

Positive Energy in Psychology Treatment

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Citation: Dao TH, Kazemzade A(2020) Positive Energy in Psychology Treatment. Clin Psychiatry Vol.6 No.6:73.

Received date: November 12, 2020; Accepted date: December 10, 2020; Published date: December 17, 2020

Abstract

Have you ever had a distinct lack of positive energy, even you seem have not had stress in daily life? Have you always had bad decisions because self-knowledge, a center problem? Nowadays, there are many issues in our life from negative energies and fears that come to lost positive energies and peace. These fears seem always in our brain and take almost the living time. Therefore, our goals are to find our own positive energy and maintain this energy in our life.

This study is going to show clearly typical cases with clients having depression and self-knowledge problems. Practical solutions and impact of positive energies are used in psychology treatment by combination of different culture counselors. The positive energy is going to change life style and attitude first, then change their altitude.

Positive energy changes not only clients, but also counselors in treatment period. This peace does not come from books, theory or drugs; and it comes from real participation such as focusing on listening opinions, body language, emotions, thoughts and energy of other side. This method will still keep same values in Online Psycho Therapy that will be easier to link people in over the world together.

Keywords: Extraversion; Conscientiousness; Personality; Neuroticism

Introduction

Psychotherapy has started with first psychological clinic in 1879 by Wilhelm Wundt. Until 1977 Peseschkian published his first book with title "Positive Psycho Therapy" as name of the method PPT [1-4].

Nowadays, people have successful in career and full material life conditions that seem make them may feel happier. However, people face more with psychology problems such as stress, anxiety disorders, depression and lead to increase in number of suicides or murders caused strong emotions that prove we are losing core values in life. These problems of person make responsibility for psychologist and metal health doctors. Unfortunately, in most countries there are no specific centers for accurately diagnosing hyperactivity in adults, and people often

turn to a psychiatrist after exposure to the effects of hyperactivity in adulthood, including depression, anxiety, low self-esteem, or addiction. After that, we face more with another problem called "drug addiction" [5-8].

How we can control our strong emotions? How we can have balance in complex life or after long and stress working days? How we can get positive energy from others around? How we can always have peace and positive thinking in our soul? To answer these questions, psychologists must to have experiences and peace in their mind already. This study shows the effects of positive energy in psychology treatment in special cases for depression and low self-knowledge problems.

Methodology

In above part, it shows the important thing in psychology treatment is psychologists with experiences and peace in their mind that help them easier to listen and empathetic responses with clients. These parts will continuous point clearly these practices and positive energies in counselors and psychologists.

Firstly, the practice and experience of counselors are needed. If counselors don't have experiences or knowledge, or ability for braining storming well relating detail problems of clients that maybe be relationship and challenges in working environments, family, school/universities; then, they cannot evaluate clearly and empathetic with client's problems. In the one hand, psychologists should always update knowledge in outside for society fields, such as:

Society, culture of country that client living.

Trends, challenges of people in society.

Culture in families, working or education environments in their country.

Common issues of clients with their situations.

In the other hand, psychologists also recognize inside thoughts of clients as.

Their present emotions.

Target of clients and their family.

Their characteristics and personality.

Secondly, the peace and positive thinking are always constantly in psychologists that help them feel exactly all their

and client actions at present moments. In addition, this peace will link psychologists and clients to easy listen, then analyze problems together.

The methodology of research is rotated the key point "How to create and maintain peace for both sides, counselors and clients?" In the one hand, the counselors have not only role for feeling negative thoughts from clients, but also transmitting their positive energies to clients. Therefore, counselors must ensure that they have enough peace before treatment or joining interview sections with clients, which is very important thing to decide results of energy therapy. Until clients believe and have good feeling of positive energies from counselors, they will share more detail and true information relating their problems. Collecting enough basic input database help counselors forecast better real situations of clients, then make detail plan for treatment. In the other hand, making positive energy will be practiced by clients every day in during treatment period. Counselors work as reviewer to check tasks in schedule to ensure clients always follow, and maybe to correct detail plan according to practical situations and results of clients.

Implementation

When client find counselors or psychologists, it means they need the help and support for their life. The first important thing is how to have believe of clients, especially in first treatment periods/interviews that will decide the long relationship between two sides.

Methods

There are four main steps in working procedure in treatment period for each client such as Tests and Interview, Evaluation, Treatment Plan, and Results and Feedback.

