

4<sup>th</sup> World Congress on  
PSYCHIATRY & MENTAL HEALTH NURSING  
&  
2<sup>nd</sup> Global Experts Meeting on  
PSYCHIATRY AND MENTAL HEALTH

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*Bindu Babu*

Quantum University, USA

### Life coaching & energy work facilitates the healing of women affected by narcissistic relationships

We 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, socioeconomic 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 & 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.

Observational Study Overall Average of Improvement Within Six Months					
	Stephanie %	Sarah %	Jackie %	Riya %	Susan %
SELF-ESTEEM	90	80	70	80	80
CO-DEPENDENCY	90	80	80	90	80
ANXIETY & FEAR	80	80	70	90	80
CONFIDENCE	80	70	60	90	80
FORGIVENESS	90	90	80	90	90
SELF-LOVE	90	70	50	90	80
ASSERTIVENESS	80	70	70	90	80
GRATITUDE	90	90	80	90	90
POSITIVE THINKING AND MINDFULNESS	90	90	50	100	100
OVERALL AVERAGE OF IMPROVEMENT IN SIX MONTHS	87%	80%	86%	90%	84%

### Biography

Bindu Babu is a Quantum Based Transformational Life Coach who specializes in the healing and recovery from toxic relationships using the Quantum Medicinal approach. She is a well sought out International Keynote Speaker where she has spoken at prestigious universities such as Harvard & NYU and various World Congresses & Summits. 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 where she is the Professor of Holistic Entrepreneurship at Quantum University. She is a Certified Reiki Master and a Past Life Regression Therapist & completed her professional training from the Weiss Institute with Brian L. Weiss M.D. author of "Many Lives and Many Masters". Her soul purpose today is to passionately help others in finding their own ultimate meaning to live a happy and positive life. She has a well-established life coaching practice in NY and holds Guided Meditation & Reiki workshops for the community.

[drbindu@bindubabu.com](mailto:drbindu@bindubabu.com)