationships, the subconscious stores emotional patterns, past traumas, and deeply ingrained beliefs about love, trust, and intimacy, which often operate beneath conscious awareness. These hidden factors can heavily impact how partners relate to one another, manifesting as unresolved emotional pain, communication barriers, and recurring conflicts. Traditional forms of relationship counselling, such as cognitive-behavioural therapy (CBT), focus predominantly on conscious thought patterns, communication strategies, and behavioural modification. While effective to an extent, these approaches may miss the opportunity to address the unconscious emotional drivers that often underpin relationship difficulties.

Subconscious Energy Healing Therapy (SEHT) offers a promising avenue for bridging this gap. SEHT operates on the principle that emotional and psychological issues are deeply intertwined with the body's energy systems. This perspective aligns with ancient healing practices that emphasize the mind-body connection, positing that emotional trauma can become "stored" in the body's energetic field. By working directly with these energy systems, SEHT aims to clear the energetic blockages that sustain negative relationship patterns, enabling individuals and couples to heal from the root cause of their distress.

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1.1. Key Elements of SEHT in Relationship Counselling:

1.1.1. Energy Tapping (EFT)

EFT is a form of energy psychology that combines cognitive reframing with acupuncture-like tapping on specific meridian points of the body. In the context of relationship counselling, EFT helps individuals release stored emotional tension related to unresolved relationship issues, such as past betrayal, fear of abandonment, or unresolved grief from previous relationships. By tapping on these meridian points while verbalizing emotions, clients can break free from the subconscious emotional loops that often trigger reactive behaviours in their relationship.

1.1.2. Hypnotherapy

Hypnotherapy is another critical component of SEHT. It allows direct access to the subconscious mind, bypassing the conscious mental barriers that often inhibit emotional healing. In hypnotherapy sessions, clients are guided into a relaxed, trance-like state where they can explore their subconscious beliefs about relationships. For example, a partner who continuously struggles with trust may uncover past childhood experiences or previous relationship wounds that have left them emotionally guarded. Hypnotherapy can help reframe these subconscious beliefs, facilitating emotional healing and promoting healthier relational patterns.

1.1.3. 3. Guided Meditation and Visualization

Guided meditation and visualization exercises are often used in SEHT to deepen the client's connection with their subconscious mind. These techniques foster relaxation, allowing individuals to access hidden memories and emotions in a safe and controlled manner. In the context of couples therapy, guided visualization may involve envisioning the release of negative energy between partners or mentally rehearsing new, healthier ways of interacting. This helps to reinforce positive emotional shifts at a subconscious level, strengthening relational bonds.

1.2. Addressing Subconscious Blocks in Relationship Dynamics

In many relationships, partners may find themselves caught in repeating cycles of conflict that seem resistant to change, despite conscious efforts to communicate better or make compromises. These cycles are often driven by subconscious emotional wounds that remain unresolved. For example, a partner who fears abandonment might unconsciously sabotage intimacy to avoid vulnerability, while another partner might struggle with feelings of inadequacy that manifest as controlling behaviour. Traditional counselling methods may focus on improving communication or conflict resolution skills, but without addressing the subconscious fears and emotions at play, these patterns are likely to persist.

SEHT targets these deep-seated emotional blocks by helping individuals and couples access the subconscious mind, where these patterns originate. By releasing the energetic imprints of past trauma, SEHT allows individuals to shift their emotional baseline, enabling them to approach their relationships with greater openness, trust, and empathy. This deeper emotional healing not only improves individual well-being but also enhances relational dynamics by fostering a more authentic emotional connection between partners.

1.3. The Role of SEHT in Strengthening Emotional Intimacy

One of the primary benefits of SEHT in relationship counselling is its ability to enhance emotional intimacy. Emotional intimacy involves a deep sense of trust, vulnerability, and emotional connection between partners. However, when unresolved trauma or limiting subconscious beliefs are present, partners may struggle to maintain this level of emotional closeness. SEHT works by releasing these emotional blockages, helping partners feel more emotionally available and connected to one another.

