



The IDEA Framework: Integrating Positive Psychology, Yoga, Hypnotherapy, and Bilateral Stimulation for Safety, Stabilization, and Healing of Well-Being

IDEA Çerçevesi: Güvenlik, Stabilizasyon ve İyi Oluşun İyileştirilmesi için Pozitif Psikoloji, Yoga, Hipnoterapi ve İkili Uyarımın Bütünleştirilmesi

Cindi Saj¹, Rosina Mete²

1. Yorkville University, New Brunswick, Canada. E-mail: csaj@yorkvilleu.ca
2. Yorkville University, New Brunswick, Canada. E-mail: rmete@yorkvilleu.ca

Abstract

This article integrates an empowering lens to showcase a multimodal approach that promotes and develops safety, healing, and well-being with a supportive therapist. It describes and explains tenets of positive psychology, yoga, hypnotherapy, and bilateral stimulation to develop client skills to foster safety and healing and consequently, their well-being. Research has shown that these practices can enhance neural connectivity, improve emotional regulation, and reduce stress responses. As a result, safety and stabilization are established for the client. All four of these modalities integrate empowerment and connectedness for the client. The authors also provide examples of integrating the approaches to support clients and their mental health in specific scenarios. This article is the start of a multimodal or scaffolded approach to empower client healing within mental health. The authors provide an acronym, IDEA, which translates to identify (client issue or presenting problem), determine the first approach, engage in integration, and assess and evaluate progress. The IDEA approach can be utilized with one approach at a time or integrate all approaches as necessary. The client's well-being is prioritized and their ability to heal is emphasized. This article acts as a foundation for future research regarding pathways to safety and healing for well-being. It also provides an evidence-based structure to assist clinicians and clients with their healing of well-being journeys.

Keywords: Yoga, Healing, Positive Psychology, Well-being, Hypnotherapy

Öz

Bu makale, destekleyici bir terapist eşliğinde güvenliği, sağaltımı ve iyi oluşu teşvik eden çok modlu bir yaklaşım sergileyerek, güçlendirici bir bakış açısını bütünleştirmektedir. Danışanın güvenliğini, iyileşmesini ve dolayısıyla iyi oluşunu desteklemek amacıyla gerekli becerileri geliştirmek için pozitif psikoloji, yoga, hipnoterapi ve ikili uyarım ilkeleri tanımlanmakta ve açıklanmaktadır. Araştırmalar, bu uygulamaların sinirsel bağlantıları artırabildiğini, duygusal düzenlemeyi geliştirebildiğini ve stres tepkilerini azaltabildiğini ortaya koymuştur. Sonuç olarak, danışan için güvenlik ve stabilizasyon sağlanmaktadır. Söz konusu dört yöntem, danışanın güçlenmesini ve terapi sürecine bağlılığını artırmayı hedeflemektedir. Yazarlar ayrıca, danışanları ve onların ruh sağlığını desteklemeye yönelik yaklaşımların belirli senaryolara nasıl entegre edilebileceğine dair örnekler sunmaktadır. Bu makale, danışanın ruh sağlığı bağlamında sağaltım sürecini güçlendirmek için çok modelli veya destekleyici bir yaklaşımın temelini oluşturmaktadır. Yazarlar, danışanın mevcut sorunlarını tanımlamak, ilk müdahale yaklaşımını belirlemek, entegrasyona katılmak, ilerlemeyi analiz etmek ve değerlendirmek anlamına gelen IDEA kısaltmasını kullanmışlardır. IDEA yaklaşımı, tek bir yöntemle uygulanabileceği gibi, gerektiğinde farklı yaklaşımların entegrasyonu ile de kullanılabilir. Bu süreçte, danışanın refahı önceliklendirilmekte ve iyileşme kapasitesi vurgulanmaktadır. Bu makale, güvenlik ve iyileşmeye giden yolları ele alan gelecekteki araştırmalara bir temel oluşturmanın yanı sıra, klinisyenler ve danışanlar için kanıta dayalı bir yapı sunarak iyileşme sürecine rehberlik etmektedir.

Anahtar Kelimeler: Yoga, Şifa, Pozitif Psikoloji, İyi Oluş, Hipnoterapi



Introduction

We all have the tools within us to heal. We are continually learning more about the connections between the brain, the body and the breath and what they each do for each other (Mather, 2024; Treves et al., 2024). We are discovering the importance of movement and stillness, bilateral stimulation and mindfulness, focused attention, and deep relaxation on the brain and body for mental health and wellness (Toussaint et al., 2021; Treves et al., 2024). Recent research highlights how these practices can enhance neural connectivity, improve emotional regulation, and reduce stress responses (Bondár et al., 2023; Syed Abdullah et al., 2024). Furthermore, integrating movement and mindfulness techniques into therapeutic approaches is shown to foster resilience and promote overall well-being, emphasizing their vital role in holistic mental health care (van Seggelen-Damen et al., 2023).

