



## Evaluating the IDEA Framework: An Integrative Approach to Enhancing Well-Being via Yoga, Meditation, Bilateral Stimulation, and Hypnotherapy

### IDEA Çerçevesinin Değerlendirilmesi: Yoga, Meditasyon, Bilateral Uyarım ve Hipnoterapi Yoluyla İyi Oluşu Geliştirmeye Yönelik Bütüncül Bir Yaklaşım

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#### Abstract

This study explores the impact of the IDEA Framework with a Yoga-Based Psycho-Neuro-Somatic Therapy (YPNST) workshop created to increase self-esteem, safety, and emotional stability, as well as psychological safety. The study is grounded in integrative mind-body approaches for mental health. The framework combines yoga, meditation, bilateral stimulation, and hypnotherapy to promote resilience and well-being. This research investigates how integrative interventions with the IDEA Framework can foster well-being. A mixed-methods design was employed, with twelve adult participants completing pre- and post-intervention assessments, including the Rosenberg Self-Esteem Scale, safety and stability questionnaires, and open-ended reflections. Quantitative analyses using Wilcoxon signed-rank tests revealed statistically significant improvements in key areas of self-esteem, self-confidence, and perceived safety. Specifically, participants reported greater satisfaction with themselves, increased recognition of personal strengths, and stronger coping mechanisms, alongside enhanced feelings of groundedness and emotional security. Complementing these results, thematic qualitative analysis highlighted participants' increased body awareness, trust, and positive self-perceptions, often expressed through both psychological insights and physical sensations such as relaxation, openness, and calmness. Findings suggest that multimodal, body-centered practices may effectively enhance self-worth and emotional security, highlighting their potential as accessible tools for promoting mental well-being in a variety of settings. Limitations include the small sample size, underscoring the need for further research to validate and expand upon these preliminary results. Implications suggest that the IDEA Framework may provide an accessible, structured model for integrating diverse modalities into counselling, wellness, and community-based settings, with further research needed to validate long-term and large-scale outcomes.

**Keywords:** Bilateral Stimulation, Positive Psychology, Holistic Well-being, IDEA Framework, Yoga-Based Psycho-Neuro-Somatic Therapy (YPNST)

#### Öz

Bu çalışma, özsaygıyı, güvenlik duygusunu, duygusal istikrarı ve psikolojik güvenliği artırmak amacıyla oluşturulan Yoga Tabanlı Psiko-Nöro-Somatik Terapi (YPNST) atölyesiyle birlikte geliştirilen IDEA Çerçevesi'nin etkisini incelemektedir. Çalışma, zihinsel sağlık alanında bütüncü zihin-beden yaklaşımlarına dayanmaktadır. Bu çerçeve; dayanıklılığı ve iyi oluşu desteklemek için yoga, meditasyon, iki taraflı uyarım ve hipnoterapiyi bir araya getirmektedir. Bu araştırma, IDEA Çerçevesi kapsamında uygulanan bütüncü müdahalelerin iyi oluşu nasıl destekleyebileceğini incelemektedir. Karma yöntemli bir araştırma tasarımı kullanılmış; on iki yetişkin katılımcı, Rosenberg Özsaygı Ölçeği, güvenlik ve istikrar anketleri ile açık uçlu yansıtma sorularından oluşan müdahale öncesi ve sonrası değerlendirmeleri tamamlamıştır. Wilcoxon işaretli sıralar testi kullanılarak yapılan nicel analizler, özsaygı, özgüven ve algılanan güvenlik gibi temel alanlarda istatistiksel olarak anlamlı gelişmeler ortaya koymuştur. Katılımcılar, kendilerinden daha fazla memnuniyet duyduklarını, kişisel güçlü yönlerinin farkına vardıklarını, daha güçlü başa çıkma mekanizmaları geliştirdiklerini ve artan topraklanmışlık ile duygusal güvenlik hissettiklerini bildirmişlerdir. Bu sonuçları tamamlayan tematik nitel analiz, katılımcıların artan beden farkındalığını, güven duygusunu ve genellikle hem psikolojik içgörüler hem de rahatlama, açıklık ve sakinlik gibi fiziksel duyumlarla ifade edilen olumlu öz algılarını ortaya koymuştur. Bulgular, çok boyutlu ve beden merkezli uygulamaların özdeğeri ve duygusal güvenliği etkili biçimde artırabileceğini göstermektedir. Sınırlılıklar arasında küçük örneklem boyutu yer almakta olup, bu durum elde edilen ön sonuçların doğrulanması ve genişletilmesi için daha fazla araştırmaya ihtiyaç olduğunu göstermektedir. Bulgular, IDEA Çerçevesi'nin danışmanlık, sağlık ve toplum temelli ortamlarda farklı yöntemleri bütüncü erişilebilir ve yapılandırılmış bir model sağlayabileceğini, ancak uzun vadeli ve geniş ölçekli sonuçları doğrulamak için ileri çalışmalara ihtiyaç duyulduğunu ortaya koymaktadır.

