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Well-Being: The tools of therapy



Hypnotherapy claims to change you by changing how your subconscious operates. And no, you don't actually get hypnotised!
Hear it from therapist Anna Yates

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The UAE is one of the best places you can live in today, in terms of quality of life, work-life balance and salaries. But that's not to say people don't go through their fair share of problems and stresses out here.

According to clinical hypnotherapist Anna Yates, anxiety, stress and self-confidence are major issues among people here, besides relationship angst, addictions and weight gain. But a lot of problems can be sorted with hypnotherapy, she says, because most of them stem from our subconscious mind - and by tapping into your subconscious, you can make changes in your thinking.

Anna, one of the better-known hypnotherapists in the UAE and who runs Mind Solutions in Umm Suqeim, specialises in issues like weight management, smoking addiction, stress and anxiety, phobias and relationship problems, among others. So, what exactly is hypnotherapy? It's a state of induced