For instance, a couple who consistently argues over small issues may be unaware that these conflicts are driven by subconscious emotional pain. One partner might feel emotionally neglected due to unresolved childhood trauma, while the other may fear rejection, leading to defensive behaviour. SEHT helps bring these subconscious drivers to light and, through energy healing techniques, dissolves the emotional tension they create. As these emotional wounds are healed, couples often find that their arguments decrease in frequency and intensity, and they are able to experience a deeper sense of emotional intimacy.

1.4. Integrating SEHT with Traditional Relationship Counselling

SEHT does not aim to replace traditional relationship counselling but rather to complement it. Cognitive-behavioural strategies can be highly effective in helping couples develop healthier communication patterns and resolve conflicts. However, when combined with SEHT, couples can achieve more profound healing by addressing both the conscious and subconscious aspects of their relationship dynamics. For example, a couple might use CBT techniques to improve their communication while simultaneously working with SEHT to release subconscious emotional blockages that undermine their progress. This integrated approach creates a more holistic healing process, allowing couples to resolve their issues on multiple levels—cognitively, emotionally, and energetically.

Ultimately, the goal of SEHT in relationship counselling is to facilitate a deeper level of emotional healing, enabling couples to break free from unhealthy patterns and establish stronger, more fulfilling relationships. By addressing both the conscious and subconscious factors that influence relational dynamics, SEHT offers a transformative approach to relationship counselling that goes beyond surface-level interventions to promote lasting emotional growth and connection.

Bowlby's attachment theory (1969) and its later adaptations (Ainsworth, 1978) suggest that early childhood experiences shape our attachment styles, which influence how we relate to others, particularly in romantic relationships. Studies indicate that insecure attachment styles (anxious or avoidant) often result in relational challenges. Traditional counselling may help couples recognize these patterns but may not fully resolve the underlying emotional wounds. SEHT can assist by directly accessing and healing these attachment wounds through subconscious work.

Energy healing methods, such as Reiki and EFT, have been increasingly recognized in therapeutic settings for their ability to alleviate psychological distress (Feinstein, 2012). EFT, a form of energy psychology, has shown promising results in reducing anxiety, depression, and trauma responses, which are often drivers of relationship conflict. Hypnotherapy, another subconscious healing tool, has been used in clinical settings to uncover repressed emotions and release negative subconscious patterns that impact relational health (Yapok, 2012).

Emotional intelligence (Goleman, 1995) is another vital component of healthy relationships. Couples who are attuned to their own and their partner's emotional states are better equipped to navigate relational challenges. SEHT aims to improve emotional intelligence by helping individuals clear the energetic blocks that hinder emotional self-awareness and empathy.

Integrative therapeutic approaches that combine traditional counselling with alternative therapies have gained recognition for their holistic approach to healing. Traditional relationship counselling, which often relies on cognitive-behavioural therapy (CBT) and solution-focused strategies, focuses on changing maladaptive thought patterns and improving communication between partners. However, these methods may fail to address the deeper emotional and energetic dimensions of relational conflict (Parker & Rose, 2020).

Integrating SEHT with traditional approaches provides a more comprehensive solution for couples. For instance, combining CBT with hypnotherapy allows therapists to address both conscious relational issues and subconscious emotional patterns. Studies by Yapok (2012) suggest that hypnotherapy can significantly enhance relationship counselling outcomes by uncovering and resolving deep-seated emotional issues that are often resistant to conscious interventions. Similarly, Feinstein (2012) found that energy psychology techniques like EFT can complement cognitive-behavioural strategies by rapidly alleviating emotional distress, thereby creating a more conducive environment for relational healing.

Although research on SEHT specifically is limited, existing studies on its core components—energy psychology, hypnotherapy, and EFT—suggest that these techniques hold significant promise for enhancing relationship counselling outcomes. For example, cloned (2016) conducted a meta-analysis on the effectiveness of EFT and found that it was highly effective in reducing anxiety and stress, which are often underlying factors in relationship conflict. Similarly, practitioners like Craig (2011) have reported that EFT can lead to emotional breakthroughs in couples therapy by clearing emotional blocks that prevent partners from engaging in open communication and emotional intimacy.