**Anahtar Kelimeler:** İkili Uyarım, Pozitif Psikoloji, Bütüncül İyi Oluş, IDEA Çerçevesi, Yoga Tabanlı Psiko-Nöro-Somatik Terapi (YPNST)



## Introduction

There has been increasing recognition of how physical, psychological, and emotional well-being are deeply interconnected over the years. This awareness serves as a prelude to growing curiosity about holistic mind-body approaches to mental health and resilience (Johnson & Lee, 2023; Sharma et al., 2025; Stynes et al., 2022). Among these approaches, interventions and practices such as yoga, mindfulness meditation, bilateral stimulation (used in therapies like EMDR), and hypnotherapy have gained significant popularity and attention. They are increasingly incorporated into therapeutic settings, reflecting a movement toward integrating cognitive and somatic healing within a unified model (Kabat-Zinn, 2013). These approaches are believed to help reduce stress, regulate emotions, and promote psychological safety. Research also indicates that holistic, mind-body practices can improve self-esteem, foster emotional resilience, and create a sense of safety and stability (Johnson & Lee, 2023; Kabat-Zinn, 2003; Kuhfuß et al., 2021; Sharma et al., 2025; Stynes et al., 2022).

From progressive findings in favor of these interventions, it is clearly understood that there is a growing acceptance of layering approaches due to their empirical support and holistic efficacy for mental health care (Goyal et al., 2014; Johnson & Lee, 2023; Sharma et al., 2025). According to empirical studies, yoga and mindfulness meditation have been demonstrated to diminish anxiety and depressive symptomatology. They also improve the regulation of emotions (Goyal et al., 2014). Bilateral stimulation in EMDR therapy is widely regarded as effective in resourcing feelings of self-soothing and for processing traumatic memories (Shapiro, 2018). Hypnotherapy employs subconscious activities to provide wider avenues for behavior modification in a stress-relieving manner (Linden et al., 2024). Thus, altogether, they manifest the potential of this healing modality, which is the combination of physical movement, attentional shift, and neuro-somatic techniques, within a comprehensive healing framework.

The trend toward multimodal therapy reflects a shift toward holistic mental health care. Effective practitioners increasingly use yoga, mindfulness, bilateral stimulation, and hypnotherapy to address different aspects of well-being. Integration promotes psychological resilience and emotional stability in the IDEA Framework. Yoga regulates and grounds the nervous system, while hypnotherapy boosts self-esteem and reduces stress. Layering these practices helps clients learn self-regulation, emotional processing, and self-care, which leads to more lasting and meaningful results (Johnson & Lee, 2023; Sharma et al., 2025). Mindfulness reduces anxiety and stress, improves mood, body awareness, and coping mechanisms, according to new research (Stynes et al., 2022). These studies support integrative approaches like the IDEA Framework for self-esteem and holistic well-being.

These new findings suggest that psychomotor therapies such as bilateral stimulation and hypnotherapy would complement these outcomes. These approaches specifically operate through the neural pathways used for self-regulation and emotional stability (Saj & Mete, 2025). Thus, operational structuring of traditional and contemporary modalities emphasize the need for a framework that organizes and integrates divergent practices in a systematic and research-informed way. Though encouraging theoretical indications have appeared for the potential benefits of multimodal body-centered interventions (Saj & Mete, 2025), a considerable gap exists in terms of empirical research on the benefits of combined interventions. Literature has discussed yoga, meditation, bilateral stimulation, and hypnotherapy in impacting self-esteem and safety (Creswell & Lindsay, 2014). This study proposes to address this gap with the IDEA Framework.

The identification of issues, therapeutic approaches, progress, and outcomes forms this structured model. The inquiry explored in the Yoga-Based Psycho-Neuro-Somatic Therapy (YPNST) workshop is layering modalities for boosting self-esteem and emotional security.

### **Research Significance**

The research bridges a significant gap in understanding the impact of integrative mind-body therapies by applying the IDEA Framework in a Yoga-Based Psycho-Neuro-Somatic Therapy (YPNST) workshop. The novelty of the research lays in applying the IDEA Framework as a structured, stepwise, and multimodal model that integrates yoga, meditation, bilateral stimulation, and hypnotherapy into a single therapeutic approach. This approach addresses a gap, as many individuals continue to study these modalities independently, with a lack of studies examining the combined effects of these intervention measures. The IDEA Framework, therefore, makes a fresh contribution by offering a systematic method for layering multiple therapeutic practices to enhance self-esteem and perceptions of safety. This study, which employs a mixed-methods design involving both quantitative and qualitative techniques, aims to illuminate the potential of an integrative mind-body practice for psychological safety and resilience and overall wellness improvement.

Based on empirical studies of healing modalities, the IDEA framework advances these through the sequence: identify the presenting issue, determine the appropriate therapeutic sequence, evaluate progress through the intervention, and assess outcomes post-intervention. It aims to maximize therapeutic outcomes through a combination of movement, emotion, and nervous system regulation. Lasting tools for self-regulation and resilience are given to the participants. The IDEA framework, in a practical manner, can be seen in Figure 1: the four significant steps are: (I) Identify the presenting issues, for example, self-esteem and sense of safety; (D) Determine the appropriate therapeutic approach and sequence of modalities-like meditation, bilateral stimulation, yoga, and clinical hypnotherapy; (E) Evaluate progress throughout the intervention; (A) Assess the outcomes by using post-intervention measures.