Firstly, tests and interviews help collect enough information of client that will be implemented by suitable methods as online, offline, Test questions in Forms, or Questions in Interviews. Secondly, challenges and evaluation has basic forecast for practical problems of client that also included in short and long targets client want to solve. Thirdly, treatment plan show clearly how to treat in short and long time. Fourthly, results and feedback help counselors know exactly quality of treatment method, then correct or change it to have better solutions.

Actually, these four steps can be used for solving only one small problem of client. Therefore, counselors muse to use flexibility in all total treatment period. And there is practical case below will show more detail information.

Depression case

Online tests and interviews: The girl has called to counselor and need help to have offline meeting to know exactly her problems. Then, online meeting is setup to collect basic information first as below (Table 1):

Time for online interview: From 8:30 PM to 9 PM.

Date for online interview: November 14th, 2019

Location of client in online interview period: Her home, stay alone in her bed room.

Her target in online interview: Setup offline meeting to find reasons and solutions for her problems.

Solutions after online interview:

Client and her husband will come hospital to meet mental health and have some test

Client will come and meet Psychologist in OPT to have solutions or advices.

S.No	Items	Information from client	Additional information from counselor	Additional Information from her husband
1	Client's age	32 years old		
2	Client's height and weight	155 cm, 44 kg		
3	Client's Job	Electrical Engineer in Electrical Factory		He is working in same factory with his wife, but in difference Department
4	Client Family's Members in Family	Her husband : 33 Years old Her Childs: boy 5 years old and girl 3 years old Her mother: 60 years old who take care her Childs in near 5 years Sometime she comes back hometown to meet and live with Parents of my husband		Her mother live with us near 5 years, she always take care our Childs, and also support my wife in house work His wife cannot take care well all things in house and our kids from history
5	Client's symptoms	Cannot sleep well, about 1- 2 hours/one day Always forget things around Don't want to do anything such as take care herself, her Childs, cooking, make up, work in office	Cannot smile, having boring face Easy to feel self-pity, easy to cry Easy to panic Don't want to answer difficult questions Speak slowly and sporadically, sluggishly Always forget things around and	1. Cannot sleep well, about 1h-2h/one day. When wake up, will go around in house. One time, in night, she saw the door open, then she was scare, and always said "thieves"

			following stories	
			Speak no logic	
			things/stories	

Table 1: Basic information relating client.

Challenges and evaluation

After client had tests in hospital that confirmed client was in Disorders for acute psychosis. Then Doctor in hospital gave her prescription with Oleanzapitab 10 mg and Citicolin 500 mg for using in one month. After leaving Hospital with these drugs, she and her husband continue come to OPT and meet counselors.

Offline Interview in OPT has main information below:

Time for offline interview: from 2:30 PM to 4 PM

Date for offline interview: November 15th, 2019

Location of client in offline interview period: OPT office, in 254 Mai Anh Tuan Str. BaDinh Dist., Hanoi City, Vietnam

Her targets and problems in offline interview:

Want to live in home without her mother.

Want to sleep more to feel better.

Want to quit current job to have relax period, then find new job.

Want to stay and work with one female counselor of OPT who she likes and feel peace from her, doesn't want to come back her home any more.

Solutions after offline interview: Clients (she, her husband and one her friend) stay and sleep in OPT office one day to review her sleeping problem.

Having exercises for client in the afternoon:

Client walks around the lake, about 10000 steps (go with her husband and one OPT counselor).

Client tries to follow the breath (breath in and breath out following the controlling of OPT counselor).

Analyzing her emotions, then reducing her negative energies in her thoughts.

Although she and her husband know about case for having side effects of drugs, they still decide to choose this solution together with psychology treatment. They believe that after drinking some drugs, then she can sleep well and then her health will be improved. Therefore, OPT counselor suggests the client and her husband stay in OPT office all night to follow together, then understand her actions and her emotions during the night. After drinking drugs about 1 hour, she always has nightmare and then continuous having illusions even in waking up situation. **Table 2** below shows her emotions in each dream/illusion:

