

Sustained Psychological Well-being through Integrated Hypnotherapy and Energy Psychology

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ABSTRACT

This study investigates the efficacy of integrating hypnotherapy and energy psychology techniques in enhancing psychological well-being, specifically targeting individuals diagnosed with psychoneuroses. A randomised controlled trial (RCT) design was employed, involving 200 participants aged 18 to 55, who were assigned to four groups: hypnotherapy alone, energy psychology alone, integrative energy hypnotherapy, and a control group receiving standard care. Interventions were delivered over eight weeks, with outcomes assessed using validated tools for anxiety and depression. Analysis revealed that the integrative energy hypnotherapy group showed significantly lower depression scores compared to both individual treatment groups ($p < 0.05$). The hypnotherapy group also demonstrated a modest advantage over the energy psychology group. These results underscore the potential of integrative approaches in optimising therapeutic outcomes. This research fills a notable gap in the literature by providing empirical evidence for the synergistic effects of combining hypnotherapy and energy psychology. The findings advocate for a paradigm shift towards integrative therapeutic methods in mental health care, potentially leading to more effective interventions for psychological distress.

Keywords: *Hypnotherapy, Energy Psychology, Psychoneuroses, Mental Health, Alternative Therapies, Integrative Approach*

In an era marked by an increasing prevalence of mental health issues, the quest for effective therapeutic modalities has never been more pressing. Psychological well-being is a fundamental component of overall health, yet many individuals find themselves ensnared in a cycle of distress, often resorting to psychiatric medications for relief. This reliance on pharmacological interventions, even for relatively minor psychological concerns, raises critical questions about the adequacy of traditional therapeutic approaches. Talk therapy, while beneficial for many, does not universally yield the desired outcomes, leaving a significant portion of the population seeking alternatives.

The present study aims to explore the integration of hypnotherapy and energy psychology as a viable solution to enhance psychological well-being. Despite the growing interest in complementary and alternative therapies, there remains a scarcity of rigorous studies that

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specifically compare the effectiveness of these two modalities when used in conjunction. Hypnotherapy, with its roots in suggestion and altered states of consciousness, offers a unique framework for addressing deep-seated psychological issues. Meanwhile, energy psychology, which focuses on the interplay between emotional distress and the body's energy systems, presents an innovative approach to healing. The potential synergy of these two techniques warrants thorough investigation, as preliminary anecdotal evidence suggests that their combined application may lead to more rapid and enduring results than either method employed in isolation.

This research seeks to fill a notable gap in the literature by systematically examining the efficacy of integrated hypnotherapy and energy psychology techniques. By doing so, the study aspires to provide empirical evidence that supports this integrative approach, thereby contributing to both academic discourse and practical applications in the field of mental health. Understanding the dynamics of this integration could not only enhance therapeutic outcomes but also offer a more holistic pathway for individuals seeking to reclaim their psychological well-being.

Ultimately, this study is not merely an academic exercise; it holds significant implications for the future of mental health treatment. In a world where the demand for effective psychological interventions continues to rise, the exploration of innovative, integrative methods could pave the way for a new paradigm in mental health care.

LITERATURE REVIEW

The pursuit of sustained psychological well-being has become increasingly significant in contemporary psychological research, particularly as mental health issues continue to rise globally. Integrated approaches that combine different therapeutic modalities, such as hypnotherapy and energy psychology, have gained attention for their potential to enhance therapeutic outcomes. Hypnotherapy, often employed to facilitate deep relaxation and access to the subconscious mind, has been shown to be effective in treating various psychological disorders (Perry et al., 2020). Energy psychology, on the other hand, encompasses techniques that involve the body's energy systems, such as Emotional Freedom Techniques (EFT), and aims to resolve emotional distress by tapping into these energy pathways (Church, 2013). The integration of these two modalities presents a unique opportunity to explore their combined efficacy in promoting psychological well-being.

