

# Alternative Medicine

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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).

[vasudev.das26@gmail.com](mailto:vasudev.das26@gmail.com)