Everyone possesses the ability to lead a fulfilling life and to heal from within. We can all acquire self-soothing techniques that engage our physiological responses, fostering feelings of safety and stability (Vidal & Soldevilla, 2023). Mental health clinicians can assist in empowering their clients and supporting them as well as guiding them through this process. When we cultivate a sense of security in the present moment, we are better able to embrace our current experiences, leading to improved physical and mental well-being (Briggs, 2024). This mindful state of comfort within ourselves allows us to be our best selves and supports long-term health and wellness. Healing contributes to our overall emotional well-being.

The authors suggest a multi-pronged approach to establishing safety and stabilization, and consequently emotional well-being. The authors provide an overview of each concept and its therapeutic use and benefits. By integrating positive psychology (strengths and mindfulness), yoga (Pranayama: breath, Asana: movement, and Dhyana: meditative practices), hypnosis/hypnotherapy (eliciting trance: deep relaxation and positive suggestion), and bilateral stimulation (emotional processing), the authors believe we can create a comprehensive and effective therapeutic approach. This model advances the existing literature by offering a holistic approach that not only supports the achievement of clients' goals but also empowers them in the process. It establishes an evidence-based framework that ensures clinicians are equipped with the flexibility to adapt to individual needs. This integrative model acknowledges the interconnectedness of mind and body, promoting holistic healing by addressing emotional, psychological, and physical well-being. This multi-faceted approach can improve mental health outcomes, greater self-awareness, and enhanced overall quality of life. To further assist in the model's implementation, the authors provide an acronym, IDEA, which represents identify (issue), determine first approach, engage in integration, assess and evaluate progress.

Method

The authors reviewed relevant literature and noted themes within related theoretical concepts and outcomes. The authors provide an overview of the literature related to each concept: Positive Psychology, Yoga, Hypnotherapy, and Bilateral Stimulation. The authors noted the feasibility of a practical multimodal model to address the client's emotional dysregulation, trauma symptoms, and challenges managing stress. Research has shown an integrative approach using evidence-based practices can benefit different mental health concerns, including trauma symptoms (Tempone-Wiltshire, 2024) and is effective among a variety of populations from youth populations to older adult populations (McGorry et al., 2022; Reynolds et al., 2022). The article is organized as a concise review highlighting the benefits of incorporating these concepts as a unified approach to enhance safety and support as well as the recovery of well-being (Snyder, 2019). To deepen the understanding of the model, each concept is described as a therapeutic tool that offers safety and recovery benefits, accompanied by examples. The multimodal nature of the approach is further described and organized with a table and examples. The authors developed an acronym, IDEA, to assist with addressing client concerns while using the model. The authors outlined how to integrate the model working with a client who has low self-esteem and a

client with anxiety, respectfully.

Positive Psychology

Positive psychology is a strengths-based approach that emphasizes the development of an individual's values, development, and well-being (Wang et al., 2021). Martin Seligman (2019) is considered one of the founders of positive psychology, as he introduced it to the American Psychological Association in 1998 as a possible evidence-based psychotherapeutic practice. He then conducted numerous studies to further solidify his findings and approach. Seligman (2011) developed an acronym to highlight the five components of well-being, PERMA, which represents Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. PERMA has been adapted and validated among a variety of diverse populations (Bartholomaeus et al., 2020; Chaves et al., 2023; Wammerl et al., 2019). Seligman's original PERMA model was developed into a PERMA+4 model in 2020, which added physical health, mindset, environment, and economic security (Cabrera & Donaldson, 2023). Research shows that positive psychology can lead to improvements in one's quality of life, levels of anxiety, depression, and stress and even help manage chronic pain (Carr et al., 2023).

Positive Psychology as a Therapeutic Tool

Positive psychology interventions focus on developing positive feelings, behaviours and thoughts. Positive psychology "practices and interventions aim to develop strengths, skills, and resources to prevent mental disorder from occurring, foster resilience, and to help people live the best lives possible" (Kern et al., 2020, p. 706). Positive psychology interventions range from identifying one's strengths, character traits, and values to creating a foundation for more positive or happier emotions in one's life. An assessment tool like the Signature Strengths Questionnaire (SSQ-72) can assist with strengths identification for the client (Rashid, 2015). The PERMA+4 acronym can be used as a foundation for therapeutic treatment starting with the identification and engagement with positive emotions. Furthermore, the use of a gratitude exercise assists in fostering thankfulness for experiences and achievements in one's daily life (Seligman, 2011). Research identifies single-session gratitude work as improving one's psychological health and stress levels (Meyer & Stutts, 2024). When an individual is overwhelmed by negative thoughts or increased worry, the use of a positive affirmation such as "every day may not be good, but there's something good in every day" or "stop fearing what could go wrong and start welcoming what could go right," can assist in creating more positive thoughts and changing neurological pathways to allow for happier cognitions.

Bilateral Stimulation

Bilateral stimulation (or BLS) uses bilateral movements to promote the engagement of both hemispheres of the brain via eye movements, physical tapping, or auditory tones (Blackwood, 2024). Bilateral movements, which involve simultaneous stimulation of both sides of the body, have been shown to have a profound impact on the brain and nervous system (Blackwood, 2024). This back-and-forth movement can calm the brain and nervous system, promoting emotional regulation and improving mental health and well-being (Amano & Toichi, 2016).

