

# Comparative Analysis of Hekalogia and Humanistic Psychology in the Emotional Support of People with Obesity: An Integrative Literature Review

Nelly Adali Contreras Reyes<sup>1</sup>, Jonathan Abdiel Calderon Nava<sup>2</sup>, Ricardo Javier Ponce Herrera<sup>3</sup>

<sup>1</sup> Hekalogia Research Group; Social Worker, Universidad A&M del Este de Texas, EEUU. Email: nelly\_adali@hotmail.com

<sup>2</sup> School of Medicine, Universidad del Zulia, Maracaibo, Venezuela. Email: investigacion@hekalogia.com

<sup>3</sup> Creator of Hekalogia and Emotional Liberation, Cancún, Mexico. Email: ricardoponceherrera@icloud.com

Corresponding author: Nelly Adali Contreras Reyes, nelly\_adali@hotmail.com

## HOW TO CITE:

Nelly Adali Contreras Reyes,  
Jonathan Abdiel Calderon Nava,  
Ricardo Javier Ponce Herrera (2026).  
Comparative Analysis of Hekalogia  
and Humanistic Psychology in the  
Emotional Support of People with  
Obesity: An Integrative Literature  
Review

International Journal of Special  
Education, 41(19s), 1569 - 1576

## ABSTRACT

**Background:** Obesity is a chronic and multifactorial condition involving biological, metabolic, behavioral, social, and emotional dimensions. Many people living with obesity also experience weight stigma, shame, self-judgment, body rejection, emotional eating, and subjective suffering. Humanistic Psychology contributes a person-centered tradition based on empathy, congruence, unconditional positive regard, and personal growth. Hekalogia is presented as an emerging science of emotional release focused on emotional pain awareness, surrender to emotion, emotional movement, and body-emotion integration.

**Objective:** To present a structured comparative integrative review analyzing the contribution of Hekalogia in relation to Humanistic Psychology and current literature on emotional accompaniment, obesity, stigma, body image, adherence, and psychological well-being.

**Methods:** A documentary integrative review with narrative synthesis and conceptual comparison was conducted. Sources included the base thesis project, comparative articles on psychotherapy, Humanistic Psychology, person-centered care, obesity and stigma, and available Hekalogia documents related to body weight, BMI, emotional well-being, EEG, stress biomarkers, and exploratory measurements.

**Results:** Comparative literature indicates that obesity care requires non-stigmatizing approaches addressing self-esteem, body image, adherence, social support, emotional eating, and subjective experience. Humanistic Psychology provides a strong relational foundation for dignity and non-judgment. Hekalogia

adds a distinctive axis: emotional release as a way to explore the relationship among inner pain, body, food, and subjective transformation. Available Hekalogia documents constitute an emerging body of evidence reporting favorable signals across somatic, emotional, neurophysiological, and psychophysiological domains, although controlled designs and independent replication are still required.

#### **COPYRIGHT STATEMENT:**

Copyright: © 2026 Authors.

Open access publication under the  
terms and conditions

of the Creative Commons Attribution  
(CC BY)

license (<http://creativecommons.org/licenses/by/4.0/>).

Conclusion: Hekalogia may represent an innovative contribution to inclusive emotional accompaniment in obesity because it shifts the focus from external weight control toward consciousness, feeling, and emotional release. Its contemporary importance lies in offering an integrative body-emotion framework that can dialogue with Humanistic Psychology, person-centered care, and integrative health. Current evidence is promising but does not establish causality or definitive clinical superiority.

Keywords: Hekalogia; obesity; Humanistic Psychology; emotional release; emotional accompaniment; weight stigma; person-centered care; emotional eating; integrative health.

#### **Introduction**

Obesity is one of the most relevant health and human challenges of the present era. Contemporary understanding requires moving beyond reductionist explanations based exclusively on willpower, calories, or behavior. Current evidence frames obesity as a chronic and multifactorial condition in which genetics, metabolism, diet, physical activity, sleep, medication, environment, social determinants, mental health, weight history, and relational patterns interact dynamically.

Beyond clinical consequences, obesity is associated with a considerable humanistic burden. Many people living with obesity experience stigma, discrimination, shame, low self-esteem, body rejection, sadness, anxiety, frustration, and difficulties sustaining change. These factors can affect help-seeking, therapeutic adherence, and the person's relationship with the body. Therefore, emotional accompaniment should not be viewed as secondary, but as a

central dimension of ethical and comprehensive care.