A study by Green and Lynn (2021) examined the effectiveness of hypnotherapy in treating anxiety disorders. The authors employed a randomised controlled trial (RCT) design, with participants receiving either hypnotherapy or a control intervention. Findings indicated that hypnotherapy significantly reduced anxiety levels compared to the control group. However, the study's limitations included a small sample size and a lack of long-term follow-up, which raises questions regarding the sustainability of the treatment effects. While this study contributes to understanding hypnotherapy's potential, it does not address the integration of energy psychology techniques, which may enhance outcomes.

In contrast, a systematic review by Clond (2016) analysed the efficacy of energy psychology interventions, particularly EFT, across various psychological conditions. The review synthesised findings from multiple studies, concluding that EFT is effective in reducing symptoms of anxiety, depression, and PTSD. However, the review also highlighted inconsistencies in study methodologies, such as variations in treatment duration and participant demographics, which complicate the generalisation of results. Clond's work

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underscores the potential of energy psychology, yet it does not explore the synergistic effects of combining EFT with hypnotherapy, thus leaving a significant gap in the literature. Further exploring the integration of these modalities, a pilot study by Hurst and Smith (2022) investigated the combined effects of hypnotherapy and EFT on stress reduction. The authors utilised a mixed-methods approach, collecting both quantitative and qualitative data from participants. Results indicated a notable reduction in perceived stress levels and improved coping mechanisms. However, the study's small sample size and lack of a control group limit the generalisability of the findings. This research provides preliminary evidence for the efficacy of an integrated approach but necessitates further investigation to establish robust conclusions.

Despite the promising findings surrounding hypnotherapy and energy psychology individually, the literature reveals a significant gap regarding their combined application. The existing studies primarily focus on one modality at a time, failing to explore how their integration may enhance therapeutic outcomes. This gap is particularly concerning given the growing interest in holistic approaches to mental health care. The lack of empirical evidence supporting the combined use of hypnotherapy and energy psychology highlights an urgent need for research in this area.

In assessing the overall condition of the literature, it is evident that while individual modalities demonstrate efficacy in promoting psychological well-being, the integration of hypnotherapy and energy psychology remains largely unexplored. This literature review highlights the importance of addressing this gap, as the combined effects of these therapies could potentially lead to more effective interventions for individuals struggling with psychological distress.

My research aims to fill this significant gap by investigating the effects of an integrated hypnotherapy and energy psychology approach on psychological well-being. By employing a rigorous methodological framework, including a larger sample size and a control group, this study will contribute to the understanding of how these modalities can work synergistically to enhance mental health outcomes. The findings will not only add to the existing body of knowledge but may also inform clinical practice, offering a novel therapeutic approach for individuals seeking sustained psychological well-being.

METHOD

This study employed a randomised controlled trial (RCT) design, which is widely regarded as the gold standard for assessing the efficacy of interventions in clinical research. The RCT design was selected for its ability to minimise bias and establish causality between the interventions and the outcomes measured. By randomly assigning participants to different treatment groups, we aimed to ensure that any observed effects could be attributed to the interventions themselves rather than confounding variables. This methodological rigor is particularly important in the field of mental health, where the complexities of psychological conditions can influence treatment outcomes. The study was conducted over a six-month period at a private counselling and psychotherapy centre, which provided a suitable environment for recruiting participants and delivering interventions.

A total of 200 participants, aged between 18 and 55 years, were recruited for the study. All participants were diagnosed with psychoneuroses according to the criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). This specific diagnostic category was chosen because it encompasses a range of anxiety and mood

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disorders that are prevalent in the general population and can significantly impact individuals' quality of life. The inclusion criteria required participants to provide informed consent, ensuring they understood the nature of the study and their rights as participants. Additionally, participants were required to have no active psychosis and to refrain from any concurrent changes in psychiatric medications during the study period. These criteria were established to create a homogenous sample, thereby reducing variability that could confound the results.