Bilateral stimulation (BLS) is often used within Eye Movement Desensitization and Reprocessing (EMDR) therapy to aid individuals in processing traumatic or emotional experiences. This therapeutic approach integrates rhythmic sensory input to help facilitate the healing process (Shapiro, 2018). However, BLS can be used outside of EMDR to help manage stress, anxiety, and other mental health conditions. BLS can also be used to "tap in" positive affirmations and self-talk, as well as feelings of safety, security, and a feeling of calm.

One common method of BLS is physical tapping, where individuals alternate tapping their hands or feet or feel taps moving from one side of the body to the other (Amano & Toichi, 2016). This tapping can be applied to various body parts, such as the thighs, hands, and palms (Burback et al., 2024; Javinsky et al., 2024). A notable self-administered technique is the "Butterfly Hug," which involves four simple steps: crossing the arms over the chest, crossing the thumbs, closing the eyes, and taking deep breaths to facilitate relaxation, followed by lightly tapping the chest with the fingertips (Cagaoan et al., 2023). These techniques of bilateral stimulation serve as effective strategies for improving emotional well-being and processing distressing thoughts and feelings.

Bilateral Stimulation as a Therapeutic Tool

Bilateral stimulation (BLS) can serve as an effective therapeutic tool in various psychological therapies, helping individuals feel safety and security, as well as process and heal from traumatic experiences and emotional distress. By engaging both hemispheres of the brain, BLS promotes emotional regulation and facilitates cognitive reprocessing (de Jongh et al., 2019). Bilateral stimulation has been found to activate the relaxation response in the parasympathetic nervous system (Cagaoan et al., 2023), promote better communication between the left and right hemispheres in the brain (de Jongh et al., 2019), and increase neurotransmitters such as serotonin and dopamine associated with feelings of well-being and happiness (Burback et al., 2024). The various methods of bilateral stimulation include eye movement, auditory cues, and physical tapping (Siegel, 2010). These techniques can be used as a tool for managing stress, anxiety, and other mental health conditions (Burback et al., 2024). Incorporating self-stimulated bilateral stimulation can be a great self-care coping strategy, or a self-soothing strategy to help with difficult life events.

Yoga

Yoga is a holistic practice that originated in ancient India. The term "yoga" is derived from the Sanskrit word "yuj," which translates to "unite" or "join," (Kirk, 2021). Yoga's primary focus is on integrating and promoting balance within the physical, mental, and spiritual elements of the self (Kirk, 2021). In other words, yoga is the practice of joining in harmony with the body, mind, and spirit.

Yoga practitioners are often invited to focus on their breath and body, in addition to being grounding and mindful in the moment. Accordingly, while it is commonly associated with physical postures (Asana), breath control (pranayama), and meditative mindfulness (Dhyana), yoga philosophy also encompasses a broader array of elements, including ethical principles (Yamas and Niyamas) and self-study (Svadhyaya) (Feuerstein, 2022). Yoga is often referred to as a philosophy and presents many teachings to help a yoga practitioner find balance on and off the yoga mat in their physical, psychological and spiritual being.

Yoga as a Therapeutic Tool

Yoga can be used as a therapeutic tool because it can help regulate the nervous system through breathing techniques and mindfulness, which in turn can help promote relaxation, reduce stress, and enhance emotional well-being. Health-care practitioners have also started to combine yoga-based practices for disease prevention and the promotion of overall well-being (Khalsa et al., 2024).

In mental health care, yoga can be an effective tool for individuals dealing with stimuli that exceed their window of tolerance. By utilizing breathwork to regulate the heartbeat and enhance blood circulation, along with specific bodily movements such as forward folds and legs-up-the-wall poses, individuals can facilitate a transition from the sympathetic nervous system, which is responsible for the fight-or-flight response, to the parasympathetic nervous system, which promotes rest and digestion. This practice not only helps induce a state of calm but also aids in recovery from the heightened stress responses associated with trauma (Van der Kolk, 2022; Porges, 2021).

Yoga can be a powerful tool for enhancing self-esteem by fostering self-acceptance, mindfulness, and body awareness. Through consistent practice, individuals can cultivate an appreciation for their bodies and capabilities, which helps deepen the connection between the mind and body. This practice encourages a nonjudgmental attitude toward oneself, promoting compassion and understanding of one's unique journey (Arrastia-Chisholm et al., 2024; Siegel, 2010).

Yoga can be instrumental in trauma recovery by fostering a sense of safety and calm while helping individuals feel grounded in their bodies. This grounding effect supports emotional stability and aids in the processing of traumatic experiences (Van der Kolk, 2022).

As mentioned above, yoga emphasizes the unity of the mind, body, and breath. Through a combination of physical postures, breathwork, and mindfulness techniques, yoga can be used as a therapeutic tool to help individuals gain control of their bodies to regulate the nervous system, increase self-esteem and confidence, and aid in trauma recovery (Van der Kolk, 2022).

