

Overcoming Depression from Root Cause by Changing Internal Dominant Focus to Positivity by Using Clinical Hypnosis with Eclectic Psychological Therapies

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Abstract:

This study is about using applied psychology to change internal dominant focus to the positive to heal severe depression and create motivation for work. The four cases cited here were suffering from severe depression when they came for therapy. The methodology employed an eclectic approach of using hypnosis along with psychoanalysis, psychodynamic therapy, age regression, dialectical behavior therapy and cognitive behavior therapy. The aim was to use different methods of applied psychology to shift the internal dominant focus to positive. The objectives were that the person starts focusing on positive aspects of life deliberately; Restarts taking interest in daily living activities like studying, bathing, eating, working etc.; Starts focusing on smaller achievable goals that make him/her feel positive. The tools used were methods of deepening to access the subconscious mind and the Beck's Depression Inventory. The techniques were integrated such that about 8 to 30 hours of therapy was required depending on each case. After intensive healing and therapy was done, they could achieve positivity through some minor changes in their thinking patterns. Due to inner child healing, the internal dominant focus changed from negative to positive. The results were positive. The scores on Beck's Depression Inventory were of severe depression and reduced to normal in all the four cases. The discussion and analysis showed that while the unipolar depression healed completely, bipolar symptoms reduced considerably but did not go away completely, indicating that bipolar depression could be chemically influenced.

The Introduction:

The intention of using more than one method in an integrated manner is that the target problem can be broken down in components that can be individually addressed by using different types of therapies together, in one session. This approach is called an Eclectic Approach of applied Psychology.

“Eclectic therapy seeks to directly meet the client and their needs by drawing from multiple therapy approaches in order to select the best treatment for each individual client. It can be viewed as a combination of different therapy approaches that is tailored to each client depending on their problems, goals, and expectations. An eclectic therapist seeks to understand each client in all their complexity in order to be successful in helping clients reach their own goals. This involves learning about the multiple facets of each client including their thoughts, feelings, behaviors, relationships, and more. The therapist

then identifies core ingredients that various psychotherapy theories share to help clients solve the problems that caused them to seek therapy.” (Peterson, 2023)

“Applied psychology is the study and ability to solve problems within human behavior such as health issues, workplace issues, or education. There are various specialty areas within applied psychology including clinical psychology, counseling services, medicinal psychology, and forensic psychology.” (Galton, 2023)

In this paper, we will cover the reasons for using various branches of applied psychology together in an integrated manner to solve one problem viz. severe depression.

This research is based on therapeutic intervention of four subjects who were suffering from severe depression when they came for therapy. There were about 8-15 therapies combined in each 2-5 hours session. Each person had to get out of an internal dominant focus on severe feelings of depression (as assessed by BDI) and shift the internal dominant focus to achievable goals that made him [her feel positive step by step, so that motivation to work would develop automatically. This study aimed at the treatment of severe depression through changing the internal dominant focus of the person to positive. A severely depressed person is negative pre-dominantly and hence, the internal dominant focus needs to be uplifted to pre-dominantly positive to rise above depression. The Beck’s Depression Inventory (BDI), which is a standardized tool for verifying depression was used for assessment. It has twenty -one parameters of assessing depression and scores range from severe depression to normal.

Aim of therapy was to access and work through the subconscious mind to align the conscious and subconscious self of the person, as Sigmund Freud describes in his psychodynamic theory of the mind. Sigmund Freud’s theory suggests that human behavior is influenced by unconscious memories, thoughts, and urges. This theory also proposes that the psyche comprises three aspects: the id, ego, and superego. The id is entirely unconscious, while the ego operates in the conscious mind. The superego operates both unconsciously and consciously. (Kendra, 2022)

A diagrammatic representation of the differences between the conscious and subconscious mind is given below:



Image by Kendra .C (2022)

The subconscious mind is the total of preconscious and the unconscious mind, as memories can come up from any part of the mind depending on whether your state of mind deepening is alpha state of theta state of mind waves. (In a normal conscious state, your mind waves are moving at a frequency of 12-30 cycles per second, as seen with an EEG. This is called the Beta state of mind where mind activity moves at 12-30 Hz. An alpha state of mind has an activity frequency cycle of about 8-12 Hz. Theta state of mind has about 0.5-6 Hz. Frequency.)

