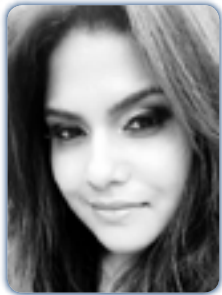


30<sup>th</sup> World Summit on **Psychology, Psychiatry and Psychotherapy**  
 &  
 7<sup>th</sup> International Conference on **Addictive Disorders, Addiction Medicine and Pharmaceuticals**  
 &  
 Annual Summit on **Pain Management - Opioids Drugs**  
 September 19-20, 2018 | San Diego, USA



## Bindu Babu

Quantum University, USA

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

**Introduction:** 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 feedback 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 to Life Coaching and Energy Work facilitates the healing of these women affected by abusive narcissistic relationships.

Image

	Baseline (%)	30 Days (%)	60 Days (%)	90 Days (%)	120 Days (%)
Self-esteem	20	35	50	65	80
Self-worth	15	30	45	60	75
Anxiety & Fear	80	65	50	35	20
Confidence	10	25	40	55	70
Resilience	10	25	40	55	70
Self-love	10	25	40	55	70
Love/compassion	10	25	40	55	70
Healing	10	25	40	55	70
Overall Healing and Well-being	10	25	40	55	70
Overall Impact/Improvement in Well-being	17%	33%	50%	67%	83%

### Biography

Bindu Babu is a Quantum-Based Transformational Life Coach who is an expert in her field in the healing and recovery from toxic narcissistic relationships. She uses the Quantum Medicinal healing approach in her sessions and programs. She is a well sought out Motivational Speaker where she has spoken at prestigious universities such as NYU & Harvard for the National Symposium on Personal Development. Dr Babu is a Medical Physician and has a Doctorate in Natural Medicine and a PhD in Integrative Medicine hence 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 at the Weiss Institute with Dr Brian L Weiss MD author of "Many Lives and Many Masters". Dr Bindu Babu is the Professor of Holistic Entrepreneurship at Quantum University and has a well-established life coaching practice in New York City.

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