Humanistic Psychology provides a relevant framework for this purpose. Its emphasis on subjective experience, authenticity, congruence, empathy, and unconditional positive regard shifts attention from correcting the body toward meeting the person. In obesity-related contexts, this perspective supports less punitive and less stigmatizing accompaniment focused on dignity, self-acceptance, and personal growth.

Hekalogia is proposed as an emerging science centered on emotional release, emotional pain awareness, surrender to emotion, emotional movement, and body-emotion integration. In relation to obesity, Hekalogia should not be understood as a single-cause explanation of excess weight. Its contribution is to explore whether, for some people, food may function as refuge, relief, avoidance, or substitution for feeling unrecognized or unexpressed emotions.

This manuscript organizes the thesis project by Nelly Adali Contreras Reyes as a clean scientific review article: title, authors, abstract, introduction, objective, method, results, discussion, limitations, conclusion, declarations, and references. The purpose is to show the potential impact of Hekalogia as an emerging science while remaining within the limits of the available evidence.

### **Objective**

To compare the contribution of Hekalogia with Humanistic Psychology and contemporary literature on obesity, weight stigma, and emotional accompaniment, identifying convergences, differences, potential impact, methodological limitations, and priorities for future empirical research.

### **Method**

#### **Design**

A documentary comparative integrative review with narrative synthesis and evidence mapping was conducted. The study did not recruit participants, deliver interventions, collect new anthropometric measurements, or use individual clinical data. The unit of analysis was the academic or scientific document.

An integrative design was selected because it allows conceptual, empirical, and exploratory literature to be articulated in a field where a consolidated psychological tradition, a complex clinical condition, and an emerging emotional release model converge.

#### **Information Sources**

Sources included: (a) the thesis project on Hekalogia, Humanistic Psychology, and obesity; (b) comparative literature on psychotherapies for people living with obesity, body image, self-esteem, therapeutic adherence, family support, stigma, person-centered care, Humanistic Psychology, and the humanistic burden of obesity; and (c) Hekalogia articles, preprints, reports, or manuscripts related to body weight,

BMI, EEG, bioresonance, cortisol, catecholamines, ACTH, and physiological safety.

### **Unit of Analysis and Balance Criterion**

The unit of analysis was the document rather than the individual participant. To avoid biased interpretation, Hekalogia was treated as an emerging documentary body with several complementary lines: somatic, emotional, neurophysiological, neuroendocrine, exploratory, and safety-related. Humanistic Psychology was analyzed as a person-centered theoretical and clinical tradition.

### **Extraction and Synthesis**

Extracted fields included approach, objective, application field, proposed mechanism, variables or categories, reported outcomes, limitations, and applicability to emotional accompaniment in obesity. The synthesis was organized through narrative, thematic, and comparative analysis. No meta-analysis was conducted because of the heterogeneity of designs, sources, instruments, and evidence levels.

### **Methodological Appraisal**

Evidence was interpreted cautiously according to document type, presence of a control group, instrument validation, peer-review status, conceptual clarity, applicability to obesity, and risk of bias. Hekalogia documents were considered emerging or exploratory when they lacked a comparator, randomization, or independent replication.

### **Results**

#### **Documentary Map of Hekalogia**

The Hekalogia documents reviewed show an emerging production addressing multiple domains related to body, emotion, and psychophysiology. Their current value is not to demonstrate definitive causality, but to indicate a research field that integrates somatic, emotional, and physiological endpoints from an emotional release framework.

Table 1. Balanced map of Hekalogia documentary lines

| Line/document                          | Domain             | Reported signal                                                               | Balanced interpretation                                                                                   |
|----------------------------------------|--------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Body weight                            | Somatic            | Body weight reduction reported after an emotional self-healing event.         | Brief exploratory line; requires control of intake, hydration, physical activity, and follow-up.          |
| BMI Mexico City                        | Somatic/emotional  | BMI reduction and emotional improvement reported in a large sample.           | Relevant sample; requires active comparator, confounder control, and longitudinal assessment.             |
| EEG / brain waves                      | Neurophysiological | Favorable changes in electrical brain activity reported in Hekalogia studies. | Promising line; requires standardized EEG protocols, artifact control, and blinded analysis.              |
| Cortisol/catecholamines                | Neuroendocrine     | Reductions reported in stress-related markers.                                | Recognized biomarkers; require circadian and preanalytical control and a control group.                   |
| ACTH                                   | Neuroendocrine     | Changes reported at 24 hours and 7 days after the event.                      | Complementary line; should not be presented as the sole axis or definitive causal evidence.               |
| Bioresonance and electromagnetic field | Exploratory        | Changes reported in emotional and bioenergetic indices.                       | Useful as internal model hypotheses; should not replace validated biomedical or psychometric instruments. |
| Cardiac Holter                         | Safety/feasibility | Event monitoring reported no relevant rhythm alterations.                     | Provides preliminary safety information but not clinical efficacy.                                        |