The value of the IDEA Framework lies in its structured approach to the mindful integration of modalities, enhancing the overall effectiveness of the intervention. For this study, the framework was utilized to support therapeutic outcomes, specifically by layering modalities such as yoga, bilateral stimulation, and hypnotherapy during the YPNST workshop. The effects on self-esteem and feelings of safety and stability were measured before and after the intervention. The following question guides the research:

*Does the IDEA Framework, integrating yoga, psychotherapy, neurotherapy, and somatic therapy, enhance self-worth and emotional security in participants?*

Consequently, the following hypotheses are proposed:

- H1 (Alternative Hypothesis): The IDEA Framework will significantly enhance participants' self-worth and emotional security.
- H0 (Null Hypothesis): There will be no significant difference between pretest and posttest scores, indicating that the IDEA Framework does not enhance self-worth or emotional security.

This study makes an important contribution by introducing and testing the IDEA Framework as an innovative model for layered therapeutic practice. The findings have implications for counselling, wellness, and mental health fields, as they demonstrate how structured integration of yoga, meditation, bilateral stimulation, and hypnotherapy can deepen therapeutic outcomes, provide lasting self-regulation tools, and address existing gaps in the literature on multimodal interventions.

### Model in Action: IDEA Framework



**Figure 1.** The IDEA Framework: A Multimodal Model

### The IDEA Framework: Components of the Integrative Approach

The IDEA Framework combines several research-based modalities, including yoga, meditation, bilateral stimulation, and hypnotherapy, into a structured therapeutic process. Each component is discussed individually, yet all are interlinked, demonstrating how they complement one another within the framework.

#### Yoga Integration in Therapy

Yoga, derived from the Sanskrit meaning “to yoke” or “to unite,” envisions the unification of body, mind, and spirit (Satchidananda, 2012). The IDEA framework is a step-by-step mechanism that includes four steps: Identify, Determine, Evaluate, and Assess. It forms a pathway to accommodate varied therapeutic modalities, including yoga, to foster holistic well-being. Kamradt (2017) explained yoga’s primary aim is to cultivate a sense of wholeness through practices such as physical postures (asanas), breathwork (pranayama), and meditation (dhyana). These practices support developing the client's inner experience and increase self-awareness and confidence. Broderick and Vancampfort (2017) describe yoga as involving “physical postures and breathing exercises to create balance between mind and body,” thereby aiding in stabilizing the nervous system and providing a sense of safety. This type of stabilization serves as a platform for self-esteem and confidence to flourish, as clients begin to learn how to regulate their emotions within a safe context.

Research reviews, such as O’Shea et al. (2021), demonstrate that yoga acts as a beneficial adjunct to other therapeutic modalities, supporting clients’ emotional regulation and resilience which are key aspects of well-being. Bhide et al. (2023) highlight yoga’s versatility in addressing mental health, as it can facilitate behavioural change, improve thought patterns, and foster personal growth and self-awareness. These outcomes directly contribute to increasing clients’ feelings of safety, confidence, and self-esteem, as evidenced by the YPNST workshop findings, which show that the IDEA framework has potential to help clients access and release stored emotions, leading to greater emotional stability and self-trust (Sneed, 2017).

Furthermore, integrating yoga into psychotherapy has been shown to reduce symptoms of anxiety and depression (Butera & Kreatsoulas, 2018; Childs & Fegredo et al., 2023; Larocque & Moreau, 2020). This supports the successful outcome of the IDEA framework by empowering clients with self-regulation tools that reinforce their sense of safety and stabilization.

In line with the IDEA Framework and the structure of the YPNST Workshop, the Yoga-Integrated Health Neuroscience Paradigm (YOGIHANSAM) was developed by Ramanujapuram (2018) to illustrate how yoga can be effectively combined with modern neuroscience. Ramanujapuram (2018)'s approach aimed to deepen the understanding of how these practices support both mental and physical health. This integrated model complements the IDEA framework by offering a scientific foundation that helps clients connect with their physiological responses, develop self-regulation strategies, express their inner experiences, and apply these techniques for sustained healing (Ramanujapuram, 2018). Yoga has the potential to enhance self-esteem, confidence, safety, and stabilization which makes it an excellent modality for supporting comprehensive mental health care (O'Shea et al., 2021; Ramanujapuram, 2018). Although yoga as a therapeutic intervention may not be appropriate for everyone, incorporating it as a layer in the IDEA framework adds a valuable dimension to mind-body wellness in the multi-modal therapeutic approach.

### **Incorporating Bilateral Stimulation into Therapeutic Practice**

Within the scope of the IDEA framework and its integration of diverse modalities alongside yoga, bilateral stimulation (BLS) was also utilized as a therapeutic strategy to support healing processes. BLS plays a vital role within this model and the broader IDEA approach, given its proven capacity to complement various therapeutic techniques, as supported by current empirical research (Amano & Toichi, 2016; Blackwood, 2024; Shapiro, 2018). Research indicates that bilateral stimulation significantly influences the nervous system by promoting calmness, enhancing emotional regulation, and contributing to overall mental health (Shapiro, 2018; Blackwood, 2024; Amano & Toichi, 2016). These findings highlight the importance of integrating BLS as a flexible tool for building resilience and emotional stability across different therapeutic contexts.

