

# EXPLORING THE IMPACT OF OLIVER NIÑO'S HEALING TECHNIQUES

By: Michelle Harb & Ana Holguín

# RESEARCH

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A blend of qualitative and quantitative methodologies were used to assess the transformational impact of Oliver Niño's Dec 2-6th, 2024 Sedona Retreat.

## PARTICIPANTS

37 attendees (97% women, mean age: 53)

## PRELIMINARY RESULTS

The research is at a preliminary phase, therefore findings are initial and exploratory. There was a small, homogeneous sample size which limits contrast and generalizing results.

## METHODS

**Qualitative:** Focus groups (13 participants before, 10 after) 5 in-depth interviews

**Quantitative:** Pre- and Post-retreat questionnaires Statistical tests.

**Key Focus:** Emotional, physical, mental, and overall well-being

## Michelle Harb



Social Psychologist  
and Trauma Expert

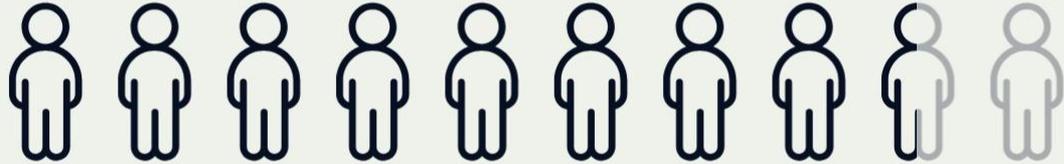
## Ana Holguín



MD and Cognitive  
Neuroscientist

# FORGIVENESS

86%



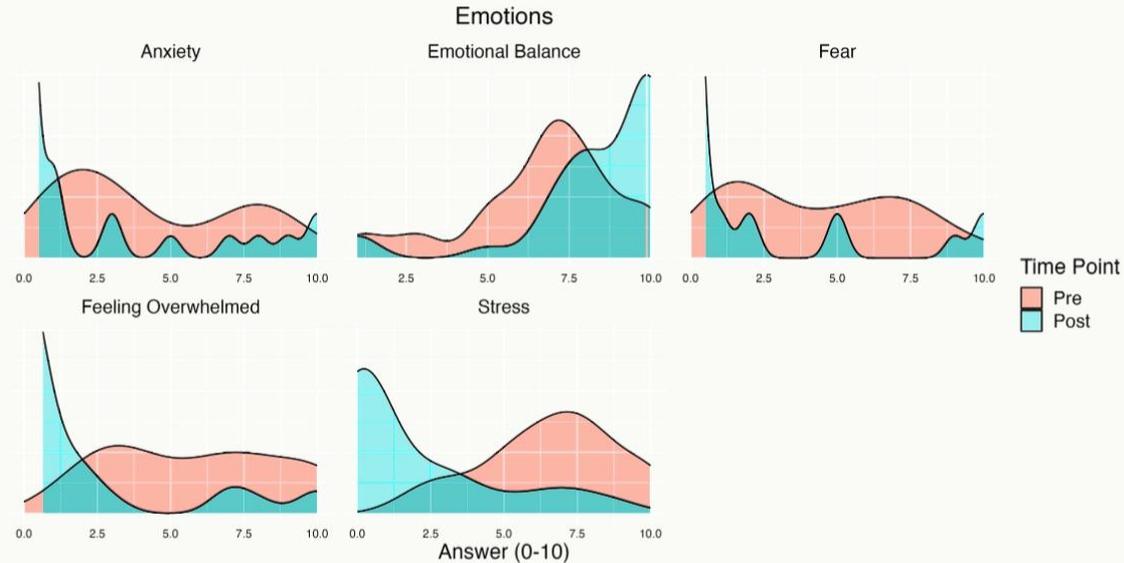
(32/37) reported experiencing  
forgiveness.

# EMOTIONAL TRANSFORMATION

Participants greatly highlighted how the retreat helped release deep trauma and process emotions like anger and guilt.

There is clear increased ability to regulate emotions, neutralize emotional triggers, and move from extreme distress to newfound joy and purpose

Anxiety was reduced in 89% of participants and 86% reported less tension and stress.



"I went through a lot of those memories that hurt me so I could forgive and heal from that. I feel lighter. I'm not carrying it anymore."