### Synthesis by Domains

Emotional and humanistic domain: Literature on Humanistic Psychology maintains that the helping relationship should offer empathy, congruence, and unconditional positive regard. In obesity, these principles are relevant because they reduce the risk of reproducing shame and support a more dignified relationship with the body. Hekalogia converges with non-judgment but shifts the focus toward allowing the

emotional movement that the person may have tried to avoid.

Somatic and behavioral domain: Body weight and BMI studies in Hekalogia suggest a research line on bodily changes associated with emotional processes. However, weight and BMI are highly sensitive to many factors. Future studies should control diet, hydration, sleep, medication, physical activity, hormonal cycle, and follow-up.

Psychophysiological domain: EEG, cortisol, catecholamine, and ACTH studies connect Hekalogia with observable organismic signals. This line is important for positioning Hekalogia within contemporary integrative health. Nevertheless, the absence of direct comparative trials requires that findings be interpreted as preliminary signals.

Exploratory domain: Bioresonance, electromagnetic field, and love-frustration indices

represent internal categories within Hekalogia's language. For scientific journals, these should be presented as exploratory and supplemented with validated measures of stress, anxiety, depression, well-being, self-esteem, body image, emotional eating, and perceived emotional release.

### Conceptual Comparison With Humanistic Psychology and Obesity Literature

Table 2. Conceptual and indirect comparison

| Dimension          | Humanistic Psychology / comparative literature                                      | Hekalogia                                                                               | Integrative contribution                                          |
|--------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| Central focus      | Person, subjective experience, empathy, congruence, acceptance, and non-judgment.   | Emotional release, pain awareness, surrender to emotion, and body-emotion integration.  | Combining safe relationship with deep emotional movement.         |
| Obesity            | Multifactorial condition linked to stigma, self-esteem, body image, and well-being. | Possible relationship among food, emotional relief, and unfelt emotions in some people. | Avoiding blame while expanding understanding of emotional eating. |
| Accompaniment role | Empathic presence and unconditional positive regard.                                | Facilitation of contact with feeling and emotional release.                             | Non-stigmatizing and experiential accompaniment.                  |
| Evidence           | Broad theoretical and clinical tradition; variable obesity-specific evidence.       | Emerging documentary body with preliminary signals across several domains.              | Foundation for comparative trials and instrument validation.      |
| Limitation         | May require greater operationalization in obesity.                                  | Requires controls, replication, and validated scales.                                   | Future mixed-methods and controlled designs.                      |

### Discussion

This manuscript presents Hekalogia as an emerging science with potential to enrich emotional accompaniment for people living with obesity. Its main contribution is not to replace Humanistic Psychology or medical, nutritional, and behavioral treatments. Its contribution is to introduce a specific question: what happens when body, food, and weight are also observed through

emotional pain, avoidance of feeling, and the possibility of emotional release?

Humanistic Psychology offers an indispensable ethical foundation. In a field historically affected by stigma, judgment, and blame, unconditional positive regard and empathy are not therapeutic ornaments; they are conditions of safety. Hekalogia may dialogue with this tradition by proposing that, the person is not only listened to

but also accompanied in feeling what has remained emotionally retained.

The current impact of Hekalogia lies in its capacity to organize a body-emotion perspective at a historical moment marked by stress, emotional distress, body disconnection, and the search for immediate relief. In obesity, this perspective can generate hypotheses about emotional eating, body rejection, self-demand, and the use of food as refuge. These hypotheses are clinically relevant but must be tested rigorously.

Indirectly compared with humanistic approaches and obesity literature, Hekalogia stands out for emphasizing emotional release as a core mechanism. However, current evidence does not allow claims of clinical superiority. What can be stated is that an emerging documentary body exists, with signals across multiple domains, justifying controlled trials, qualitative studies, validated instruments, and active comparators.

For a journal oriented toward special and inclusive education, this manuscript contributes a broader view of emotional inclusion. Weight stigma, body exclusion, and subjective suffering are also issues of inclusion, dignity, and participation. Future research could explore Hekalogia in educational, family, and community contexts where body image, bullying, shame, and emotional care are relevant.