Primarily associated with Eye Movement Desensitization and Reprocessing (EMDR) therapy, BLS is employed to aid resource development and facilitate the desensitization and reprocessing of traumatic or emotionally intense memories (Shapiro, 2018). While eye movements are most commonly emphasized, BLS also includes various forms of bilateral stimuli such as physical tapping, auditory tones, and rhythmic bilateral movements that activate both hemispheres of the brain simultaneously (Blackwood, 2024). A frequently used method involves physical tapping, alternately tapping on different body areas like the thighs, palms, or hands, to stimulate bilateral neural pathways (Amano & Toichi, 2016; Burbach et al., 2024; Javinsky et al., 2024). These bilateral actions engage both sides of the body concurrently, leading to neurophysiological benefits such as improved emotional regulation and decreased physiological stress responses (Amano & Toichi, 2016). As a resource-building technique, BLS functions as a calming mechanism that can promote self-soothing, foster feelings of safety, and help regulate a dysregulated nervous system (Shapiro, 2001). Empirical evidence supports its effectiveness in enhancing emotional resilience, reducing the intensity of traumatic memories, and alleviating symptoms related to stress and anxiety (Shapiro, 2018; Lee & Cuijpers, 2013). Beyond trauma-specific applications, BLS is increasingly used to address various mental health issues, including anxiety and depression, and can be integrated with

other modalities such as yoga to reinforce positive affirmations, cultivate a sense of security, and promote calmness in clients (Blackwood, 2024; Rodriguez de Behrends, 2021). The research supported that the inclusion of BLS within the IDEA framework in the YPNST workshop has the potential to be a useful healing process and is another valuable layer for an integrated approach to mind-body well-being.

### **Incorporating Hypnotherapy into Therapeutic Practice**

Within the IDEA framework, hypnotherapy is recognized as a useful modality for layering with other therapeutic practices, such as yoga, meditation, and bilateral stimulation. Its inclusion enhances the integrative mind-body approach to well-being by addressing subconscious processes, facilitating deep relaxation, and promoting behavioural change (Ruswadi et al., 2025).

With the process of hypnotherapy, individuals are guided into a state of deep relaxation and focused attention, allowing access to the subconscious mind while achieving heightened states of concentration (Linden et al., 2024). In this receptive state, therapists can deliver positive suggestions, affirmations, or post-hypnotic cues tailored to support goals such as reducing anxiety, enhancing self-esteem, or processing traumatic memories (Orenstein, 2018).

Hypnotherapy effectively promotes regulation of the nervous system by activating the parasympathetic branch, which encourages relaxation and stress reduction (Linden et al., 2024, Milling, 2023).

In the context of the Yoga-Based Psycho-Neuro-Somatic Therapy (YPNST) workshop, hypnotherapy has been shown to be effective in fostering self-esteem, confidence, and feelings of safety. Hypnotherapy can assist in accessing conscious and subconscious core beliefs, and patterns that influence self-esteem and self-perception. By reinforcing positive imagery and affirmations that can enhance self-trust and internal safety, hypnotherapy can support a sense of vulnerability to safety and resilience (Linden et al., 2024). Another key aspect of hypnotherapy is its ability to stimulate the parasympathetic nervous system through deep relaxation, thereby decreasing physiological stress (Leo et al., 2024). This process fosters a sense of calm and stability, which are essential for emotional regulation and the integration of insights (Linden et al., 2024; Milling, 2023). Research suggests that the inclusion of hypnotherapy within the IDEA framework within the YPNST workshop is another layer worth looking into for its potential for facilitating a body and mind sense of well-being.

## **Methodology**

### **Research Participants and Recruitment Procedure**

This study used a purposive sampling approach to examine the effects of the IDEA Framework (Saj & Mete, 2025) through a YPNST workshop. The workshop combined yoga, psychotherapy, neurotherapy, and somatic therapy to improve participants' self-worth and emotional security. A null hypothesis was established stating that there would be no difference between pre-test and post-test means. Both qualitative and quantitative data were analyzed to evaluate changes between the pre-test and post-test. For the quantitative data, a paired sample t-test (also known as a dependent t-test) was employed to compare pre-test and post-test scores. The test assessed whether there is a statistically significant difference after the workshop. This study was approved by the Research Ethics Board of Yorkville University, and no changes were made to the study design, hypotheses, or analyses after approval. Participants were recruited via indirect advertising through social media platforms, specifically Instagram and Facebook.

The study utilized digital posts and advertisements providing information about the free YPNST program offered at a local fitness studio in collaboration with Yorkville University. Inclusion criteria mandated that participants:

1. Be residents of the area,
2. Be aged 19 years or older,
3. Be proficient in reading and writing in English, and
4. Possess reliable internet access via a computer or smartphone.

Exclusion criteria, based on the Physical Activity Readiness Questionnaire Plus (PAR-Q+), aimed to ensure participant physical safety by disqualifying individuals with severe health conditions that would have a health professional contraindicate gentle yoga participation. Additionally, non-English speakers, individuals who are blind, and deaf individuals were excluded due to communication and technological limitations.

Interested individuals registered through a social media application. They first completed the pre-screening PAR-Q+ questionnaire and were then emailed workshop instructions. Eligible participants attended the in-person workshop on April 13, 2025.