Hypnosis and Hypnotherapy

Hypnosis can be defined as a state of concentrated awareness that leads to an altered state of consciousness, characterized by profound relaxation and increased susceptibility to suggestion (Knafo & Weinberger, 2024; Nash & Barnier, 2012). According to Hammond (2010), hypnosis is a naturally occurring state of consciousness characterized by a cooperative process that involves focused attention and heightened suggestibility, and an altered state of consciousness. Individuals are guided into hypnosis by an induction, which involves relaxation techniques, focused attention, or guided imagery. Once in a hypnotic state, deepening techniques are used to enhance the level of hypnosis, helping the client achieve deeper relaxation and focus.

Hypnotherapy as a Therapeutic Tool

Hypnotherapy is a therapeutic approach that utilizes hypnosis to facilitate positive changes in individuals, enabling them to tap into their subconscious mind while attaining deeper states of relaxation and concentration (Linden et al., 2024).

During hypnotherapy, the therapist can provide positive suggestions, affirmations, or post-hypnotic cues designed to facilitate behavioral changes, including anxiety reduction, self-esteem enhancement, and trauma recovery following the hypnosis session (Orenstein, 2018).

Accordingly, hypnotherapy can effectively help regulate and calm one's nervous system, boost self-esteem, and aid in trauma recovery by facilitating deep relaxation and promoting positive cognitive reframing (Eason & Parris, 2019). As indicated above, during hypnotherapy sessions, individuals will enter a state of deep relaxation and focused awareness, which initiates the parasympathetic nervous system, in turn helping to reduce stress and anxiety (Milling, 2023). Furthermore, hypnotherapy can enhance self-esteem by suggestions focused on allowing individuals to visualize and reinforce positive beliefs about themselves (Hammond, 2007). In terms of trauma recovery, hypnotherapy can process and integrate traumatic memories, creating a safe mental space for healing and emotional release (Milling, 2023; Lynn & Green, 2023).

Hypnotherapy has also been shown to be effective in addressing various issues, including anxiety, pain management, and habit modification (Barber & Calverley, 2009). Integration is used at the end of the hypnotherapy session to help the client bring insights and changes gained during the hypnotherapy session back into their conscious awareness and everyday life (Leo et al., 2024; Nash & Barnier, 2012).

Model in Action: IDEA

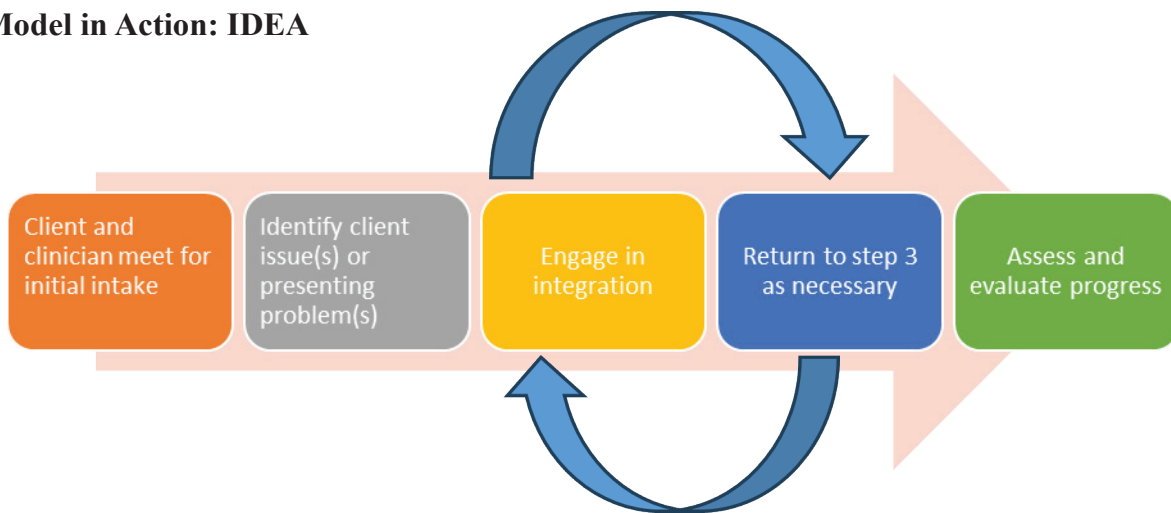


Figure 1. The IDEA multimodal model

To further assist with the multimodal approach, the authors present an acronym, IDEA, which is explained in Figure 1. IDEA stands for identify (issue), determine first approach, engage in integrating additional approaches, assess, and evaluate progress. These interventions and modalities have value because they can complement and increase the effectiveness of the intention.

To begin, the mental health clinician will develop therapeutic rapport with their client and collaboratively determine the presenting problem or issue. For the next letter, D, the clinician will determine which approach to begin with and which approaches to integrate. For a client who is experiencing depressive symptoms, setting manageable goals and acknowledging small wins will help bolster their well-being. The clinician can also discuss positive affirmations and use clinical hypnosis for visualizations to foster more positive feelings. Consequently, the clinician and client can determine together whether yoga or bilateral stimulation may assist in further increasing their ability to manage stressful situations and low feelings. This process is an example of engaging in additional approaches (E). A client who notices increased muscle tension may be more likely to try yoga poses, whereas a client with extremely rigid thoughts may benefit from bilateral stimulation for tapping in positive affirmations. The clinician will then assess the client’s progress and symptoms to determine their progress (A).