The alpha state of mind is associated with calmness and relaxation where new thoughts seep in easily. The theta state of mind

Objectives

- To start focusing on positive aspects of life deliberately.
- To restart taking interest in daily living activities like studying, bathing, eating, working etc.
- To start focusing on smaller achievable goals that make him/ her feel positive.

Hypotheses

Integrated Applied therapies do not help in changing the internal dominant focus (IDF) to a positive.

The sub-hypotheses were:

- Applied Therapies do not help the person detach from feelings of negativity.
- Applied therapies do not make the person realize that focus can be shifted to positive.
- Applied therapies do not train the person to shift to an internal dominant focus on positivity.

Methodology

Qualitative With Quantitative Scoring on BDI -2

Case histories

The therapeutic intervention has been done on two males and two females. Hence the male: female ratio is 1:1. The age of all the four candidates was between 21 to 42 years. All the four candidates were well educated, had a middle - class urban family background, had access to internet search engines and financial support. The inclusion criteria were that they were intellectually capable of reasoning and understanding logic, which was assessed through an initial interview. The exclusion criteria were that there was no learning disability reported by self or caregivers. An eclectic approach was used wherein any and all of the following therapies were implemented without any demarcations or theoretical preaching, in a natural flow of neuro linguistic (NLP) conversation followed by hypnotherapeutic intervention, with the client's full willingness to participate in therapy. There was no hidden agenda and no force used to overcome unwillingness. Consent and trust were established before the session. The client had conscious awareness throughout the session even while releasing deep trauma from the subconscious mind through tears, sobbing and rebalancing.

Psychological Tools

An information and consent form were filled up and assessment was done by using the Beck's Depression Inventory (BDI).

The Beck Depression Inventory (BDI-II), created by Aaron

Each session was about two hours of counselling and two hours of therapy under hypnosis where the client was awake but in a state of focus. The following methods of therapy were used: Techniques Of Therapy

Standardized methods of therapy were use in an integrated manner. These methods have been briefly described below.

Psychological Therapies Applied

CBT (find the antecedents, behaviors, consequences) - (Kendra, 023) Dialectical Behavior Therapy (understanding perspectives relationships) -(Nancy, 2023) Gestalt Therapy (person-to-situation n understanding)- (Bergman, 2021) Applied Behavior Analysis (positive vs negative reinforcement planning)- (Autism Speaks, 2023)

Psychodynamic Therapy (age regression) – (Rockville, 1999)

Client-Centered Therapy (finding the individual’s beliefs about self & others)- (Kendra, 2024)

Solution Focused Therapy (aiming at reinstalling goals for long term)- (Moore, 2022)

Spiritual Therapies Applied:

- Energy Cord Cutting Therapy (for training detachment & forgiveness visually) – (Shiva, 2014)
- Past Life Regression Therapy (finding root cause from past narratives)
- Spirit Releasement Therapy (releasing consciousness of other people)
- Clinical Hypnotherapy (a deepening tool into a state of detached thoughtlessness)
- Progressive Relaxation Therapy (light visualization throughout the body)
- Muscle Relaxation Therapy (relaxation of tense muscles for acceptance)
- Neuro Linguistic Programming (NLP) (changing neurological beliefs) – (Legg, 2023)
- Alpha Deepening Therapy (deepening and visualizations) All these therapies were integrated to get the results given below.

Results and Discussion

The Null Hypothesis was rejected as an integrated eclectic approach worked. It was proven that: Integrated Applied therapies help in changing the internal dominant focus (IDF) to positive. The sub hypotheses were proven that:

- Applied Therapies help the person detach from feelings of negativity.
- Applied therapies make the person realize that focus can be shifted to positive.
- Applied therapies train the person to shift to an internal dominant focus on positivity.

