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Vasudev Das

Walden University, USA

Sonic therapeutic intervention for mental health: A phenomenological study

The exact problem is that many leaders in the healthcare industry frequently do not recognize the value of sonic therapeutic intervention in promoting mental health in the 21st century. The researcher explored the lived experiences of six sonic therapeutic intervention (STI) and practitioners' lived experiences regarding STI facilitating the promotion of mental health. Semi-structured interviews of purposeful samples and documentary reviews constituted the data collection methods of the qualitative hermeneutic phenomenological study. Analysis of interview transcription generated five themes: sonic therapeutic intervention enabled anxiety de-escalation, compassion (for self and others), happiness, stress de-escalation, and burnout diminution. The itemized five themes facilitated the promotion of mental health. The implications for positive social change included enhanced mental healthcare and management in the post-COVID-19 era. If implemented, the study results can also prevent the escalation of mental health disorders.

Keywords: anxiety de-escalation, compassion, happiness, sonic therapeutic intervention.

Recent Publications

1. Das, V. (2021). Sonic therapeutic intervention for preventing financial fraud: A phenomenological study. *Sonic therapeutic intervention for preventing financial fraud: A phenomenological study. International Journal of Mechanical and Industrial Engineering*, 15(9), 822 – 829.

2. Das, V. (2020). De-escalation strategies for kleptocracy in Nigeria's oil sector. *Journal of Financial Crime*, 27(3). <https://doi.org/10.1108/JFC-03-2020-0036>
3. Das, V. (2019). Comparative study of Kotter's and Hiatt's (ADKAR) change models. *Journal of Leadership and Management*, 1(15), 263-271. <http://leadership.net.pl/index.php/IJLM/article/view/147>.

Biography

Vasudev Das has his PhD in Applied Management and Decision Sciences (AMDS) from Walden University, USA and has authored over 35 publications. Vasudev Das was born in Bayelsa State, Nigeria. As a young adult, he served in the Rivers State Judiciary, Port Harcourt, Nigeria. Vasudev Das did his doctoral research at Walden University, United States of America, in the field of applied management and decision sciences (AMDS) with a specialization in leadership and organizational change (LOC). He obtained his master's degree in Philosophy and Education with a major in Critical and Creative Thinking (CACT) from AICCACOI, Enugu, affiliated with Montclair State University, New Jersey, USA. He has accolades in Indology, counseling psychology, African studies, and conflict resolution. Vasudev Das is a member of the Academy of Management (AOM), International Political Science Association (IPSA), National (American) Social Science Association (NSSA), International Studies Association (ISA-West), and International Political Science Association (IPSA).

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Sunita Teckchand

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Aromatherapy and the Psychology of Pain

‘Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage’ - according to the international association for the study of pain Pain as we commonly understand it as just a physical factor, yet in reality, it has biological, emotional, and psychological factors. Pain is underestimated - it plays an important role in alerting us that something is wrong in that area.

Almost everyone has experienced pain, the most important thing to consider is that everyone’s experience of “the same pain” is different.

From the holistic perspective, disease is manifested from thought and emotion. Mood, emotion, state of mind and our personal narrative directly affect how one experiences pain. Therefore, treating the biological symptom of pain only leaves the emotional and psychological factors that are primarily the real cause unresolved.

Aromatherapy has a direct impact on the limbic system. There is a lot of research out there to prove that essential oils have a positive, calming, balancing and analgesic effect on the human mind, body, and soul. Throughout her career she has treated many people with different forms of pain, and the biggest learning outcome she received was that every pain in the body is caused by an emotion. Hence, she had to change her perception and rethink on how to treat that emotion which is causing pain.

Sunita will share some of the formulations and essential oils she has used to tackle physical pains, however she will also bring in the emotions that are sealed with that pain to make this a very interesting discussion.

Recent Publications

1. Cooke, B; Ernst, E, Aromatherapy: a systematic review,2000-06-01,
2. Forrester, Lene Thorgrimsen; Maayan, Nicola; Orrell, Martin; Spector, Aimee E; Buchan, Louise D; Soares-Weiser, Karla, Aromatherapy for dementia, 2014-02-25,
3. Damiana Scuteri, Efficacy of Essential Oils in Pain: A Systematic Review and Meta-Analysis of Preclinical Evidence, 2021, <https://doi.org/10.3389/fphar.2021.640128>

Biography

Sunita Teckchand completed her clinical aromatherapy education in 1998 from Hong Kong, and presently lives and works in Dubai, UAE. She is the owner and principal tutor of ‘The Holistic Alternatives’, where she teaches the IFPA accredited program on a digital platform. She also markets her own brand of organic essential oils - ‘eSSensuals’. She has personally tutored and mentored students that have graduated on to become successful therapeutic massage practitioners and clinical aromatherapists. She has been interviewed on radio, television and in magazines. She has also published several articles. She currently is an external examiner, a trustee and continues to be a board member of the IFPA since 2019.

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