The Neuroscience Behind Psychotherapy That Actually Works Transcript

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Introduction and Fusion App Promo

In the inner voice. A heartfelt chat with Doctor Fusion actually changes not just theoretically and experientially, but through meditation and through, neuroscience.

And, this is my, new toy, let's say, like this. This is my new person. I discovered that I changed my life and my work. If I if I make my mind matter a lot or more than before and, right now, I studied the brain function, and, I realized brain is also a living record of the past, but could be capable of change, and our brain could become a map for the future.

If we. We learn to live in the present moment. And, I discover how important is the attention and, how important is to become aware about. Where are you right now? Right here.

If your mind is in the past or you are in, anxiety for the future. And while I'm educating myself to live in this generous present moment, I realized I could, embrace new methods and, go beyond psychotherapy to, something which I cannot define yet because it's not only psychotherapy or neuroscience or I cannot say it's spiritual, but it's very new.

And, I discovered introducing a powerful new update from the fusion app. Now with flexible subscription plans to fit your journey monthly, quarterly or yearly, our new AI driven onboarding customizes your path to feeling better, faster, and enjoy a refreshed experience with stunning 3D interactive videos.

Update now empower your inner voice with fusion download today. Welcome to The Inner Voice, a heartfelt chat podcast. I'm your host, Doctor Franzen and psychotherapist and author, researcher and the founder of the International Awareness Integration Institute.

Today I will be talking with a great friend, a great colleague from across the world, doctor Jean Acharya. She's a psychologist, integrative psychotherapist and the European trainer and supervisor is certified in relational integrative psychotherapy.

She's the founder and president of Romanian Association of Integrative Psychotherapy, which established first integrative psychotherapy training school in Romania, which is accredited by the Romanian College of Psychologists.

And She's also founded the and leads and leads the European Institute of Studies for therapy of Children and Adolescent and the neuro upsy, Institute, which is a center for research and clinical innovation in neurofeedback, EEG, brain mapping and heart math and integrative psycho psychotherapy.

Together now, she has delivered over 2500 workshops and residential programs in more than 150,000 participants have completed 50,000 hours of client work in private practice.

Podcast Welcome and Guest Introduction

She is the author of Therapeutic Answers Every Day and in numerous scientific articles in psychology and psychotherapy. I've met her in, a couple of years ago in the Erickson in Evolution of Psychotherapy conference, which the masters of psychotherapy from around the world are there.

And it was exciting to meet with her. Then I went to Romania and met, you know, herself and everyone who was there. And, I've had an amazing experience these past couple of years.

We've gone to conferences, we went to Dubai and presented together in a Dubai, neuro, neuroscience and psycho

psych psychology and neuroscience conference.

And, it's just a joy to have her every time I see her. And I know that she's always expanding, she's always learning. She's always growing. And it was, just a joy to have her be with all of you.

So I'm sure that you, enjoy this conversation as much as I do now. Be sure to subscribe to this podcast on YouTube channel and connect with me through my website, fusion income and love to hear from you!

Can I through the Fusion app and, the AI chat bar, which is trained in the audience integration theory, and her name is Mira, and you can find her through who's on that and connect with me with any of my social platforms, social media platforms.

I'd love to hear from. You know, without further ado, here is Doctor Gina. Listen up. If you want to promote your personal growth and self-awareness. I found the fusion app last month and I have been absolutely loving it.

I personally have never learned guided meditation, but thanks to this app, I now have learned incredible tools for my own stress relief and emotional self awareness.

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Intentional parenting A practical guide to awareness integration theory written by Doctor Jafari, Doctor Franzen, and Doctor Manichean three expert in human development is your step by step guide to raising a healthy child.

Prepare for a culturally integrated world. We're supported in parenting infants to adolescents using the latest evidence based scientific research on parenting.

What are your copy on Amazon now? Oh my God, I am so excited to see you, Doctor Gina Curie I'm so excited. So honored that you are on my show. Welcome.

Thank you so much for John, for creating this moment for all of us. It's a huge opportunity for me, and I'm truly honored to be here and to share this space with you and your audience.

So I'm excited to start, for everyone who's listening or viewing us, we met at the Evolution of Psychotherapy conference in Anaheim, California. We kind of just connected.

And then from there I went to, Romania to your school. Gina is the head of the integrative psychology psychotherapy, school. And then the associate and then, you know, I was there and, it was just an amazing experience.

You know, the amount of work that you have done for, the field of psychology and psychotherapy in Romania. So can you share with us a little bit about how that path and that journey has been?