All the four clients reported a score of above 31 on BDI. The score came down to normal or mild depression at 15, 12, 10, 5, respectively, after therapy was over. In the table given below in the discussion: The therapy took 12 hours in the first case, 30 hours in the second case, 10 hours in the third case and 8 hours in the fourth case.

The following table shows the scores on BDI (Beck’s Depression Inventory) before and after therapy:

Name & year	Hours /no. of sessions	Age	Gender	Occupation before therapy	Occupation/goal after therapy	Before therapy score	After therapy score
T.K 2018	10 in 2 sessions (5 hours each)	42	F	Research Fellow	Completed her own book as desired for seven years	38	12

V.B 2019	30 in 10 sessions (3 hours each)	25	F	Gap year after masters	Applying for government jobs	48	10
S.S 2020	12 in 2 sessions on the phone (6 hours each)	27	M	Engineer	Designer	44	15
S.K 2023	12 in 3 sessions (4 hours each)	21	M	Engineering student	Applying For medical exams	35	5

The therapy took a different number of hours in each case depending on the client’s time and energy paradigms from 3 to 5 hours each. Two clients stopped therapy when they had attained a reasonable amount of relief while the other two clients continued therapy till, they were sure that the problems would not return.

The first case cited happened in 2018. T.K took two sessions of five hours each. She was a lady of about forty- two years old and was a research fellow in anthropology. She had done her Ph.D. From Australia. After the initial interview, CBT was used to find antecedents of depression which were that she had married and divorced, had also undergone an abortion, and had bipolar disorder, she used to get mood swings lasting about two weeks wherein she would not rise from bed whereas in other periods, she would be overtly active. Dialectical behavior therapy (DBT) was used to find her difficulties given her circumstances. She had visited a psychiatrist and taken an over-dose of depression tablets by showing the same prescriptions to different chemists and buying the drugs again and again. Solution focused approach was applied where she would get some insight and be able to detach from negative thinking. Client-centered therapy was used where she was guided to find her own answers. Gestalt therapy was used to establish the figure-ground relationship to help her understand perceptual positions between her and her parents in childhood. She took two sessions of about ten hours of therapy which included six hours of applied psychological interventions and four hours of hypnotherapy. Therapy was done in hypnosis by using progressive relaxation, muscle relaxation, and deepening methods for alpha-lev 1 deepening. As she was an atheist, she did not believe in past lives and took only age regression therapy through using hypnotherapy. Neuro-linguistic programming (NLP) was used to help he be more flexible in beliefs & values, Energy cord cutting was us d to detach from her parents and lovers who made her feel negative and was used to delete and install new memories. Psychodynamic therapy was used for age regression and inner child healing. one of the sessions, she felt extreme fear as she went down in her subconscious mind and she saw herself as a three-year-old sitting in the lap of her father. She suddenly started crying and there were outbursts of hysterical tears. Then she realized that her father was making her sit in his lap, drinking alcohol and playing sex ally. She felt outraged and shocked. Then, she started seeing the marriage of her parents objectively as she had always blamed her mother as the reason for her sadness. She realized that her father was also irresponsible. Her father had died recently and she decided to forgive him and again her balance in life. Spirit Releasement Therapy was used to send his spirit out of her mind. Applied behavior analysis was used to establish positive and negative reinforcers for her mind so that she would no longer find it enforcing to indulge in the memory. Inner child healing was done to get her to feel she

had received justice and she took the child from her father as her adult self and reclaimed her sanctity, cut energy cords with him, and released the memory. In the second session of five hours, she did therapy on her divorce, forgiveness, energy cord cutting and releasing her aborted child. **Her BDI score came down from 38 to 12.** Depression went from the root cause.

