

Mental Health, Psychiatry and Wellbeing

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

Statement of the problem: 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, 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, therapeutic

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