Upon recruitment, participants were randomly assigned into four distinct groups, with each group comprising 50 individuals. The groups were as follows: Group 1 received hypnotherapy alone (HP), Group 2 received energy psychology alone (EP), Group 3 underwent integrative energy hypnotherapy (IEH), and Group 4 served as a control group receiving standard care with talk therapy alone. The randomisation process was conducted using a computer-generated random number sequence, which ensured that the assignment to each group was entirely independent of the researchers' biases and the participants' characteristics.

The choice of interventions was made based on a thorough review of the literature and their relevance to the treatment of psychoneuroses. Hypnotherapy (HP) has been shown to facilitate relaxation and enhance the therapeutic process by accessing the subconscious mind, which can be particularly beneficial for individuals with anxiety-related disorders (Hawkins et al., 2018). Energy psychology (EP), which incorporates techniques such as Emotional Freedom Techniques (EFT), has gained traction in recent years for its potential to alleviate emotional distress by addressing the underlying energy disruptions associated with psychological symptoms (Church, 2013). Integrative energy hypnotherapy (IEH) combines elements of both hypnotherapy and energy psychology, offering a comprehensive approach that may enhance treatment effectiveness. The control group received standard care, which included traditional talk therapy, to provide a benchmark against which the experimental groups could be compared.

The interventions were delivered over a period of eight weeks, with each participant receiving a total of eight sessions, one per week. Each session lasted approximately 60 minutes and was conducted by trained therapists who were experienced in their respective modalities. The therapists underwent a rigorous training programme to ensure fidelity to the treatment protocols, which was monitored through regular supervision and adherence checks. Participants were encouraged to engage actively in their treatment and were provided with supplementary materials to reinforce the skills learned during the sessions.

To assess the efficacy of the interventions, a range of outcome measures was employed. The primary outcome measure was the Mental Health Inventory (MHI-38) which is a standardized tool to measure participants' psychological health and severity of symptoms before and after intervention.

Assessments were conducted at baseline, immediately post-intervention, and at three-month follow-up to evaluate both the immediate and sustained effects of the treatments.

Data analysis was performed using statistical software, with a focus on comparing the outcomes across the four groups. Analysis of variance (ANOVA) was employed to assess differences in means between groups, and post-hoc tests were conducted to explore specific group comparisons. Effect sizes were calculated to provide a measure of the practical

significance of the findings. Additionally, intention-to-treat analyses were carried out to account for any dropouts or incomplete data, thereby ensuring the robustness of the results. In conclusion, this study utilised a rigorous randomised controlled trial design to evaluate the efficacy of hypnotherapy, energy psychology, and integrative energy hypnotherapy in treating psychoneuroses. By employing a comprehensive methodology that included randomisation, clearly defined interventions, and robust outcome measures, the study aimed to contribute valuable insights into the effectiveness of these therapeutic approaches. The findings will be discussed in the context of existing literature, with implications for clinical practice and future research directions.

RESULTS

Impact of Treatment Type on Anxiety Scores

An Analysis of Variance (ANOVA) was conducted to evaluate the effect of different treatment types on anxiety scores among participants.

Table 1 One-way ANOVA examining the effect of treatment type on Anxiety Scores

Source of Variation	df	F	p-value	Interpretation
Treatment type	3	8.46	< 0.001	Significant effect of treatment type on anxiety scores
Error	196	--	--	--
Total	199	--	--	--

The analysis revealed a significant main effect of treatment type, $F(3,196) = 8.46, p < 0.001$. This result indicates that the type of intervention employed significantly influenced the participants' levels of anxiety, suggesting that the therapeutic methods chosen are crucial in addressing psychoneuroses symptoms.

Post Hoc Comparisons

To further explore the differences between treatment groups, a Post Hoc Tukey analysis was performed.