Yes. My journey started in a country where, psychology had been banned for 50 years under the communist regime, and for decades there were no psychology studies, no therapist, no accredited programs.

When that ban was finally lifted, there was a huge vacuum here. People were suffering, but they had no resources, no professionals trained to help them. So, I knew something had to change.

I brought together an international team, Romanian and English colleagues. And together we created the first integrative psychotherapy training school in Romania, which become accredited now both national and at the European levels.

And it wasn't easy. Of course, it took years of perseverance, working through bureaucracy, as you very well know. But we did it. And, we are here.

Building Integrative Psychotherapy in Romania

And I remember the first time when I saw our first generation of graduates receiving their diplomas, Romanian people. I cried and I realized, we were not just training therapists, we were rebuilding an entire profession in the country that had been silenced for decades.

And even now, and I'm speaking, I realize it's about transformation. And I remember how important is to be present and realize that what you are listening.

And while I am speaking this episode, our brains literally is changing. And by the end of our conversation, maybe we are. We might not be the same person who pressed play right now then. So ten minutes ago, because we already begin to create a new future for ourselves.

So that was also here in Romania, and it was a huge work. But I'm so happy that we did it. You did it. And it's becoming 20 years now, right? Like this 2026 is the 20th year.

Yes. And I am so excited and so honored to invite you to be with us because we we have friends for from all over the world. And, I am so delighted to invite you for Jan to honor us with your presence and to be again, keynote speaker.

So because it is my honor, it's been, it was such a joy to come and see your accomplishment. Everybody who was there, all of the therapies who were trained.

And I think based on what you were saying, I have also experienced this, that, psychotherapy changes the culture because everybody, who joins and is, in interested and committed to work on themselves to reflect upon what they're doing, to become more responsible and accountable and to become more compassionate toward each other.

It automatically changes a culture toward getting better and better. Yes. Now we have 2000, psychotherapists trained, in all our country, but also in Europe.

And, we offer training programs at the European Standards. And, I realizing now when I, so these 20 years period that, these transformations not not only trained us like psychotherapist, like human beings, but change the society and in this way we can contribute, we can write the history, in our brain and not only in our brain, but in our client's brain.

And in this way, we can build a new perspective. And I know how important it is to have a modern perspective and to work with the belief system and to adapt all these, ones from the Communist period at this modern present.

And I think this is very important. And I'm so grateful to be here today with you. And, I believe we live in a time where we have the knowledge and the tools to transform pain into wisdom, fear into love and survival into creation.

And, I think our mission doesn't matter where we are born and where we are, working is to bring the message to as many people that this is possible through psychotherapy and through inner work.

We can develop new perspective and we can, create no new synopsis and we can bring to the world our gifts. And I think this is very healing. So, can you please talk about integrative psychotherapy, and what that entails?

So in years, my vision about integrative psychotherapist where, where, very, it was about transformation because in the beginning I imagined integrative psychotherapy is about, see the holistic picture to work in the same time with the brain, with the emotion, and also with the body.

But because here in Romania, we didn't have, psychotherapy at all. We have only cognitive behavioral psychotherapy and some psychoanalytical. But, we didn't have something like this, and there were nothing in the field who can integrate also the spiritual path of us.

And, that's why, I worked to accredited this, program of integrative psychotherapy and work in this relationship dimensions. So we studied the relationship with our selves, with our body, with the culture, with the environment, and also with the transcendental.

When we can speak about this. But, in this modern period, there are already five years ago I discovered neuroscience and, I, wrote also this part of neuroscience.

And, a new era begins. Yes. You have done a lot of research with, having EEG and, neurofeedback and brain mapping while you have been working with, clients who, whether it was work through the integrative cycle of psychotherapy.

And I know that you've done extensive research with hypnosis. Can you share a little bit about your experience and hypnosis into this modality? Yes. I realized very soon that we have also, a unconsciousness mind.

And I realize, I need tools. So, I discovered, Jeffrey Chang from Milton Erickson Institute, and, I started the training with them. I think there are 15 years right now.

And, I discovered hypnosis, reasoning and hypnosis, and I become a sort of fan of, missionary son. And I implemented everything in my work. And, while I was working, I realized that, if we are working at the unconscious level of the mind, the changes and the transformations are faster because, as we know, the unconscious level represents 95% of who we really are.

Hypnosis, Neuroscience, and Brain Mapping

And working at this level with him. Gnosis. And, bringing my clients at this, a level of, alpha frequency of the brain, we obtained more efficient. And we can see, their behavior and their actions very fast footed in their lives.