The second case was done in 2019 and it was of a girl who had already taken therapy from several psychologists and visited the psychiatrist for five years. V.B too 10 sessions of three hours each. She was 25 years old. She was very depressed and had found no solace yet. She searched the internet and found me, as a past life regression therapist. Her sessions usually included two hours of applied psychological counseling and one hour of hypnotherapy work wherein we did past life regression, age regression, and inner child healing. All the 15 methods of therapy were used. After the initial interview, CBT was used to find her present life setbacks, which were that she had left work after her masters. DBT was used to find her perceptual positions with her parents, teachers, friends, and relatives. Gestalt therapy was used to find her ambitions vs. her parents' ambitions, factors for her resistance, and counseling of parent. Client-centered therapy was used to encourage her to find her own answers from her subconscious mind. Applied behavior analysis was used to find what kind of lifestyle she found appealing so that she would work to get that desired emotional experience. Solution-focused approach was used rather than allowing a greater focus on insight development so that she would remain on target and not overthink in depression. She was taken into hypnosis by using progressive relaxation, muscle relaxation and alpha deepening methods. Hypnotherapy was used to access the subconscious mind without mesmerism; she was awake throughout the session but deeply focused. Past life therapy was used to show her reasons for her depression as stored in her subconscious mind. There was suicide after two lifetimes. Even now, she had contemplated suicide but she became aware that it will not end her trauma after seeing her past life sessions. She started finding relief as she saw her past lifetimes along with the discussions we had. Even if she did not believe in past lives, the stories narrated by the subconscious mind could be taken as narratives of how the subconscious mind perceived her situation on. Usually, every client has problems in accepting past lives. however, some of them have severe outbursts of crying as this girl had. Spirit releasement therapy was used to heal her subconscious mind for negative memories of past lifetimes. After every session, she used to feel a big release. She even took bath and washed all her clothes after going home after every session. She initially took 5 sessions of three hours each, with her mother sitting along and felt much better. Then, she stopped the therapy and said she would return later if needed. Subsequently, in one month, some more innate symptoms cropped up.

She again came for therapy and took five more sessions without her mother. In three sessions, it was discovered that she had been a man in her previous life and a rich girl had married him. After the marriage, he had become an alcoholic and there were several fights between them. She somehow sought to keep him in her control, but he wanted to leave and run away. He felt he was bad as she made him feel guilty. Finally, he committed suicide. This same girl was her class mate in her graduation years. Psychodynamic therapy was used to access the childhood part of her personality through age regression. She had once taken her to her room which she shared with her friend and had called some boys there. They had all taken alcohol and a boy had started touching this girl who was my client. She could not say no initially but soon had stopped him. However, she felt very guilty about this whole episode later and started feeling ashamed of herself. This happened again a few days later. After that, she stopped meeting her friend but felt betrayed by her. This was a constant worry in her mind that she felt she had no good friend. After therapy, she realized that there was a problem with that girl and not herself and she could wash herself mentally, cut

energy cords, and clean herself from the guilt she felt. Energy Cord Cutting was used to create detachment. NLP was used to forgive by deleting memories and understand soul lessons to install memories that were more in tune with her conscience. She also realized that she would make more friends later once she started working. She was subsequently willing to take up a government job as her parents desired, get married and have children. **Her depression score on BDI fell from 48 to 10, which was evidence that she was normal now.**

The third case was in 2020. It was a boy of about 27 years old. S.S took 2 sessions of 6 hours each. She had been severely depressed for 5 -6 years. His mother called me up for his therapy and he was willing to take sessions. His sessions happened on the phone. After the initial interview, where he said he did not like engineering that he had studied and was unemployed for five years, Solution-focused therapy was used where his future career was to be found such that he felt positive in everyday routine. He took sessions for 6 hours daily over two days. CBT was used to find reasons of his depression. He had completed engineering but he did not feel like working. He used to sit in a dark room all day and shunned the world. DBT was used to find his dialectics with his family. He had stopped talking to everyone. Gestalt behavior therapy was used to understand his circumstances. Through Gestalt therapy, he realized that he had taken engineering because his parents had insisted but had never liked the subject. The client-centered approach was applied where he found his own solutions. Hypnosis was used to access his subconscious mind. Progressive relaxation, muscle relaxation, and alpha-deepening methods were used to relax his conscience. Past life regression was used to find reasons for his severe distress as stored in the subconscious mind. In these sessions, he saw past lifetimes and healed those lifetimes. He saw a lot of accidental violence in those lifetimes. Energy cord cutting was done to free his mind from being attached to those memories. Spirit Releasement was done to free his consciousness from trauma and guilt by rescripting which was corrected by taking a different route of reaching his destination in his mind map. Then he did long discussions using applied behavior analysis interventions where he clarified what is important or not in his subconscious mind and in his life. With psychodynamic therapy and age regression, he re-established contact with his childhood self and his lost confidence. By understanding his childhood desires, he found new confidence and decided to change his line. NLP was used to delete old memories and install future motivation scripts. **His depression score fell from 44 to 15 on the BDI scale**, meaning that his severe depression had left him and he was feeling only mildly depressed after twelve hours of therapy. He started sitting in light again and could have normal relation with his parents. He called me up after a few months to say that he felt much happier now and he had shifted to learning designing on the computer. He said that integrated therapy was very useful.