Table 2 Post Hoc Tukey Comparisons Between Treatment Groups on Depression Scores

Comparison	Mean difference Direction	p-value	Significance
IEH vs HP	IEH lower than HP	0.02	Significant
IEH vs EP	IEH lower than EP	0.01	Significant
HP vs EP	HP lower than EP	0.05	Significant (modest)

The findings from this analysis highlighted that participants in the Integrative Energy Hypnotherapy (IEH) group exhibited significantly lower anxiety scores compared to those in both the Hypnotherapy (HP) group ($p = 0.02$) and the Energy Psychology (EP) group ($p = 0.01$). This suggests that the IEH intervention was more effective in alleviating anxiety symptoms than either of the individual treatments alone.

Comparisons Between Individual Treatments

Additionally, the results indicated that the HP group had a modest yet significant advantage over the EP group, with a p-value of 0.05.

Table 3 Summary of Treatment Effectiveness on Depression Scores

Treatment Group	Relative Effectiveness	Key Finding
Integrative Energy Hypnotherapy (IEH)	Highest	Produced the greatest reduction in anxiety scores
Hypnotherapy (HP)	Moderate	More effective than EP in reducing anxiety
Energy Psychology (EP)	Lower	Showed improvement, but less effective compared to IEH and HP

This finding implies that while both interventions are beneficial, the HP approach may provide more substantial improvements in anxiety scores compared to the EP method. However, the extent of this advantage is less pronounced than that observed with the IEH intervention, underscoring the potential of combining therapeutic approaches to enhance treatment efficacy.

Synergistic Effects of Integrative Approaches

The results from the post hoc tests further elucidate the superior effectiveness of the integrative approach. Participants in the IEH group not only showed a greater reduction in anxiety scores but also demonstrated the synergistic benefits of combining Hypnotherapy and Energy Psychology. This finding supports the hypothesis that integrative interventions can lead to enhanced therapeutic outcomes compared to singular treatment modalities.

In summary, the current study's findings underscore the importance of treatment type in managing depression. The IEH intervention stands out as the most effective method, significantly outperforming both HP and EP treatments. These results advocate for the adoption of integrative therapeutic approaches in clinical settings to optimise patient outcomes in management of psychoneuroses.

DISCUSSION

The findings of this study contribute significantly to the existing literature on the effectiveness of mind-body techniques in reducing psychological distress particularly in relation to Hypnotherapy and Energy Psychology techniques used separately. Our results align with previous researches conducted in the field (Feinstein et al., 2012 and Barrios et al., 2001). This consistency supports the notion that the fusion of physiological and psychological processes can result in remarkable therapeutic advantages in treating Psychoneurosis.

Additionally, our results introduce a novel perspective by contributing a crucial element to this discussion by proving that by combining these two powerful therapies viz. hypnotherapy and energy psychology techniques through Integrative Energy Hypnotherapy (IEH) can remarkably improve the efficacy of treatment for people dealing with emotional and psychological issues. This could prompt a re-evaluation of established theories and encourage future scholars to investigate further on the subject.

Despite the contributions of this study, it is important to acknowledge its limitations. Although this study provides valuable information regarding the effectiveness of the Integrative Energy Hypnotherapy (IEH) intervention, it is limited by its short duration, self-report biases, and lack of generalizability; therefore, larger multi-centre trials and

neurophysiological studies should be conducted. Additionally, future research should investigate whether IEH can be applied to other psychological conditions beyond psychoneuroses in order to improve our understanding and the applicability of the findings to a wider range of mental health issues.

In conclusion, the combination of energy psychology and hypnotherapy is a major development in psychotherapy that could improve the course of treatment for those who are suffering from psychological distress. Practitioners can provide more efficient and compassionate care by adopting a holistic approach that recognizes the interaction between the mind and body.

CONCLUSION

The exploration of the synergy between hypnotherapy and energy psychology reveals significant potential for multi-level change in treating psychoneurotic disorders. By addressing both psychological and physiological aspects, this integrative approach may fill existing therapeutic gaps and enhance the quality of care for individuals suffering from these conditions.

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Conflict of Interest

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