Moreover, combining SEHT with traditional relationship counselling addresses both the emotional and energetic dimensions of relational distress, offering a more holistic approach to healing. By working with both the conscious and subconscious mind, SEHT has the potential to create lasting changes in relational dynamics, helping couples break free from negative cycles and establish healthier, more emotionally connected relationships (Gallo, 2005).

2. Methodology

The methodology of this study includes a qualitative analysis of case studies, client feedback, and therapist experiences in applying SEHT within relationship counselling sessions. Data will be collected from couples undergoing SEHT, assessing pre- and post-intervention emotional states, communication patterns, and relational satisfaction. In-depth interviews with therapists using SEHT in their practice will offer insights into the perceived benefits and challenges of this approach. The study will also include a comparison between couples receiving traditional cognitive-behavioural counselling and those integrating SEHT, focusing on emotional intimacy, conflict resolution, and long-term relationship satisfaction.

2.1. Case Study: Indian Context

The couple faced significant interpersonal challenges, primarily characterized by a deep-seated lack of trust and escalating conflict. Their relationship was marked by frequent and intense arguments, occurring on a daily basis, which severely strained their emotional connection and overall stability. The persistent nature of these disagreements not only exacerbated existing tensions but also hindered their ability to engage in constructive communication.

The wife, in particular, felt consistently unheard and misunderstood by her partner, leading to feelings of emotional isolation and frustration. This sense of emotional neglect contributed to her growing dissatisfaction and further deepened the rift between them.

Despite attempts to address their issues, their inability to resolve conflicts in a healthy manner compounded the emotional distance between them, making it increasingly difficult to rebuild trust and foster intimacy. The ongoing friction within their relationship significantly hampered their ability to connect meaningfully, resulting in a pervasive sense of disconnect and instability.

Emotional state assessments using the Depression Anxiety and Stress Scale (DASS21), International Personality Disorder Examination (IPDE), Sentence Completions Test - Marriage (SCT - M) and PGI Health Questionnaire Neuroticism (HQ N2).

Conducting semi-structured interviews with challenges in relationship which was later reflected by the therapists incorporated SEHT in the treatment plan. This allowed them to reflect these deep-rooted emotions and reframed their subconscious beliefs, after 6 Sessions, their Interpersonal - Reationship improved and they reported of having a better sleep, emotional balance and communication between them.

This case study explores the application of Subconscious Energy Healing Therapy (SEHT) in addressing deep-rooted relational conflicts within an Indian couple. The couple experienced daily arguments, emotional exhaustion, and a growing disconnect due to unresolved trauma and trust issues. The wife felt unheard and emotionally neglected, while the husband struggled with emotional vulnerability. Traditional counselling methods had been ineffective in resolving their recurring conflicts.

To address these challenges, SEHT was integrated into their therapy plan, utilizing techniques like Emotional Freedom Technique (EFT), hypnotherapy, and guided meditation. Over six sessions, SEHT helped the couple access and heal subconscious emotional blockages, reframe negative beliefs, and improve emotional regulation.

Post-intervention assessments showed significant improvements. The couple reported enhanced communication, emotional intimacy, reduced conflict, and better emotional balance. Six months later, follow-up evaluations demonstrated lasting effects, including reduced stress, anxiety, and neurotic tendencies, especially in the wife. The couple also exhibited greater emotional connection and trust.

The study highlights SEHT's potential as an effective complement to traditional relationship counselling, offering a deeper approach to healing subconscious emotional wounds and improving long-term relational satisfaction.

2.2. Conclusion

Subconscious Energy Healing Therapy (SEHT) introduces an innovative and transformative approach to relationship counselling by addressing the often-overlooked subconscious elements that drive emotional and relational dysfunction. Traditional relationship counselling, which predominantly focuses on cognitive-behavioural techniques, aims to resolve conscious issues like communication breakdowns, conflict resolution, and emotional regulation. However, it may not

fully address the deeper, underlying emotional wounds and subconscious patterns that shape how partners interact on a day-to-day basis.