The following chart provides a detailed overview of how a mental health clinician may incorporate each type of therapeutic modality to address a client who presents with low self-esteem and a client who presents with anxiety. The therapeutic goals are to build their levels of self-esteem and manage their anxiety levels, respectively. The table outlines each therapeutic approach and related concepts to integrate for the most effective healing by the client. Different examples from each modality are included.

Table 1. Examples of the model in action

	Positive Psychology	Yoga	Bilateral Stimulation (BLS)	Hypnotherapy
<u>Self-Esteem</u>	Practice Self-compassion Exploration, Identification and Acknowledge Strengths. Nurture Skills Engage in Positive Self-Talk Create Positive Affirmations Identify Personal Empowering Mantra Cultivate Gratitude Set Achievable Goals Celebrate Small Wins	<p><u>Asana (Poses):</u> Engaging in yoga postures that enhance feelings of self-esteem. Focus on Physically and Emotionally Poses to: <u>Empower:</u> Mountain pose, Chair Pose, Warrior I, II and Crescent Lunge <u>Promote Balance and Stability:</u> Tree Pose and Warrior III <u>Mind-Body Connection:</u> Child's Pose, Cat-Cow, Bridge and Corpse Pose</p> <p><u>Pranayama (Breath Control):</u> <u>Stress Reduction by</u> Diaphragmatic Breathing & Equal Breathing <u>Increased Focus by</u> Counting breaths such as 4 Square or 4, 7, 8 breathing technique. <u>Emotional Balance by</u> Alternative Nostril Breathing</p> <p><u>Dhyana (Meditation):</u> Self-Reflection Enhance Mindfulness Chanting Mantra Meditation</p>	<p>BLS on yoga mat during certain asana, pranayama and meditation to enhance positive feelings of self Slow tapping to encourage "tapping in" positive affirmations BLS via butterfly taps to enhance feelings of safety and self-esteem with positive self-talk Tapping in Safe place, tapping in feelings of safety Slow walking movements in nature for BLS Drumming or singing to engage in benefits of BLS. Examples of positive self-talk and mantras to be used for self-esteem: I am good enough I am worthy I matter I am loved I am strong 4-8 on each side slow taps or butterfly taps, slow steps, drumming</p>	<p>Hypnosis Eliciting trance for positive suggestion Visualizations Inner Child Work Deep Relaxation Suggestion Therapy Post-Hypnotic Suggestions Example of suggestion in trance: I already have everything I need Guided imagery for a treasure chest with whatever client needs inside</p>

Anxiety	Engage in activities that contribute to well-being such as:	Asana (Poses):	BLS on yoga mat during certain asana, pranayama and meditation to enhance safety and security and decrease anxiety	Deep Relaxation
	Gratitude	Engage in yoga poses that promote a feeling of safety, calm and self-control:		Suggestion Therapy
	Journaling	Child’s pose		Post-Hypnotic Suggestions
	Positive Reframing	Table top	Slow tapping on shoulders, or thighs to enhance feelings of safety and security from calm place	Building Positive Affirmations
	Practice Self-Compassion	Downfacing dog		Hypnosis Eliciting trance for positive suggestion
	Recall time, time mapping a time when felt empowered, strong, optimistic or in control	Forward bend		
		Bridge	Tapping in Safe place, tapping in feelings of safety	
		Boat pose	Slow walking movements in nature for BLS	
	Strength finder and reminder	Reclining Bound Angle Pose		Visualizations
	Self-Compassion Practice	Pranayama (Breath Control):	Drumming or singing to engage in the benefits of BLS.	Inner Child Work
	Develop Coping Strategies	Use breath to help reset central nervous system and calm:		Example of suggestion in trance: I can keep myself safe
	Radical Acceptance and Distress Tolerance	Diaphragmatic Breathing	Examples of positive self-talk and mantras to be used for increasing feelings of safety	I am safe
	Gratitude	Equal Breathing		I am strong
	Cultivate Optimism	Bee Breath: In this technique, you produce a humming sound while exhaling. This vibration can calm the mind and reduce feelings of anxiety by providing a soothing and grounding effect.	I am safe I am strong I am ok	I am safe
		Dhyana (Meditation):	4-8 on each side slow taps or butterfly taps, slow steps, drumming	Guided imagery for a treasure chest with whatever the client needs inside
	Meditative Mindfulness- Body Scan Meditation			

Discussion and Conclusion

The journey toward healing and well-being lies within each individual, supported by a growing understanding of the interconnectedness of the brain, body, and breath. Recent research emphasizes the significance of practices such as movement, stillness, bilateral stimulation, and mindfulness in enhancing mental health and overall wellness. These practices are shown to foster resilience, emotional regulation, and neural connectivity. Moreover, incorporating complementary therapeutic tools—including positive

psychology, yoga, hypnosis, and bilateral stimulation—encourages holistic healing, addressing emotional, psychological, and physical well-being. Positive psychology, rooted in strengths-based approaches, aids individuals in cultivating resilience and improving their quality of life. Techniques such as gratitude exercises and positive affirmations can shift negative mindsets into positive frameworks. Bilateral stimulation (BLS) enhances emotional processing and regulation through various methods, including tapping and eye movements. Yoga is a multifaceted therapeutic tool that promotes mindfulness, breath control, and physical well-being, aiding in trauma recovery and emotional stability. Lastly, hypnotherapy allows individuals to access their subconscious for deep relaxation and behavioural change, enhancing self-esteem and addressing trauma effectively.