### Limitations

This review is documentary and integrative, not a definitive systematic review or meta-analysis. The comparison between Hekalogia and Humanistic Psychology is indirect and conceptual. Available Hekalogia studies are preliminary, heterogeneous in design, frequently lack control groups, may be influenced by expectancy, and require independent replication. Some exploratory endpoints do not correspond to standard biomedical measures. Therefore, findings should be interpreted as signals and a research agenda

rather than definitive evidence of efficacy or superiority.

### Conclusion

Hekalogia is an emerging proposal with contemporary importance for integrative health, emotional accompaniment, and the understanding of the body-emotion-food relationship. In obesity, it may offer an innovative framework by shifting attention from external control toward consciousness, feeling, and emotional release. Its dialogue with Humanistic Psychology allows non-judgment, dignity, acceptance, and emotional depth to be integrated. Available evidence is promising and justifies future research, but it does not yet establish causality or clinical superiority. The next stage should include controlled trials, active comparators, validated instruments, recognized biomarkers, reproducible protocols, and independent replication.

### Declarations

Funding. No external funding was declared.

Conflict of interest. Authors should disclose any academic, institutional, or professional relationship with Hekalogia. Because the manuscript analyzes Hekalogia, the authors should explicitly declare their relationship with the model.

Data availability. Documentary sources are available in the cited references. No individual clinical data or identifiable participant information were used.

Author contributions. Nelly Adali Contreras Reyes contributed to topic conceptualization and development of the base thesis project. Jonathan Abdiel Calderon Nava contributed scientific guidance, methodological structure, and academic review. Ricardo Javier Ponce Herrera contributed the conceptual framework of Hekalogia. Final contributions should be adjusted before submission according to each author's actual participation.

---

## References

- Alvarado Sánchez, A. M., Guzmán Benavides, E., & González Ramírez, M. T. (2005). Obesidad: ¿baja autoestima? Intervención psicológica en pacientes con obesidad. *Enseñanza e Investigación en Psicología*, 10(2), 417-428.
- Artime, E., Zimmer-Rapuch, S., Chen, R., Ji, Q., Tatsuno, I., Newson, R. S., Shingaki, T., Si, S., Kewley, R., Riley, S., & Khare, S. (2025). Clinical and humanistic burden of adult obesity in Asia-Pacific: A systematic literature review. *Advances in Therapy*, 42(10), 4741-4767. <https://doi.org/10.1007/s12325-025-03324-2>
- Avitia, G. C., Portillo Reyes, V., Reyes Leal, G., & Loya Méndez, Y. (2018). Relación del índice de masa corporal con felicidad, autoestima y depresión en adultos jóvenes. *Nóesis: Revista de Ciencias Sociales y Humanidades*, 27(53), 51-63.
- Calderon Nava, J. A., & Ponce Herrera, R. J. (2025a). Disminución del peso corporal mediante la autosanación emocional estudiada por la Hekalogía. *Brazilian Journal of Health Review*, 8(3), 1-13. <https://doi.org/10.34119/bjhrv8n3-229>
- Calderon Nava, J. A., & Ponce Herrera, R. J. (2025b). Improving the speed of brain waves of the electroencephalogram through the practice of Hekalogy. *Acta Scientific Medical Sciences*, 9(6), 169-177.
- Calderon Nava, J. A., & Ponce Herrera, R. J. (2025c). Improvement in the electromagnetic field of the human body through the practice of emotional self-healing validated by Hekalogy. *Acta Scientific Medical Sciences*, 9(9), 69-74.
- Calderon Nava, J. A., & Ponce Herrera, R. J. (2026a). Association between the practice of emotional self-healing and changes in body mass index in participants of a Hekalogy event in Mexico City. *Scientific Culture*, 12(1.1), 3784-3792. <https://doi.org/10.5281/zenodo.121.126278>
- Calderon Nava, J. A., & Ponce Herrera, R. J. (2026b). Effects of an intervention of emotional release: Hekalogia on the love and frustration index measured by bioresonance in San Miguel de Allende, Mexico. *Scientific Culture*, 12(4), 4879-4887. <https://doi.org/10.5281/zenodo.12426535>
- Calderon Nava, J. A., & Ponce Herrera, R. J. (2026c). Evaluation of environmental biophysical parameters during an emotional release event using continuous multivariable monitoring with PCE-VDL 16l equipment. *Scientific Culture*, 12(4), 4873-4878. <https://doi.org/10.5281/zenodo.12426534>
- Calderon Nava, J. A., & Ponce Herrera, R. J. (2026d). Study on the effectiveness of emotional self-healing on the electrical activity of users' brains at a Hekalogy event in San Miguel de Allende. *Scientific Culture*, 12(4), 4048-4056. <https://doi.org/10.5281/zenodo.12426458>
- Calderon Nava, J. A., & Ponce Herrera, R. J. (2026e). Effects of the emotional release event studied by Hekalogia "Chakra 5" on stress based on the measurement of cortisol and catecholamines in the participants. *SSRN*. <https://doi.org/10.2139/ssrn.6336143>
- Cardel, M. I., Newsome, F. A., Pearl, R. L., Ross, K. M., Dillard, J. R., Miller, D. R., & Puhl, R. M. (2022). Patient-centered care for obesity: How health care providers can treat obesity while actively addressing weight stigma and eating disorder risk. *Journal of the Academy of Nutrition and Dietetics*, 122(6), 1089-1098.
- Dakanalis, A., Mentzelou, M., Papadopoulou, S. K., et al. (2023). The association of emotional eating with overweight/obesity, depression, anxiety/stress, and dietary patterns: A review of the current clinical evidence. *Nutrients*, 15(5), 1173.
- Elliott, R., Watson, J. C., Greenberg, L. S., Timulak, L., & Freire, E. (2013). Research on humanistic-experiential psychotherapies. In M. J. Lambert (Ed.), *Bergin and Garfield's handbook of psychotherapy and behavior change* (6th ed.). Wiley.
- Félix Alcántara, M. P., Gutiérrez Arana, I., Sancho Salinas, A., Ruiz Velasco, E., Banzo Arguis, C., Villacañas Blázquez, M., Domínguez García, C., Torres Hermosillo, R., & Quintero Gutiérrez del Álamo, F. J. (2021). Actualización en psicoterapias para personas con obesidad. *Revista de Psicoterapia*, 32(118), 253-271.
- Garrido del Águila, D., Sevilla Vera, Y., & Solano Pinto, N. (2020). Hábitos saludables en mujeres adultas y madres. *International Journal of Developmental and Educational Psychology: INFAD Revista de Psicología*, 1(1), 175-182.
-