No. of Illusion	Time (Min.)	Main content of Dream and Illusions	Client's strong Emotions/ Actions	Challenges and Details
1	20	Be chased by others to rob or kill Must be run away from robber (her husband) Find ways to open the doors to run to the road	Be scared Be Trembling Be cried Be screaming as "help me, open the door" Be angry	She thought her husband as robber This is the first time of her Illusion She can run very fast by her barefoot (in winter weather) She throw furniture at her husband She always stands near door and bang on the door to have attention of walking people in the street She cannot speak fast and clearly
2	20	Same with first Illusion	Same with first Illusion	Same with first Illusion
3	5	Discover a friend cheating her, laugh at her Want her friend say sorry for that mistake	Be screaming as "kneel, shut up" Be angry Stomp her feet Slam the chair	She changes to new Dreams with new contents She sits on chair in all period She always points her finger at that friend
4	5	- Be scared maneuvered police arrest	- Be scared	She is scared noise from street She wants to close all door to hide polices She curl up on the chair She pull the covers over herself
5	5	See the Motorbike of counselor, then want to exchange this Motorbike for her Car Always ask detail information relating this Motorbike	Be afraid of losing her favorite motorbike	Always ask Counselor to exchange the Motorbike Start to recognize her husband beside
6	10	Thought the Motorbike is her mother, then she is scared that	Be scared Be cried Be feel sorry for her mother	She kneel beside the motorbike, then cry in about 5 minutes

		the mother will died Hug She pull the motorbike and cry, then say with it as her mother		She ask to wear helmet She pull the covers and sleep near the motorbike
7	10	She wakes up, and doesn't see the Counselor, then always ask "Where is Counselor, Why does She take so long"	Be afraid of losing the counselor Be insecure without counselor Be afraid of losing the counselor Be insecure without counselor	Always ask Counselor come back Wait Counselor back
8	5	- She always thinks again her mistakes, then blame herself	- Be angry with herself	- She say words of reproach to herself
9	5	- Start to know everyone around, and want to sleep in bed	Be tired Have headache	- She want others head massage for her
10	5	- Still having headache	- Have headache	Her husband can massage for her and talk with her as normal situation

Table 2: Client's emotions in dreams.

In almost cases of client's illusion, counselor must to reduce her strong emotions first, especially in two first illusions she thought that her husband as robber. In addition, she always is screaming and runs in all 3 floors of building that is very difficult to control and clam down her emotions. It is easy to hurt herself and others in these strong emotions and in unexpected situations that make her husband and her friend confused and worried in these situations.

Counselor join and treat in all illusion cases of client to know all negative thoughts of client, then find the solutions. Basic rules and technique are used in these cases.

Making safe area in building for her that can be controlled, and remove all furniture that is easy to deal damage in this area (for example glass cup, water mains, knife);

Closing all doors for balcony and outside (near street) to limit her safe area;

Evaluating and choosing people around having peace for her (in this case is female a counselor); Then this counselor will go to near her, talk with her and help her clam down;

Being don't rush to run to catch and touch her immediately;

Using only peaceful energy in counselor's voice to talk with client to make her believe and clam down when she is scared and screaming. Counselor speaks slowly, clearly and warmly for each word, then phrase and simple sentence;

After her emotion is stable, counselor goes near her and holds her hand. Then, all counselor and client practice to follow the breath in and out together that will make her attention in only breath and forget the fears;

After her breath is stable and deeper, the female counselor hug her from behind, then two sides practice continue breath in and breath out together;

After her breath and her emotion are stable, the counselor give the sandal for her wear to avoid losing her heat to the soil when stand a long time in soil;

When she wants go to bed continue, the counselor take her go to near bed or chair;

When she is sleeping, counselor and people around must to prepare psychology for next her illusions.

Online treatment plan

After near one day for interviewing and analyzing her dreams and illusions, the counselor give the online treatment plan for this client. Because the distance from OPT office to her home is far, and she cannot come to meet directly counselor, then the online treatment method is applied. However, it maybe take more time than offline option.

Actually, these clients (the girl and other members in her family) are also in Self-Knowledge case, the girl cannot have power of decision to make many mistakes in her life. The psychoanalytic theory of Freud is applied for treatment that awards her about three important parts of personality known as ID, EGO and SUPEREGO. These elements work together to create complex human behaviors. However, one of three elements is bold in many persons; and a normal person is who can balance them.