This article is the beginning of the discussion regarding multimodal approaches to therapy for safety and stability. The outlined approach has a highlighted theme of empowerment and connectedness within each therapeutic modality. While some therapists, such as Lazarus, emphasized eclecticism where there do not have to be similarities between modalities (Tabatabaeifar et al., 2023), the authors of this article argue that a scaffolding approach assists in supporting the client emotionally and further builds upon the premise of positive psychology. Individuals can increase their levels of positive feelings and well-being overall (Seligman, 2011).

Future research may examine how this multimodal approach affects the brain, especially how each one impacts areas that control mood, thinking, and emotions. Brain imaging studies could provide clarification on how well these mixed methods work together. Additionally, the model may be enhanced by expressive arts therapies, such as painting or music. There is early research on the efficacy of expressive art therapy and bilateral stimulation as well as the use of art therapy for trauma treatment (Lusebrink, & Hinz, 2021; Schouten et al., 2019, Tripp, 2007).

In conclusion, the integration of various therapeutic approaches, such as encompassing positive psychology, yoga, hypnotherapy, and bilateral stimulation, creates a powerful model for promoting mental health and healing. By leveraging innate capacities for self-soothing, emotional regulation, and resilience, individuals can cultivate a profound sense of safety and balance in their lives. This comprehensive approach highlights the interconnectedness of mind and body and emphasizes the importance of individual agency in the healing process. As researchers continue to explore the depths of these practices and their effects on well-being, it becomes increasingly clear that fostering a holistic program for healing is essential for achieving lasting mental health improvements and overall life satisfaction. Ultimately, everyone possesses the potential to lead fulfilling lives, and with the right tools and support, they can navigate the path to wellness and recovery with confidence and resilience.

Declarations

Acknowledgements: Not applicable

Authors' contributions: C Saj 50%, R Mete 50%

Competing interests: The authors declare that they have no competing interests.

Funding: Not applicable.

Ethics approval and consent to participate: The materials used in the literature review were appropriately referenced.

Copyright & License: Authors publishing with the journal retain the copyright to their work licensed under the **CC BY 4.0**.

References

- Amano, T., & Toichi, M. (2016). The role of alternating bilateral stimulation in establishing positive cognition in EMDR therapy: A multi-channel near-infrared spectroscopy study. *PLoS ONE*, *11*(10), e0162735. <https://doi.org/10.1371/journal.pone.0162735>
- Arrastia-Chisholm, M., Adams, K. S., Cakmakci, H., & Cunningham, T. (2024). Mindfulness and yoga: Contemporary behavior therapy. *International Journal of Positivity & Well-Being*, *2*(1), 46–57. <https://doi.org/10.61518/ijpw-34>
- Barber, J., & Calverley, D. (2009). *The Oxford handbook of hypnosis: Theory, research, and practice*. Oxford University Press.
- Bartholomaeus, J. D., Iasiello, M. P., Jarden, A., Burke, K. J., & van Agteren, J. (2020). Evaluating the psychometric properties of the PERMA profiler. *Journal of Well-Being Assessment*, *4*, 163–180. <https://doi.org/10.1007/s41543-020-00031-3>
- Blackwood, T. J. (2024). *The 14-day self-guided EMDR therapy workbook: Heal trauma, reprocess memories, and reclaim your life*. Owubooks.
- Bondár, R. Z., Bertollo, M., di Fronso, S., & Robazza, C. (2024). Mindfulness to performance enhancement A systematic review of neural correlates. *International Review of Sport and Exercise Psychology*, *17*(1), 65–93. <https://doi.org/10.1080/1750984X.2021.1949742>
- Briggs, J. E. (2024). *Healing the wounds within: A comprehensive self-care guide for survivors of domestic violence*. Jstone Publishing.
- Burback, L., Forner, C., Winkler, O. K., Al-Shamali, H. F., Ayoub, Y., Paquet, J., & Verghese, M. (2024). Survival, attachment, and healing: An evolutionary lens on interventions for trauma-related dissociation. *Psychology Research and Behavior Management*, 2403–2431. <https://doi.org/10.2147/PRBM.S402456>
- Cabrera, V., & Donaldson, S. I. (2023). PERMA to PERMA+4 building blocks of well-being: A systematic review of the empirical literature. *The Journal of Positive Psychology*, *19*(3), 510–529. <https://doi.org/10.1080/17439760.2023.2208099>
- Cagaoan, M. S. F., Dayrit, A. C. D., Vega, A. C. R. D., & Flores, M. J. V. (2023). Effectiveness of the butterfly hug method to the level of mental health status of senior citizens living in a selected healthcare facility: Basis for adjunct therapy. *Journal of Rural Community Nursing Practice*, *1*(2), 185–209. <https://doi.org/10.58545/jrcnp.v1i2.119>
- Carr, A., Finneran, L., Boyd, C., Shirey, C., Canning, C., Stafford, O., Lyons, J., Cullen, K., Prendergast, C., Corbett, C., Drumm, C. & Burke, T. (2023). The evidence-base for positive psychology interventions: A mega-analysis of meta-analyses. *The Journal of Positive Psychology*, *19*(2), 191–205. <https://doi.org/10.1080/17439760.2023.2168564>
- Chaves, C., Ballesteros-Valdés, R., Madrudejos, E., & Charles-Leija, H. (2023). PERMA-Profiler for the Evaluation of well-being: Adaptation and validation in a sample of university students and employees in the Mexican educational context. *Applied Research in Quality of Life*, *18*(3), 1225–1247. <https://doi.org/10.1007/s11482-022-10132-1>
- De Jongh, A., Bicanic, I., Matthijssen, S., Amann, B. L., Hofmann, A., Farrell, D., Lee, C. W., & Maxfield, L. (2019). The current status of EMDR therapy in the treatment of complex PTSD. *Journal of EMDR Practice and Research*, *13*(4), 284–290. <https://doi.org/10.1891/1933-3196.13.4.284>
- Eason, A. D., & Parris, B. A. (2019). Clinical applications of self-hypnosis: A systematic review and meta-analysis of randomized controlled trials. *Psychology of Consciousness: Theory, Research, and Practice*, *6*(3), 262–278. <https://doi.org/10.1037/cns0000173>