And that's why I think it's incredible, because today we are not just going to talk about transformation. We are going to experience it together. And neuroscience shows that the moment you focus your attentions, slow your breath and shift your emotional state, your brain begins to rewire in real time.

And that's why I like to use hypnosis, because even now, while we are speaking, if I change my volume of the voice and I change my brain wave, I can transmit and, obtain alpha state.

So it's not necessary to close our eyes to be there at the Carlson's level. So there are so many fascinating ways in which we can use this humanizing hypnosis for our brain, but also for our entire body to relax it.

And, I think now the neurochemistry changed everything because through hypnosis, stress hormones like cortisol starts to drop while dopamine, serotonin and oxytocin arise, giving us a sense of calm, clarity and even hope for the future.

So we can use all these frequencies, through him. Notice the all these frequencies of the brain through him. Notice so I think it's very, very important.

And I know you also use this hypnosis a very much in your, therapy work. Yes. I've been trained with hypnosis almost 20 years. But first, you know, I've gone through, with Michael Jaco, who's also, started with the Sony in and Doctor Jeff sign.

Thank you. Jeff's like the the honor of, actually writing the foreword for one of my books, and I've been part of. Yeah, I've been part of that book for long time.

And I think you're saying the model that I created, awareness, integration, I introduced hypnosis in the part that we actually, you know, look into the memories and it kind of consolidate the memories and, and bring, you know, all best of us into all of our vulnerable side and kind of integrate it and definitely use a hypnosis for that.

But I've done, I've been amazed. I had one client who came and said they had, allergy to dental medication and they needed to do surgery, and they had heard that, that's, you know, they could do that under hypnosis.

And so they called me and it was right after I took the training with Doctor Jaco, which showed that, yes, you could, you know, you could actually numb the face with hypnosis.

And I'm like, I don't know about this. I don't know if I believe it, but hey, the client wants it. I just learned it. Let's figure it out together. And I said that.

I said, I've never done this before, but if you want it. So we did this hypnosis with, you know, freezing. I'm imagining that. She froze her hand and put it in here and froze.

Yeah. And then I went with her to the surgery room. Dental surgery room, and she went through the whole process. And the dentist, who was you know, it was like, about a 70 year old gentleman who's been a dentist and an oral surgeon for almost like 50 years after the whole thing was done.

And then in the middle of it, she felt pain. And then he looks at me. I said, give me another 15 minutes. So he left that room. I did it again. He came back and then at the end he looks at me and says, I thought all of this was just bullshit and it worked.

I can't believe that. I said, to be honest with you, and it's been a surprise to see you all, but obviously it works. So absolutely. I think, it's it's really mesmerizing, as the word says and amazing.

Yeah. Yeah, I think amazing. It can do magic. It really, does a lot of great work. So. And then you've done this where because you, you were working with people with hypnosis that you also put in, the neuroscience then brain mapping, the neurofeedback, the EEG, and, kind of got a lot of different data around this, which not only, you know, is not only a subjective experience, but you actually getting scientific data.

Can you share a little bit about that? Yes. In, our programs, we actually measure, this using neurofeedback. And when people learn to meditate, because we also use, meditations in our programs.

So when people learn to meditate and regulate their emotions, we see their brain patterns change in real time. And I think this is amazing. And, I remember a woman who came to me with severe anxiety and she could barely sleep, but her mind was racing all the time.

And after six weeks of daily practice, meditation, breathing work, emotional release, and of course, meditation and neurofeedback, we need a new brain map.

And, her brain looked completely different. And when you see the results, because until six years ago, let's say something like this, we couldn't see the results of our work like psychotherapist.

But now when you see the brain, the brain map before and the brain map after these six weeks of deep learning works, it's amazing because her brain looked completely different.

But the best part wasn't the the brain map. The best part was her mind. And she said, for the first time in years, I feel peace because I can see the results on my brain.

Not only feel it, but see it. And this is why I do what I do. Because seeing the smile and seeing their faces after they are seeing the results make me alive in this profession and I think I will never stop.

Absolutely. And you have, as you said, you have grown, your, university, the institute to actually to offer not only for Romania but certification for the whole Europe.

Exactly. That's a big accomplishment. Yes. It was, so much work and so many accredited, processes, but, we did it and now we have, trained trainees all over Europe who already are an integrative psychotherapist.

Also for the Romanian communities from different countries like Belgium, France, UK, even, other countries, Bulgaria, Turkey, Greece, Denmark, Norway, Spain, a lot of Spanish, Romanian, Spanish people and Italy.