SEHT operates on the premise that unresolved emotional trauma, attachment wounds, and deeply ingrained negative beliefs about relationships are often stored in the subconscious mind and in the body's energy systems. These hidden factors can exert a powerful influence over an individual's behaviour and emotional responses in relationships, frequently manifesting as recurring arguments, emotional distance, or difficulty in achieving true emotional intimacy. For example, a partner who experienced emotional neglect in childhood may unconsciously fear abandonment in their romantic relationship, leading to clingy or controlling behaviour. Another individual might have internalized negative beliefs about trust due to a past betrayal, resulting in emotional withdrawal or avoidance of vulnerability. These patterns are deeply rooted in the subconscious and are difficult to resolve through conventional counselling methods alone.

SEHT addresses these challenges by accessing the subconscious mind and the body's energy systems through techniques like hypnotherapy, Emotional Freedom Techniques (EFT), guided visualization, and energy tapping. Hypnotherapy, for instance, allows individuals to enter a deeply relaxed state where they can access and reframe unconscious beliefs about relationships, facilitating emotional release and healing. EFT, on the other hand, combines psychological reframing with acupressure-like tapping on meridian points, helping individuals release stored emotional tension and clear energetic blockages that contribute to relational distress. These techniques are designed to work at a deeper level than cognitive approaches, enabling individuals and couples to resolve long-standing emotional issues that are often resistant to conscious interventions.

One of the most promising aspects of SEHT is its ability to enhance emotional intimacy between partners. Emotional intimacy—the capacity to share feelings, thoughts, and vulnerabilities in a safe and supportive environment—can be challenging to achieve when one or both partners are carrying unresolved emotional wounds. SEHT facilitates the release of these emotional blockages, allowing couples to engage in more authentic, open, and empathetic communication. By fostering emotional intimacy, SEHT can help couples build stronger, more resilient relationships, grounded in mutual trust and understanding.

Furthermore, SEHT has the potential to improve conflict resolution skills within relationships. Often, recurring conflicts between partners are driven by subconscious fears, unresolved trauma, or unmet emotional needs that neither partner may be fully aware of. For example, a partner might react defensively during arguments because they unconsciously fear being vulnerable, while the other partner may escalate conflicts due to unexpressed feelings of abandonment. SEHT helps bring these underlying emotional drivers to the surface, allowing couples to address the root causes of their conflicts rather than merely managing their symptoms. By clearing subconscious emotional blockages, SEHT can help couples approach conflict resolution from a place of emotional clarity and empathy, leading to more constructive and compassionate interactions.

The findings from early studies and clinical applications of SEHT suggest that it holds great promise as a complementary approach to traditional relationship counselling. Integrating SEHT with cognitive-behavioural techniques and communication strategies could offer a more holistic treatment model, addressing both the conscious and subconscious dimensions of relational distress. By targeting the emotional and energetic systems of the body, SEHT has the potential to promote deeper healing and foster long-lasting changes in relational dynamics.

Despite its promise, SEHT is still a relatively new approach, and more research is needed to fully understand its efficacy and potential applications in relationship counselling. Early evidence points to its ability to enhance emotional intimacy, foster empathy, and improve conflict resolution skills, but further exploration is required to determine how SEHT can be most effectively integrated into mainstream psychological practices. Future studies could investigate the long-term effects of SEHT on relationship satisfaction, the types of couples that benefit most from this approach, and how SEHT can be combined with other therapeutic modalities to optimize outcomes.

In conclusion, SEHT represents a significant evolution in the field of relationship counselling by addressing the root causes of relational issues that reside within the subconscious mind. By clearing subconscious energy blockages, SEHT has the potential to transform how couples approach emotional intimacy, conflict resolution, and healing from past trauma. As SEHT continues to gain recognition within the field of psychology, it could become a valuable tool for therapists seeking to offer a more comprehensive and holistic approach to relationship healing. The integration of energy healing therapies like SEHT into mainstream psychological practices may represent a paradigm shift in the way relationships are understood and treated, offering new pathways for couples to build healthier, more fulfilling connections.