- Feuerstein, G. (2022). *The encyclopedia of yoga and tantra*. Shambhala Publications.
- Hammond, D. C. (2010). *Handbook of hypnotic suggestions and metaphors*. W. W. Norton & Company.
- Hammond, D. C. (2007). *Hypnosis in the relief of pain*. W.W. Norton & Company.
- Javinsky, T.-R., Udo, I., & Awani, T. (2024). Eye movement desensitisation and reprocessing: Part 2 – wider use in stress and trauma conditions. *BJPsych Advances*, 30(4), 220–229. <https://doi.org/10.1192/bja.2022.31>
- Kahn, J. (2014). *Hypnosis: The key to unlocking your mind's potential*. HarperCollins.
- Kern, M. L., Williams, P., Spong, C., Colla, R., Sharma, K., Downie, A., Taylor, J., Sharp, S., Siokou, C. & Oades, L. G. (2020). Systems informed positive psychology. *The Journal of Positive Psychology*, 15(6), 705-715. <https://doi.org/10.1080/17439760.2019.1639799>
- Khalsa, S. B., Cohen, L., McCall, T., Telles, S., & Cramer, H. (2024). *The principles and practice of yoga in health care*. Jessica Kingsley Publishers.
- Kirk, R. (2021). *The yoga tradition: Its history, literature, philosophy, and practice*. Himalayan Institute Press.
- Knafo, G., & Weinberger, J. (2024). Exploring the role of conscious and unconscious processes in hypnosis: A theoretical review. *Brain Sciences*, 14(4), 374.
- Leo, D. G., Keller, S. S., & Proietti, R. (2024). “Close your eyes and relax”: The role of hypnosis in reducing anxiety, and its implications for the prevention of cardiovascular diseases. *Frontiers in Psychology*, 15, 1411835. <https://doi.org/10.3389/fpsyg.2024.1411835>
- Linden, J. H., De Benedittis, G., Sugarman, L. I., & Varga, K. (Eds.). (2024). *The Routledge international handbook of clinical hypnosis*. Taylor & Francis.
- Lusebrink, V. B., & Hinz, L. D. (2021). The expressive therapies continuum as a framework in the treatment of trauma. In *Art therapy, trauma, and neuroscience* (pp. 42-66). Routledge.
- Lynn, S. J., & Green, J. P. (2023). An introduction to the practice of clinical hypnosis. In L. S. Milling (Ed.), *Evidence-based practice in clinical hypnosis* (pp. 3–27). American Psychological Association. <https://doi.org/10.1037/0000347-001>
- Mather, M. (2024). The emotion paradox in the aging body and brain. *Annals of the New York Academy of Sciences*, 1536(1), 13-41. <https://doi.org/10.1111/nyas.15138>
- McGorry, P. D., Mei, C., Chanen, A., Hodges, C., Alvarez-Jimenez, M., & Killackey, E. (2022). Designing and scaling up integrated youth mental health care. *World Psychiatry*, 21(1), 61-76. <https://doi.org/10.1002/wps.20938>
- Meyer, H. H., & Stutts, L. A. (2024). The impact of single-session gratitude interventions on stress and affect. *The Journal of Positive Psychology*, 19(2), 315-322. <https://doi.org/10.1080/17439760.2023.2170823>
- Milling, L. S. (Ed.). (2023). *Evidence-based practice in clinical hypnosis*. American Psychological Association. <https://doi.org/10.1037/0000347-000>
- Nash, M. & Barnier, A. J. (2012). *The Oxford handbook of hypnosis: Theory, research, and practice*. Oxford University Press.
- Orenstein, R. (2018). *The power of hypnotherapy: A handbook for practitioners*. Springer.
- Porges, S. W. (2021). *The pocket guide to polyvagal theory: The transformative power of feeling safe*. W. W. Norton & Company.
- Rashid, T. (2015). Strength-based assessment. In S. Joseph (Ed.) *Positive psychology in practice: Promoting human flourishing in work, health, education, and everyday life*, 519-542. <https://doi.org/10.1002/9781118996874.ch31>