At the beginning of the session, the researcher verbally reviewed informed consent and confidentiality limits with all participants. The pre-study questionnaire was also explained and read aloud. Participants were given sufficient time to review the consent forms and questionnaires and were reminded that they could withdraw at any stage without penalty. In total, twelve (12) participants enrolled in the study. All attended the intervention session and completed both the pre- and post-study questionnaires. There were no dropouts and no missing data. The IDEA Framework YPNST workshop lasted 90 minutes. It consisted of a 60-minute integrative practice followed by closing activities. The structured sequence included:

- A 15-minute mindfulness meditation incorporating bilateral tapping (bilateral stimulation),
- A 30-minute gentle yoga practice emphasizing empowerment, grounding, and strength-building postures, and
- A 15-minute guided savasana (resting pose) with hypnotherapy aimed at fostering self-esteem and emotional stability.

### **Data Collection Procedures**

Data collection involved both quantitative and qualitative measures, conducted in sequential phases. Collecting both forms of data enabled a more comprehensive understanding of participants' experiences. Pre-intervention assessments included standardized questionnaires, such as the Rosenberg Self-Esteem Scale, as well as open-ended questions on self-esteem, confidence, safety, and security. Participants were given 30 minutes to complete the pre-screening assessment before the YPNST workshop. Immediately after the session, participants completed a follow-up questionnaire. This assessment was identical in structure to the pre-test and captured changes in self-esteem, perceptions of safety, and emotional well-being. Participants were again given 30 minutes to complete the post-screening assessment after the workshop.

## Measures

The following three measures were utilized: The Rosenberg Self-Esteem Scale (RSES), along with scaling questions on confidence and safety and stability. The Rosenberg Self-Esteem Scale is one of the most widely used instruments for measuring global self-esteem, or a person's overall evaluation of their worth or value. It was developed by Morris Rosenberg in 1965 and its purpose to assess global self-worth by measuring both positive and negative feelings about oneself. The 10 item questionnaire features five positive worded items such as "On the whole, I am satisfied with myself" and five negatively worded items such as "I feel I do not have much to be proud of." Respondents use a 4 point Likert scale featuring Strongly Agree, Agree, Disagree, and Strongly Disagree and are scored from 0 to 3. The negatively worded items are reverse-scored. Generally higher scores are indicative of higher self-esteem and scores under 15 are correlated with low self-esteem. Scores range from 0 to 30 (Gnambs et al., 2018). The Rosenberg Self-Esteem Scale (RSES) is widely recognized as a valid and reliable measure of self-esteem (Rosenberg, 1965). It demonstrated strong psychometric properties and is widely validated across cultures and languages (Schmitt & Allik, 2005). It is commonly used in psychological research and clinical assessment.

The authors developed scaling questions to determine confidence, safety and stabilization. Scaling questions based on a Likert scale have been shown to quantify experiences and emotions within research (Sarantankos, 1998).

- **Scaling Question on Confidence**

There was one (1) question ("On a scale from 1 to 10, how confident do you feel about yourself"), rated from 1 (not confident) to 10 (very confident) .

- **Scaling Questions on Safety and Stability**

There were 8 scaling questions (e.g., "I feel safe in my current environment") rater from 1= *strongly disagree* to 5= *strongly agree*. The higher scores for these questions reflected a higher level of perceived safety.

## Statistical Analyses

The main hypothesis of this research study is that the IDEA Framework, integrating yoga, psychotherapy, neurotherapy, and somatic therapy, would enhance participants' self-worth and emotional security during the YPNST workshop. The null hypothesis states that there would be no significant differences between pre- and post-test means, indicating no measurable effect of the intervention.

Both qualitative and quantitative data were analyzed to examine changes between pre- and post-test assessments. For quantitative data, paired comparisons were conducted using Wilcoxon signed-rank tests, which are appropriate for small sample sizes and ordinal data. The significance threshold was set at  $p < 0.05$ . Effect sizes were not calculated; however, they are recommended for future studies.

Quantitative data analysis involved both descriptive and inferential statistics. Descriptive statistics included means, medians, and standard deviations for pre- and post-intervention scores on the Rosenberg Self-Esteem Scale and Safety/Stability measures. Data cleaning procedures involved checking for missing values and inconsistencies.

Qualitative data were drawn from open-ended responses. These were transcribed and analyzed using NVivo software. Saldaña (2009)'s coding framework guided the thematic analysis, enabling the identification of emergent themes related to participants' perceptions of self-esteem, safety, and emotional well-being.

## **Results**

### **Summary of Results Quantitative Findings**

#### **Self-Esteem**

Significant improvements were observed in self-esteem scores following the post-intervention. As shown in Table 1, items reflecting overall satisfaction with oneself ( $p = 0.046$ ), recognition of sound qualities ( $p = 0.025$ ), ability to do as well as others ( $p = 0.011$ ), and maintaining a positive attitude toward oneself ( $p = 0.034$ ) were significant. These results indicate that participants developed greater satisfaction with themselves, recognized personal strengths, and maintained a more positive self-view after the workshop.

#### **Self-Confidence**

In addition to global self-esteem, participants reported significantly higher self-confidence in Table 2. The Wilcoxon Signed Ranks Test revealed a substantial improvement ( $p = .002$ ), suggesting that the workshop fostered not only self-esteem but also confidence in one's abilities. These findings support the hypothesis that the IDEA Framework effectively enhanced participants' feelings of self-worth and confidence.