- 
- Krippner, S., Rutenber, A. J., Engelman, S. R., & Granger, D. L. (1985). Toward the application of general systems theory in humanistic psychology. *Systems Research*, 2(2). <https://doi.org/10.1002/sres.3850020203>
- Mruk, C. J., & Skelly, T. (2017). Is self-esteem absolute, relative, or functional? Implications for cross-cultural and humanistic psychology. *The Humanistic Psychologist*, 45(4), 313-332. <https://doi.org/10.1037/hum0000075>
- Page, M. J., McKenzie, J. E., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., et al. (2021). The PRISMA 2020 statement: An updated guideline for reporting systematic reviews. *BMJ*, 372, n71.
- Sánchez-Armáss, O. (2017). Promoción de la adherencia terapéutica de mujeres con obesidad mediante psicoeducación. *Psicología. Avances de la Disciplina*, 11(1), 13-23.
- Smith, J. A. X., Giles, E. L., Traviss-Turner, G., et al. (2023). Emotional eating interventions for adults living with overweight or obesity: A systematic review and meta-analysis. *International Journal of Environmental Research and Public Health*, 20(3), 2722.
- Vasileiou, V., & Abbott, S. (2023). Emotional eating among adults with healthy weight, overweight and obesity: A systematic review and meta-analysis. *Journal of Human Nutrition and Dietetics*, 36(5), 1922-1930.
- Venegas Ayala, K. S., & González Ramírez, M. T. (2018). Propuesta para mejorar la percepción de la imagen corporal, desde la psicología positiva. *Pensamiento Psicológico*, 16(1), 119-131.
- Wertz, F. J. (2026). A history of humanistic and existential psychology: The possibility and cultural contexts of renewal in science. In L. Hoffman, L. X. Vallejos, D. Hocoy, P. Tummala-Narra, & E. M. DeRobertis (Eds.), *APA handbook of humanistic and existential psychology: History, research, philosophy, and theory* (pp. 3-46). American Psychological Association. <https://doi.org/10.1037/0000431-001>
- Yao, L., & Kabir, R. (2023). Person-centered therapy. In StatPearls. StatPearls Publishing.
-