- Reynolds 3rd, C. F., Jeste, D. V., Sachdev, P. S., & Blazer, D. G. (2022). Mental health care for older adults: Recent advances and new directions in clinical practice and research. *World Psychiatry, 21*(3), 336-363. <https://doi.org/10.1002/wps.20996>
- Schouten, K. A., van Hooren, S., Knipscheer, J. W., Kleber, R. J., & Hutschemaekers, G. J. (2019). Trauma-focused art therapy in the treatment of posttraumatic stress disorder: A pilot study. *Journal of trauma & dissociation, 20*(1), 114-130. <https://doi.org/10.1080/15299732.2018.1502712>
- Seligman, M.E. (2011). *Flourish*. Free Press
- Seligman, M. E. (2019). Positive psychology: A personal history. *Annual review of clinical psychology, 15*(1), 1-23. <https://doi.org/10.1146/annurev-clinpsy-050718-095653>
- Shapiro, F. (2018). EMDR therapy: An overview. In *Eye Movement Desensitization and Reprocessing (EMDR) therapy* (pp. 1-20). American Psychological Association.
- Siegel, D. J. (2010). *The mindful therapist: A clinician's guide to mindfulness and neural integration*. W. W. Norton & Company.
- Snyder, H. (2019). Literature review as a research methodology: An overview and guidelines. *Journal of Business Research, 104*, 333-339. <https://doi.org/10.1016/j.jbusres.2019.07.039>
- Syed Abdullah, S. S., Awang Rambli, D. R., Sulaiman, S., Alyan, E., Merienne, F., & Mohd Muhaiyuddin, N. D. (2021). The impact of virtual nature therapy on stress responses: A systematic qualitative review. *Forests, 12*(12), 1776. <https://doi.org/10.3390/f12121776>
- Tabatabaeifar, S. M., Eshghi, N., & Sonqori, F. (2023). Investigating the integrative approach and presenting strategies for the integrative approach in psychotherapy and counseling. *Journal of Assessment and Research in Applied Counseling (JARAC), 5*(1), 41-46. <https://doi.org/10.61838/kman.jarac.5.1.6>
- Tempone-Wiltshire, J. (2024). The role of mindfulness and embodiment in group-based trauma treatment. *Psychotherapy and Counselling Journal of Australia, 12*(1). <https://doi.org/10.59158/001c.94979>
- Toussaint, L., Nguyen, Q. A., Roettger, C., Dixon, K., Offenbacher, M., Kohls, N., Hirsh, J. & Sirois, F. (2021). Effectiveness of progressive muscle relaxation, deep breathing, and guided imagery in promoting psychological and physiological states of relaxation. *Evidence-Based Complementary and Alternative Medicine, 2021*(1), 5924040. <https://doi.org/10.1155/2021/5924040>
- Treves, I. N., Pichappan, K., Hammoud, J., Bauer, C. C., Ehmann, S., Sacchet, M. D., & Gabrieli, J. D. (2024). The mindful brain: A systematic review of the neural correlates of trait mindfulness. *Journal of Cognitive Neuroscience, 36*(11), 2518-2555. https://doi.org/10.1162/jocn_a_02230
- Tripp, T. (2007). A short term therapy approach to processing trauma: Art therapy and bilateral stimulation. *Art Therapy, 24*(4), 176–183. <https://doi.org/10.1080/07421656.2007.10129476>
- Van der Kolk, B. A. (2022). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Penguin Books.
- Van Seggelen-Damen, I. C. M., Peeters, S. C. T., & Jacobs, N. (2023). Being mindful and resilient: The role of self-reflection, rumination, and well-being. *Psychology of Consciousness: Theory, Research, and Practice, 10*(2), 193–203. <https://doi.org/10.1037/cns0000338>
- Vidal, J., & Soldevilla, J. M. (2023). Effect of compassion-focused therapy on self-criticism and self-soothing: A meta-analysis. *British Journal of Clinical Psychology, 62*(1), 70-81. <https://doi.org/10.1111/bjc.12394>
- Wammerl, M., Jaunig, J., Mairunteregger, T., & Streit, P. (2019). The German version of the PERMA-Profil: Evidence for construct and convergent validity of the PERMA theory of well-being in German speaking

countries. *Journal of Well-Being Assessment*, 3(2), 75-96. <https://doi.org/10.1007/s41543-019-00021-0>

Wang, Y., Derakhshan, A., & Zhang, L. J. (2021). Researching and practicing positive psychology in second/foreign language learning and teaching: the past, current status and future directions. *Frontiers in Psychology*, 12, 731721. <https://doi.org/10.3389/fpsyg.2021.731721>