# PHYSICAL HEALTH IMPROVEMENTS

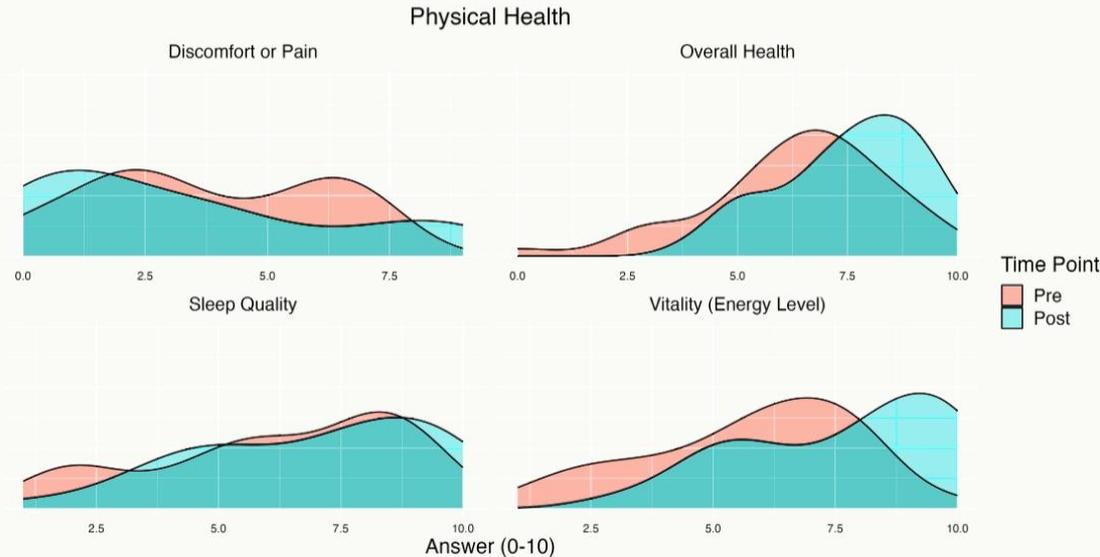
49% (18/37) sought relief for physical ailments (e.g., pain, autoimmune diseases, cancer).

Vitality increased by 62% even in the absence of adequate sleep or rest.

2 participants reduced medication usage by 80% (Graves' disease, fibromyalgia)(self-report).

Noticeable reduction in levels of physical pain and discomfort.

Potential for change in individuals with chronic conditions and physical health issues but findings are not yet significant.



“My back; it hasn't hurt, and it's always hurt since 2003. Yesterday I was dancing.”

# MENTAL CLARITY

Participants noticed a drastic change in moments of feeling mentally absent and significant improvement of their ability to stay focused.

The improvement in Mental Focus was significant and the reduction in Feeling Absent was significant too. With large effect sizes.

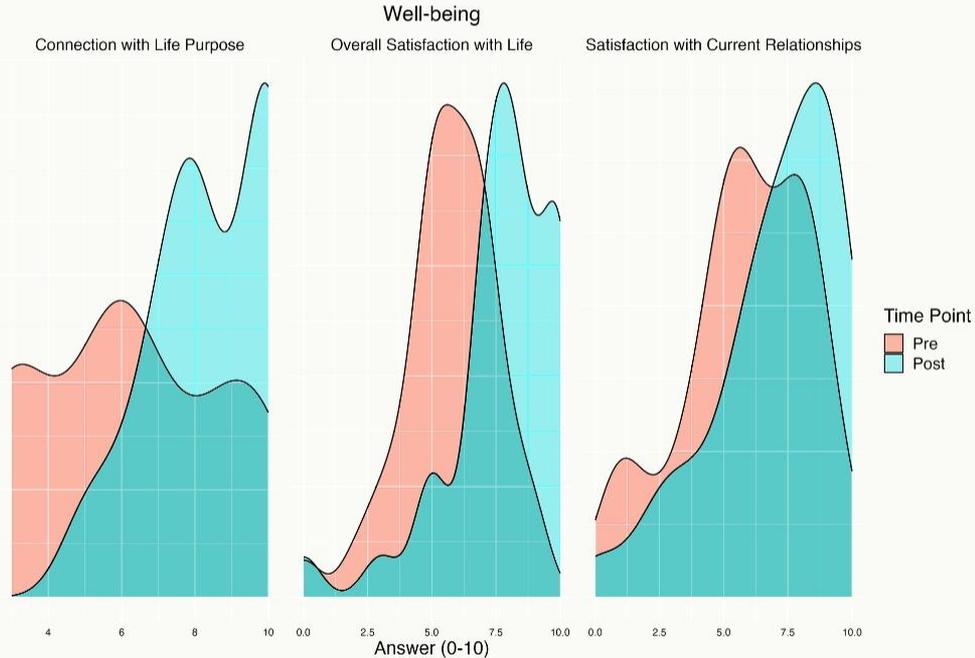


“There’s much more room for clarity also to do things.”

# OVERALL WELLBEING

“I am happier than I have ever been in my life and I know what my purpose is”

There is a significantly strengthened sense of connection to participants' life purpose. There were also improvements in participants satisfaction with their current relationships and an increase in overall life satisfaction.



“Coming here has truly helped to open me back up and put me on my path again. It has been very spiritually and emotionally healing on so many levels.”

“If you just follow, let’s say, the inner voice, then everything goes smoothly (...)”

A word cloud of spiritual and healing terms in various shades of green. The words are arranged in a dense, overlapping manner. The most prominent words are 'SPIRITUAL', 'HEALING', 'GROWTH', 'FULFILLMENT', 'RELEASE', 'BLOCKAGES', 'RECONNECTION', 'INNER', 'GUIDES', 'LIFE PATH', 'SELF', 'HIGHER', 'VOICE', 'ALIGNMENT', and 'CONNECT'. The words are in different sizes and orientations, creating a dynamic and layered visual effect.

# FUTURE DIRECTIONS OF THE RESEARCH

- 1 Larger-scale studies with control groups to ensure rigorous statistical validation.
- 2 Long-term impact analysis (follow-ups post-retreat).
- 3 Further explore the role of the retreat in managing and releasing difficult emotions like anger, guilt, and grief which should up in participants testimonies.
- 4 Incorporate biological measurements to validate self-reported improvements.
- 5 Design experiments to uncover the biological and neurological mechanisms and effects in brain and body function.