First of all, counselors find positive points of clients, then try to connect with clients by them. After that, aspects of human is shared directly with client to analyze client's life and their social problem parallel. Actually, the direction changes the opinions of client by opening some special windows in client's life. Hence, the clients know the best solutions step by step; and then have better decisions that will make clients to realize the nice surrounding life. Especially, the counselor is not an absolute sage (wisdom) and the focusing of counselor in present living moment is attractive point to clients that help both sides have good participation. There are some online treatment periods as below:

Period 1 collects information after her coming back home (2-5 days). In this case, she and her husband continue using drugs, so it maybe take many time and efforts to convince and change this inappropriate method for them. Basic rules and technique are used in these cases:

Counselor just asks client simple questions relating daily life. This is first time for online Treatment and client is still shock

after illusion. In addition, her husband also wants to use drugs for her. Therefore, key issue is to change life style of all members in her family.

Counselor must to have patience to wait client contact again or answer questions, shouldn't take client answer immediately. The important thing is to have the trust of client on counselor and treatment method. If client just want to connect by messages, then shouldn't call to client first to make a safe gap for client.

Period 2 is to listen her comments, and wait her share actively about her life and her problems (15- 20 next days). Counselor don't mention again the drug drinking, because this is not suitable time to convince her continue this issue. There are some notations in this period:

Counselor still keeps patience to wait client answer or talk about her life. Client starts to share more things relating her problems and want to have suggestion from counselor;

With each small issue of client, counselor will listen, take note, and feedback. Then, counselor and client discuss together to find solutions;

The client always forget stories have just talked, so the online section maybe last in long time and have some points are repeated to help her take note in notebook.

Period 3 is to continue listen her problems (15 next days). She feel that she does not have any positive changing, and she is scared when thinking the comeback to work in office in next near time. At that time, she really need the help and better method. Then counselor starts to suggest ideal and daily plan for improving her health by exercising (walking 10000 steps in one day), using diet with balance of positive and negative foods and stopping using drugs. There are some notations in this period:

After giving client steps to do every day, counselor also gives client how to check and control these activities (using alarm clock and memo paper).

Counselor must focus on each client's comment in messages to evaluate her emotions and her advancement day by day.

Period 4 is to have activities to gain positive thoughts from herself and also from others around (15 days next) by choosing active and positive persons living around her to talk every evening (for example practicing with her mother). There are some notations in this period:

After her health and emotion is improved and stable, this is time she need to open connect with other around to exchange her emotion day by day with outside world;

Counselor ensure the suggested person to talk everyday with her always have peace and positive thoughts;

In the case, she don't know how to say with suggested person, give her advice that don't need to say anything, just sit together and follow the breath in first time.

Results and Discussion

In depression case, the girl 32 years old seems to have best things of life such as having two cute kids, a good husband, her mother always supporting to take care these kids, a good and stable job in under government company that are difficult to meet this psychology problem. Before finding counselor, she has drunk two kinds of drugs according to advice of Doctor in Mental Health of Hospital that makes the side effect as illusion in the first using day. After being startled, she has waked up in the evening; then she has done and seen everything around as in her dreams. Dreams analysis method is applied flexibly to evaluate her negative emotions and thoughts that are fear for harming to health and property; having low self-esteem about her abilities; making mistake with members in family and colleagues in office; meeting and speaking with people around; recognizing non-contributions in office and family; having no motivations at work, family and life. These dreams also help to know clearly the difference with collected information from tests and interviews with the counselor. Only counselors with positive energy and peace can reduce her strong emotions in her negative dreams in during her illusion period.

After that, the Online Psycho-Therapy is used in quarantine period for Corona Virus, and also for long distance between counselors and clients. The need of life style changing day by day and step by step is necessary. Firstly, the exercise with walking about 10000 steps every day is done to improve the health. Secondly, adjusting diet help to balance positive and negative foods with more vegetables and fruits. Thirdly, stopping to drink drugs supports self-balancing mechanism of the body. Fourthly, communication with closed members in family who often has positive thinking in every evening. In addition, these activities must be effectuated every day to have lasting optimism.

Conclusion

After 2 months for psychology treatment, the client passes her first dispersion. In addition, she is more confident and assertive, especially in deciding without/reducing using drugs. This is big changing not only in her mind, but also in all members of her family.

Actually, the percentage of relapse rate for depression is higher than 50%. Therefore, the important thing is always to keep peace and positive thinking in life that change life style as active and useful person for family, work and society.

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