#### **Safety and Stability**

Participants in Table 3 demonstrated significant gains in perceptions of stability and emotional safety. Notable improvements were found in feeling grounded ( $p = 0.010$ ), expressing emotions comfortably ( $p = 0.024$ ), having effective stress coping mechanisms ( $p = 0.014$ ), feeling stable in life ( $p = 0.046$ ), and taking care of personal needs ( $p = 0.015$ ). These results indicate increased emotional resilience and a stronger sense of safety, supporting the effectiveness of the IDEA Framework in promoting well-being in the YPNST workshop. Improvements in these domains are likely to contribute to better mental health, reduced stress levels, and overall well-being. These results support the value of the IDEA Framework (Saj & Mete, 2025) and the value of the YPNST workshop.

**Table 1.** Wilcoxon Signed Ranks Test Pre-Post Results on Self-Esteem

	Q1-Pre- Post	Q2 Pre- Post	Q3 Pre- Post	Q4 Pre- Post	Q5 Pre- Post	Q6 Pre- Post	Q7 Pre- Post	Q8 Pre- Post	Q9 Pre- Post	Q10 Pre-Post
Z	-2.000 <sup>b</sup>	-1.318 <sup>b</sup>	-2.236 <sup>b</sup>	-2.530 <sup>b</sup>	-1.732 <sup>b</sup>	-1.933 <sup>b</sup>	-1.000 <sup>b</sup>	-1.730 <sup>b</sup>	-1.414 <sup>b</sup>	-2.121 <sup>b</sup>
2-tailed significance p	.046*	.187	.025*	.011*	.083	.053	.317	.084	.157	.034*

b. Based on positive ranks

\* p-value less than 0.05 indicates statistically significant differences between pre-and post-intervention scores.

Significant improvements in feelings of self-esteem were observed for questions 1, 3, 4, and 10. The results are highlighted:

- Q1: “*One the whole, I am satisfied with myself*”:  $p = 0.046 \rightarrow$  Significant increase post-screening
- Q3: “*I feel that I have several good qualities*”:  $p = 0.025 \rightarrow$  Significant increase post-screening.
- Q4: “*I am able to do things as well as most other people*”:  $p = 0.011 \rightarrow$  Significant increase post-screening
- Q10: “*I take a positive attitude toward myself*”:  $p = 0.034 \rightarrow$  Significant increase post-screening

Consequently, there was an improvement in self-satisfaction, acknowledging one’s good qualities and abilities, and one’s positive attitude about oneself after completing the YPNST workshop.

**Table 2.** Wilcoxon Signed Ranks Test Pre and Post Self-Reported Self-Confidence Score

	Q12 Pre-Post
Z	-3.066 <sup>b</sup>
2-tailed significance p	.002*

b. Based on positive ranks

\* p-value less than 0.05 indicates statistically significant differences between pre-and post-intervention scores.

Question 12 asked, “*On a scale from 1 to 10, how confident do you feel about yourself*” and yielded a significantly positive result. It identified that participants reported higher levels of confidence after engaging in the YPNST workshop.

**Table 3.** Wilcoxon Signed Ranks Test Safety and Stability

	Q1-Pre- Post	Q2 Pre- Post	Q3 Pre- Post	Q4 Pre- Post	Q5 Pre- Post	Q6 Pre- Post	Q7 Pre- Post	Q8 Pre- Post
Z	-1.000 <sup>b</sup>	-2.000 <sup>b</sup>	-2.264 <sup>b</sup>	-1.000 <sup>b</sup>	-2.460 <sup>b</sup>	-2.585 <sup>b</sup>	-2.428 <sup>b</sup>	-1.633 <sup>b</sup>
2-tailed significance p	.317	.046*	.024*	.317	.014*	.010*	.015*	.102

b. Based on positive ranks

\* p-value less than 0.05 indicates statistically significant differences between pre-and post-intervention scores.

The Wilcoxon Signed Ranks Test yielded statistically significant results for five questions regarding participants' safety and stabilization. The results, found below, highlight an increase in stability, comfort, coping mechanisms, groundedness, and control. These results demonstrate an increase in safety and stabilization after engaging in the YPNST workshop.

### Significant Results ( $p < 0.05$ )

- **Q2:** *“I have a sense of stability in my life right now”*:  $p = 0.046$  → Significant increase post-screening
- **Q3:** *“I feel comfortable expressing my emotions”*:  $p = 0.024$  → Significant increase post-screening.
- **Q5:** *“I have effective coping mechanisms for handling stress”*:  $p = 0.014$  → Significant increase post-screening
- **Q6** *“I feel grounded and present in my body”*:  $p = 0.010$  → Significant increase post-screening
- **Q7:** *“I feel like I can take care of my own needs”*:  $p = 0.015$  → Significant increase post-screening

## Summary of Results Qualitative Findings

### Themes

Throughout the research study, two central themes emerged: 1) Self-Esteem and Confidence, and 2) Safety and Stabilization. Below is a comprehensive summary of the qualitative data related to both themes, and it explores the broader implications of these findings. The qualitative data collected indicate that participants experienced notable improvements in self-esteem, confidence, and feelings of safety and stabilization following the implementation of the IDEA framework within the YPNST workshop.

#### 1. Self-Esteem and Confidence

Participants associated confidence and emotional well-being with physical sensations such as warmth, lightness, relaxed muscles, steady heartbeat, smiling, and a sense of strength. Many reported feeling more confident and optimistic about themselves after the intervention, with physical postures reflecting increased self-assurance, such as relaxed shoulders and chests.