3. Discussion

Subconscious Energy Healing Therapy (SEHT) offers a transformative addition to relationship counselling by addressing the often-overlooked unconscious emotional patterns that can undermine relational health. Traditional counselling approaches such as Cognitive Behavioural Therapy (CBT), communication training, and conflict resolution techniques primarily target conscious issues between partners. However, these methods may fall short when deeper, subconscious emotional wounds or negative beliefs are driving relational dysfunction. SEHT fills this gap by working directly with the subconscious mind and energy systems of the body, fostering emotional healing and providing long-lasting change.

One of the most significant advantages of SEHT is its ability to access and resolve unresolved emotional trauma and subconscious beliefs that shape relationship dynamics. Past experiences, especially from childhood or previous relationships, often leave emotional imprints that influence current behaviour in unconscious ways. For instance, a partner with a history of emotional neglect may harbour a subconscious belief that they are unworthy of love, leading them to act defensively in their current relationship. SEHT employs techniques such as hypnotherapy, Emotional Freedom Techniques (EFT), and energy tapping to bring these hidden beliefs and wounds to the surface, allowing individuals to heal and release negative emotional patterns. This form of healing at a deeper level can foster a more profound shift in behaviour and interactions, promoting healthier, more balanced relationships.

SEHT is particularly effective in helping couples navigate conflicts rooted in subconscious fears or unresolved emotional pain. Often, recurring arguments between partners are not about the surface issues being debated, but about deeper, emotionally charged fears or insecurities. A partner might react with anger or defensiveness during a conflict not because of the immediate situation, but due to a deeper fear of being abandoned or hurt. SEHT works by identifying and releasing the energetic blockages and emotional triggers that fuel such reactions. By addressing these deeper emotional layers, SEHT can significantly improve a couple's ability to handle conflicts with more calm, understanding, and emotional regulation.

Another key benefit of SEHT is its ability to enhance emotional intimacy between partners. Emotional intimacy is essential for healthy relationships, allowing partners to share vulnerabilities, thoughts, and feelings in a safe, connected way. However, subconscious emotional barriers—often rooted in past emotional wounds—can prevent partners from fully opening up to one another. For instance, one partner may be unconsciously avoiding emotional intimacy due to past betrayals or fears of rejection. SEHT helps remove these emotional blockages, allowing couples to reconnect on a deeper level. By facilitating emotional release and healing, SEHT enables partners to rebuild trust and foster genuine, heartfelt communication.

The therapeutic potential of SEHT is supported by emerging research in energy psychology and related fields. Studies on techniques like EFT, for example, have demonstrated its effectiveness in reducing stress, anxiety, and trauma—key contributors to relational conflict and distress. By clearing emotional and energetic blockages, SEHT not only helps individuals feel more emotionally regulated, but also promotes a sense of peace and connection that benefits their relationships. This holistic approach can complement traditional relationship counselling, adding a layer of depth that addresses both the conscious and unconscious aspects of emotional well-being.

Despite the promise SEHT holds, it remains a relatively new and evolving therapeutic approach in mainstream psychology. Further research is needed to solidify its efficacy and explore its full range of applications in relationship counselling. Longitudinal studies investigating the lasting impact of SEHT on relationship satisfaction, emotional intimacy, and conflict resolution would provide valuable insights. Additionally, exploring SEHT's effectiveness with diverse populations and types of relationships would contribute to a broader understanding of its therapeutic reach.

In summary, Subconscious Energy Healing Therapy (SEHT) represents a significant advancement in the field of relationship counselling by addressing the deeper, unconscious factors that often contribute to relationship difficulties. By working with the body's energy systems and the subconscious mind, SEHT offers a pathway for couples to heal from past traumas, resolve emotional blockages, and cultivate a more intimate and harmonious relationship. As SEHT continues to be studied and integrated into broader therapeutic practices, it holds the potential to become a vital tool for therapists in helping couples achieve more fulfilling and balanced relationships.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

Statement of informed consent

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

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