And it's a great opportunity for them to have Romanian psychotherapists in their country and work life with them in their native language, because, as you know very well, our unconscious program are developed until seven years because, the brain wave of the child oriented, and the brain wave, we can absorb everything like a sponge from outside.

And if we want to use hypnosis and all these instruments to modify the unconscious mind, we should, modify this program from the, child, period.

Training Across Europe and Childhood Development

And, if you have a psychotherapist who's speaking with you in your native language, it's very efficient. And that's why we have, such a great success, because people, Romanian people from, abroad came in our country, study psychotherapist and go back in London, in, Madrid, in Barcelona, in Rome and work with the Romanian communities, but not only with the Romanian communities.

They produce changes, huge changes, because they speak the same language as their clients. And I think, this is very important because while you modify this unconscious program, until seven years, it doesn't matter if you are 30, 40 or 50, you can change very well the, present actions.

So we have, psychotherapists all over Europe. And, this is very amazing. But because when we do conferences, to see people all over Europe, we are, 500 people, 600 people in a room.

It's very emotional. And we are so excited. So it's beautiful. But it was, of course, a lot of work I can imagine. Yes. Because you were sharing this.

And obviously in the field of psychotherapy, we know how much importance there is between, you know, 0 to 7 years of age in how a child is developed and, you know, how do they kind of structure the, the world for themselves, the storyline of the world for themselves?

Has there been a thought process in for you and in Romania in how to bring you this concept into, a format, whether it's a school or daycares or preschool or parenting and, you know, bringing, straightforward to from 0 to 7 because I know with the awareness integration theory, we've been doing pilot studies with, you know, in daycares and, and preschools to see how we could, kind of bring up the concept of, awareness of the thought process, the emotional process, you know, the intention.

How do you behave? What do you impact and in these, daycares, we're finding that children are creating a lot more of, not only higher self esteem for themselves, confidence.

And they're getting more school ready because they're learning to emote or, you know, kind of like learning their how to handle their emotions from that early on.

And it's opening up more of their cognitive skills because, you know, they're using their emotion to their benefit versus allowing the emotion to stop them.

And I was wondering, have you, in your programs, started looking at how to train teachers, how to train parents, you know, how to go into the school systems with your beautiful, models of psychotherapy, integrative psychotherapy?

Well, for some 20 years ago, it was like a no man's land in psychology here in Romania. There were nothing here, nothing at all. And, sometimes I was very disappointed because I couldn't have colleagues.

I couldn't have supervisions, I couldn't have papers or, even books translated in Romania. But in years I realized

this is also a huge opportunity to, well, to put my vision in, in materials.

Real. And I also created, a program for, psychotherapy for children. So, now we have in Romanian an institute, a new European Institute for the education of child and adolescents.

And this is also accredited the European level. And, the ripple effect is enormous. And, this way, my dream to create a wave of healing that went from that child forward into an adult adult period and also in couples could be realized very easy because we we couldn't have anything here.

Of course, it was an enormous quantity of the of work. But, I realize now while you are asking me, it was also very good because, we have, an integrative, integrative vision from, all the period, from the childhood until the adulthood.

So, yes. We have, psychotherapist now, I'm not, alone. We have a team of 20 teachers who teach in their, own, approaches, but in the same way, integrative way.

And we have programs also for children and for adolescents. And, I think, now a Romania, it's a very, modern country. And we have modern programs. And there are so many, beautiful people and wise people who came here.

We have brain minds here every year. We have also, festivals of psychotherapies and also conferences, and it's something else. So, this gap of 50 years, in 20 years, in the last 20 years, not only it was filled, but now it's like a tree blossoming.

And there are so many approaches here. So we have almost everything. So I think this is a huge, a huge realization for the Romanian people. Beautiful. You've done amazing.

And they're amazing accomplishment that you have done. I know that, you know, when we've spoken a lot, that you are definitely a visionary. And not only you're a visionary, but you play big.

So some people just vision, but not they don't. But you have like you have really, really played big in a, in, in a, you know, in the whole concept of the country and not just, one, you know, one location, but it's been not only the country, but also, let's say, the continent of the whole Europe.

You've been able to influence and create and, you know, create these kind of, expansive, certification programs for everyone to be able to learn what is next for you.

Before I answer to your question, I want to, bring a sort of tribute to all these beautiful friends from all over Europe and now from America, because they help me and they support me with their, knowledges, their wisdom and their love.

And, in this way, I, I make not only, good work for Romanian people, but I created a beautiful personal, a resources resource of friendships. And there are so many and so beautiful.

Future Research, Presence, and Quantum Healing

And they nourished also my soul and my, my practice. But by myself, I couldn't do anything. So this is the absolute. This is very beautiful. Yes, yes.