## Qualitative Findings: Self-Esteem

The thematic analysis revealed that participants linked confidence and emotional well-being to specific physical sensations, such as warmth, lightness, steady breathing, relaxed muscles, a steady heartbeat, smiling, and a sense of strength. These sensations were viewed as markers of positive change fostered through mindfulness, body awareness, and supportive environments. Following the YPNST workshop, all participants reported increased self-esteem, either by providing a numerical score or making statements. Some of the positive self-esteem and confidence statements include:

- Participant 2 *“like I am on the top of the world and very happy.”*
- Participant 4 *“I know I am worthy.”*
- Participant 8: expressed feeling *“worthy of all good things.”*
- Participant 9: stated they felt *“good. I feel I am a worthy and complete person. I feel like I can accept good things that happen to me.”*
- Participant 10: *“for the most part I feel I am worthy and deserve respect and happiness.”*
- Participant 11: *“I am worthy of respect and love.”*
- Participant 12: noted they felt *“better, good after affirmations.”*

Words such as *“worthy”*, *“confident”*, and *“more secure”* were common among participants in the post-workshop findings. Others noted an improvement in physical sensations such as:

- Participant 3 reported: *“feeling strong and relaxed, head high, shoulders relaxed, chest open,”* which indicates a physical posture that reflected increased self-assurance.
- Participant 11 also reported: *“feeling strong/better posture.”*
- Participant 5: *“sitting/standing upright, making eye contact, relaxed abdomen.”*

Others noted an improvement in psychological outcome, such as:

- Participant 4: *“feeling empowered, knowing you can do it yourself, that you can make choices on your own.”*
- Participant 7: *“a quiet brain, no negative self-talk, affirmations and kindness in my mental reactions to myself and others.”*

## Implications

These qualitative findings indicate that the YPNST workshop successfully enhances self-confidence on both physical and psychological levels. Participants expressed greater feelings of worthiness and empowerment. Participants described physical sensations and postural changes that also supported the conclusion that the YPNST workshop successfully increased self-esteem, underscoring the holistic impact of the intervention on participants' self-perception and emotional well-being.

## 2.Safety and Stabilization

Regarding safety, participants linked feelings of calmness, bodily groundedness, and trust to their sense of safety. External factors like supportive relationships and secure environments contributed to these feelings. Post-intervention, many expressed a heightened sense of calm and confidence in their safety, emphasizing the connection between physical sensations and emotional security.

### Qualitative Findings: Safety

Following the YPNST workshop, all participants reported increased safety, either quantitatively or qualitatively. Some of the positive safety statements include:

- Participant 2: *“I felt very safe during this practice.”*
- Participant 5 reported: *“feeling warm, relaxed muscles, slow heart rate.”*
- Participant 6 reflected on the: *“relaxation, low, steady heart rate, calm mind, comfortable temperature”* during the practice.
- Participant 7 noticed their: *“low heart rate, relaxed shoulders, no headache, no chest tightness, a lightness within (mental and physical).”*
- Participant 8 reflected they felt: *“warmth, relaxed muscles, my body feels strong and healthy.”*

Following the YPNST workshop, all participants reported experiencing increased feelings of safety. Examples of their positive safety-related statements include feelings of warmth, relaxed muscles, steady heartbeat, calmness, and a sense of strength and health. Participants described noticing both physical and mental signs of safety, which are key indicators of their safety state. These qualitative findings suggest that the YPNST workshop effectively helped participants recognize and connect with sensations that signal feelings of safety, promoting awareness of their internal safety indicators and enhancing their sense of well-being.

### Implications

Qualitative analysis showed that post-intervention, many participants experienced higher levels of confidence and greater feelings of safety. This suggests that the IDEA Framework, in conjunction with the YPNST workshop, fosters conditions characterized by calmness, relaxation, and heightened body awareness. Participants often described sensing internal signals that indicated personal safety, such as physical sensations of relaxation or a steady heartbeat. This implies that the intervention enhanced their awareness of somatic cues associated with safety, supporting the role of body-based practices in promoting emotional well-being. These results highlight the importance of incorporating somatic awareness into integrative therapeutic models, as it contributes to long-lasting improvements in emotional regulation, resilience, and self-trust.

## Discussion

The findings from this study demonstrate the significant positive impact of the IDEA Framework within the YPNST workshop on self-esteem, confidence, feelings of safety and stabilization among participants. Quantitative data revealed statistically significant improvements across multiple measures of self-esteem, including overall satisfaction with oneself, recognition of personal qualities, confidence levels, and positive self-attitudes. These results suggest that the intervention effectively enhances participants' perceptions of their self-worth and confidence, aligning with existing literature highlighting the benefits of mindfulness and body awareness practices in fostering self-esteem (Saj & Mete, 2025). Participants showed similar improvements in perceptions of safety and stability. Almost all of the participants reported feeling more grounded, and more able and confident to identify and express emotions. The qualitative findings further support these results, with participants describing physical sensations such as “*warmth*,” “*relaxed muscles*,” and “*steady heartbeat*” as markers of safety. Such somatic indicators are consistent with prior research emphasizing the role of body awareness in emotional regulation and safety perception.

