

# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

June 24-25, 2019 | Philadelphia, USA

Bindu Babu, J Ment Health Aging 2019, Volume 3



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### LIFE COACHING AND ENERGY WORK FACILITATES THE HEALING OF WOMEN AFFECTED BY NARCISSISTIC RELATIONSHIPS

## BIOGRAPHY

Bindu Babu is a Transformational Life Coach who is an expert in the healing and recovery from toxic narcissitic relationships; she uses the Quantum Medicinal approach in her sessions and programs. She is a well sought out Motivational Speaker where she has spoken and Co-Chaired at prestigious universities such as NYU and Harvard for the National Symposium of Personal Development. She is a Medical Physician and has a Doctorate in Natural Medicine and a PHD in Integrative Medicine thus being trained in both allopathic and holistic modalities. She is a Certified Reiki Master and a Past Life Regression Therapist where she completed her professional training from the Weiss Institute with Dr. Brian L Weiss author of "MANY LIVES AND MANY MASTERS". He has a well-established life coaching practice in Newyork and holds guided meditation and Reiki workshops for the community.

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Author will look at the fundamental attributes of quantum medicinal Approach of life coaching and energy work, its positive role in transformational healing and recovery of women who have been involved in narcissistic relationships. It will focus on women who have endured devastating emotional, physical and psychological consequences through these relationships, the different allopathic methods, both chemical and behavioral that has been applied and how the quantum medicinal approach had an effective role in their journey towards healing and recovery. Methodology: This awareness comprises of five case studies of women, each with their own individualistic lifestyle, habits, goals, socio-economic status and beliefs. These women all have been subjected to narcissistic partner abuse resulting in their self-worth, self-esteem and total being left in shreds. According to these women, they are suffering from mental and physical aftermaths, and felt seeking recovery through allopathic modalities alone have not deemed effective in long term results and permanence. These case studies have been based on the client feed-back and the observational level of healing experience that is seen within one year of solid commitment and continuity towards quantum based life coaching, energy work and other quantum modalities specifically, meditation, reiki, aromatherapy and emotional freedom technique. Each case has resulted with a positive lifestyle change, promotion of self-love and worth, reduction in physical, mental and spiritual damage of where 95% healing has been seen within a year with longevity and adherence. It is seen that the quantum medicinal approach in life coaching and energy work facilitates the healing of these women affected by abusive narcissistic relationships.