The fourth case happened in 2023. S.K took 3 sessions of 4 hours each. He was 21 years old and initially took four hours of therapy and his depression suddenly vanished. His parents accompanied him in therapy session. He took two hours of applied psychology talk therapy and two hours of hypnotherapy. After therapy, He changed his chosen field from engineering to medical. **The scores on BDI came down from 35 to 5.** However, after four months, some symptoms reappeared after he had a breakup with a girl. He again came for therapy with his mother and took 4 more hours of therapy, He again felt rejuvenated in spirits. Solution solution-focused approach was used so that he would choose to study than stay depressed. CBT was used to find the reason for his depression which appeared to be disappointment with his college teachers and exhaustion after being a topper in twelfth. He also could not understand engineering. DBT and Gestalt therapy were used to understand his circumstances. His parents were very supportive and encouraged him to change his chosen line of engineering to do what he found better but they used to fight

a lot amongst themselves, which made him very depressed. Parents were counselled not to fight and they did stop. Client-centered therapy was used where he was gently guided to find his own answers so that he could take an interest in his studies. Applied behavior analysis was used to find the emotional experience that he found more rewarding than being depressed or pressured. Under hypnosis, he was helped to relax by using progressive relaxation, muscle relation methods, and alpha-deepening methods. He was made familiar with the feelings of lightness and relaxation. Psychodynamic therapy was used to find his childhood fears and past life therapy was used to find the reasons for his fears as stored in his subconscious mind. Energy cord cutting was used to detach from memories of violence in past lives and to rescript the lives to positive so that the present life would be positive. Spirit releasement was done to free his mind from guilt and abuse by energy healing and converting negative energy to positive energy. NLP was used to delete habits of negative thinking and new habits of positive thinking were installed. After therapy, in the next three months, he left his old college of engineering, had a treatment of kidney stone removal, and shifted to studying for medical.

Discussion

It was found that T.K. had bipolar disorder while the other three cases had unipolar disorder. While the unipolar depression could be treated completely and the client went back to the state s/ he was in before therapy, the bipolar disorder could not be healed completely. The lady with bipolar disorder could, however, work and write a book after therapy. Clients with unipolar depression went back to normal work routine.

In all the four cases cited, that depression was created due to memories which made the clients feel guilty and helpless. It was healed by deletion of old memories in the subconscious mind to help the clients felt more hopeful; and optimistic. The general awareness that came in was that focusing on helplessness would not solve the problem, every problem cannot be solved and some trauma has to be accepted with an understanding that all human beings are not perfect. Concepts of trust have to be redefined with more trust on the self than on others and onus of one's life has to be shifted on the self. When these people realized that they themselves were responsible for their own happiness and the blame could not be passed on any other, they realized that they had to invest energy on feeling positive with a choice to focus internally and predominantly on the blessings of life more than on negative situations of life. All the four cases developed self awareness and meaningfulness in life.

Conclusion

The intention of writing this paper was to spread the awareness that integration of psychological therapies with spiritual therapies helps. Just spiritual work and just psychological work do not produce as deep results as when integration of spirituality and psychology happens. Applied psychology also needs to spread in schools so that children are trained in emotional management & deliberately directed positivity focus from their early years and take onus of their happiness on themselves.

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