Thus, the results of this research indicate the satisfactory effects of the IDEA Framework in the YPNST workshop. This study predominantly investigates the aspects of self-esteem, confidence, feelings of security, and stability in the participants. Substantial improvements in self-esteem, as revealed by quantitative data across various measures, include generic self-satisfaction, recognition of personal attributes, confidence levels, and positive self-attitudes. The results suggest that the intervention significantly enhanced the self-worth and confidence perceptions of the participants. This is reflected in the findings reported by Bhide et al. (2023), O'Shea et al. (2021), and Saj and Mete (2025), which underscore the critical role that mindfulness and body awareness play in developing self-esteem since the benefits of mindfulness, yoga, and body awareness uphold self-esteem and personal empowerment.

Participants improved similarly in their perceptions of safety and stability. Nearly all felt more grounded and confident in their ability to discern and express emotions. The results support Amano and Toichi (2016) and Kuhfuß et al. (2021), demonstrating that somatic practices contribute to emotional regulation, stress reduction, and resilience. This qualitative data supported the numerical data. For some participants, sensations like warmth, muscle relaxation, and the steady beat of the heart were identified as signs of safety. These physical cues support more recent research emphasizing the importance of body-based awareness in building internal stability and a sense of safety (Butera & Kreatsoulas, 2018; Larocque & Moreau, 2020).

In summation, both the quantitative and qualitative findings concluded that the applied IDEA Framework, in the context of the YPNST workshop, had a positive impact on wellness-giving self-esteem and safety in more meaningful, lasting ways. Findings, for example, state that augmenting traditional psychotherapy techniques with somatic awareness and a body-centered intervention will ensure better therapeutic efficacy in the service of the wellness goal (Shapiro, 2018; Milling, 2023). Further research might be conducted on the longer-lasting or ongoing effects of the various processes used, as well as how the layering techniques of the IDEA Framework can be integrated into other broader mental health and educational programs. In that way, clinicians may have other tools to increase continuity of growth, emotional safety, and resilience with varied populations.

## **Limitations**

The following limitations of this study must be mentioned, which help inform fruitful areas for future research to pursue. First, given the small sample size and lack of a control group, these preliminary findings should be interpreted with caution. Further research employing larger, randomized controlled trials is warranted to substantiate and generalize these effects. Future investigations could also incorporate longitudinal follow-ups and additional physiological and psychological measures to deepen understanding of the reported improvements. Other areas of consideration are around professional training and guidance. This would be a limitation, as proper training is essential to ensure safe and effective practices, particularly for bilateral stimulation and hypnotherapy, where there is a potential to harm others if not performed by a skilled and trained professional. Furthermore, integrating practice knowledge into experience within the IDEA framework is complex, requiring the practitioner to manage multiple modalities and develop the skills necessary to act ethically and avoid harm to others.

## **Future Research Directions**

Therapeutic modality/context, within a layered approach, merits investigation as to its particular contribution to outcomes in future research. For example, investigating yoga, bilateral stimulation, hypnotherapy, and emotional regulation techniques independently, pre- and post-tested, would thus create a clearer picture of their individual and synergistic effects. The interaction and number of modalities may be optimized to maximize the efficiency and therapeutic outcome of the IDEA framework approach. Other research may also include some physiological measures, for example, heart rate variability, cortisol level, or neuroimaging, to make objective assessments of any physiological changes in the body. Neural changes might also be investigated using CT scans and other brain imaging techniques, pre- and post-applications of the IDEA framework and approach.

## **Conclusion**

In this study, substantial indicators for improvements in self-esteem, safety, and stability, as well as for the multimodal yoga intervention, were presented. For instance, the development of psychological resilience and emotional regulation was derived by integrating yoga, meditative practices, bilateral stimulation, and hypnotherapy into the YPNST workshop, which followed the procedural guidelines of the IDEA Framework. A mixed format of data collection indicated that the practice of body-centered mindfulness is one way to work toward strengthening psychological resilience and emotional regulation; self-esteem and safety scores improved moderately yet significantly on the quantitative level, while qualitative results indicated that confidence, self-worth, and bodily consciousness received the most emphasis in terms of changes experienced. Participants described the sensations in their bodies in terms such as relaxing, grounding, and strong, which the researchers saw as indicators of feelings of safety and wellness. The IDEA Framework provided structure and organization in layering various therapeutic modalities while helping to achieve holistic well-being. This was an effective means by which the two practices, coming from mind-centered and body-centered perspectives, are linked. However, the result was promising and further research is imperative. Longitudinal studies are necessary to determine the sustainability of these benefits. Such training is essential for practitioners to apply it safely and in a socially acceptable manner. Findings have indicated that a diversified multi-modal approach should draw from the IDEA Framework to deal with self-esteem and confidence issues. More activity-based therapies, such as yoga and bilateral stimulation, should be incorporated into the therapy environment to help clients ground

themselves and develop resilience, having stated that they feel safe and stable in their current state. The self-confidence measure suggested that programs enhancing self-esteem should integrate hypnotherapy with mindfulness. Given the necessary observations of good feedback, the next iteration of the workshops should include qualitative and quantitative evaluations to incorporate measurable outcomes and lived experiences. Clinicians may wish to use the IDEA Framework to combine those modalities that lessen the impact and give clients self-regulation tools they can use throughout their lives.

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