Because when I came, to be with you guys, you walk into that, you know, arena and and the whole, you know, the hotel was the whole floor of the hotel was taken by obviously all the psychotherapists from across the world that were coming to your conference and love.

Exactly. Was there from everyone towards each other, towards you. And I know, remember, I mean, when you went on the stage, the pouring out of the love that not only came from you to them, but from everybody to you, we just felt throughout the whole room.

And that really says a lot about how you have, you know, that you've embraced this concept, for the past 20 years where, you know, after 20 years, you still experience this level of, of, passion and love that comes through.

So thank you for, for remembering me this beautiful moment and for bringing it here because it was very, very nourished for my soul and for my whole being.

Thank you so much. So now, what's next for you? So, I attended 13 workshops with Doctor Joe Dispenza around the world in the last five years. And, along the way, I became fascinated by neuroscience, and I wanted to understand how the brain actually changes, not just theoretically and experientially, but through meditation and through, neuroscience.

And, and this is my, new toy, let's say, like this. This is my new person. I discovered that I changed my life and my work. If I if I make my mind matter a lot or more than before and, right now, I studied the brain function, and, I realized brain is also a living record of the past, but could be capable of change, and our brain could become a map for the future.

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And, I discovered the, the real the, the real of I also and I realized how amazing is to live in this historical, era of our world. And, in my programs, I, brought all this, and, it's fascinating.

I had, couple therapy, residential. Three days ago in Constanza, in Romania. And, I, did some researches with all these theories and applied to their, relationships between them.

And I discovered what's happening in the brain when, a husband, has an argument with, his wife and I realized how important is this relation space and it's so amazing.

There are so many things. And we are in a field where everything is happened, like in Disneyland, something like this, because it's very near to Los Angeles.

And I realized I am so blessed with my profession and there are so many things to study. And, this is my new, my new, objective to see how the space between us, like, relationship doesn't matter if it's a couple or, it's a mother and a daughter or, a father and a son.

Doesn't matter. This space of relationship interests the brain. So this is what I'm, doing right now. This is my research. Oh. I'm excited. I'm excited to see what, it's for access to anything we haven't shared that you really want people in the audience to know.

I want to tell them that you will come to Romania and we will do some researches together. And, I am very honored and very happy to work with you because, I realize, something very important for those from us who are searching the spiritual path.

And I realize more than ever, there is no, only an entity who need us. This is a sort of prediction, but there is a wisdom, a greater love, who is like a feared.

And if we are connected beyond this matter, where our five senses limited the perspective we get out from this separation mode of living. It's a separation mode of living, and we enter in a sort of unity.

And this is what I want to bring here, that if we go beyond the matter, there is a huge field we can call him quantum

Field. We can we can call him another frequency of the brain doesn't matter in the same space.

Another real where we can, have other, other feelings and other perspective. And I think this is, this could be the future of psychotherapy to heal people at this vibrational, level of being.

And I think this is very important. And I love, that you are attempting to bring this concept into some form of measurement of the body and to see how when you are expanding yourself from the limitations of the five senses to an expansion from those senses, and you are doing the Q EEG and, you know, the brain mapping, how it really shows and what the frequencies show in the body.

Because I think, bringing bringing the concepts into the science, creates a lot of explanation and creates duplicity. Like we could actually duplicate these experiences, versus everybody having their own, you know, individual experiences.

So I'm so excited to see not only your next level of growth and journey, but also, how you landed, with, with science. I think that's very exciting to to be, watching you and, you know, experiencing it with you.

So I'm so glad that you, allowed your time. I know you're so busy. You're consistently training, to, you know, to come here, to the show. So thank you for allowing the time for us.

Thank you so much for, invited me and, I, am very, very happy because we can speak about this and, because, when we speak, we change our brain while we are speaking, we change our chemistry.

And when we change our chemistry, we change our life. And when we become aware about all this, we can live in a beautiful way of living in this here and now.

And for me, it was a very huge opportunity to bring this to your audience. And thank you so much for beautiful thank you and for all of you who are out there.

Create an amazing life for yourself and everyone around you. And if you liked what we talked about, share it with your friends and subscribe to the YouTube channel and the podcast.

And until next week. Bye bye. Are you a psychotherapist looking to enhance your practice to awareness integration therapy developed by Doctor Fusion Zen is a comprehensive guide to the principle and techniques of this powerful therapeutic approach.

Join the growing community who have elevated their practice and expanded their skills by embracing awareness, integration, therapy and witnessing its life changing impact.

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