

Mind games

Want to get ahead at work? Need to address emotional issues? Or just give up a bad habit? We try out a range of therapy techniques in one session to see which, if any, is the answer

THE TECHNIQUE: NLP

What is it?

NLP (neuro-linguistic programming) explores the relationship between how we think (neuro), how we communicate (linguistic) and our patterns of behaviour (programming). This establishes how your brain functions. By knowing how your brain works you can change its pattern, so that it is always working in your favour, improving your life and the lives of those around you. NLP is often used in sales, and has proved successful in helping people overcome phobias.

What happened?

NLP is very interesting, in that it applies logic to thoughts and breaks down what your objective is (in this case to become more emotionally open) and what success will look like if you achieve it. Our therapist for the day, Teesha, asked us to list and go through values of what being more emotionally open is, and to prioritise these. It really helps you understand how and why we all behave in certain ways with particular patterns.

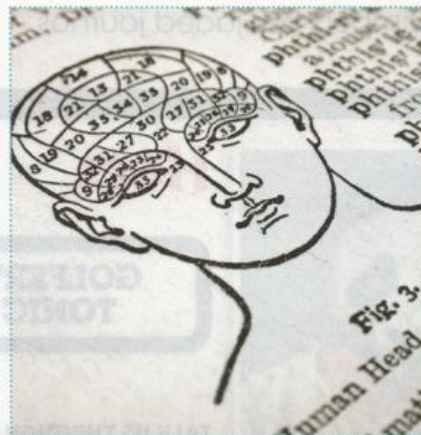
THE TECHNIQUE: TIMELINE THERAPY

What is it?

Who are you if not your collection of memories? Memories are recorded and stored within us and over time have more and more influence over our behaviour. Timeline therapy uses a person's own internal 'timeline' to work with the unconscious mind in a variety of ways including healing emotional traumas and eradicating unwanted thoughts, emotions and behaviours. This process is a methodology in which a series of techniques are used to bring about changes on an unconscious level and alter future actions.

What happened?

We were a little dubious about timeline therapy, but after Teesha had helped with the visualisation and we'd relaxed into it answering her questions was spontaneous, and



surprising, with thoughts forming that had never occurred before.

THE TECHNIQUE: HYPNOTHERAPY

What is it?

Hypnosis is thought to work by altering our state of consciousness in such a way that the analytical left-hand side of the brain is turned off, while the non-analytical right-hand side is made more alert. The conscious control of the mind is inhibited, and the subconscious mind awoken. Since the subconscious mind is a deeper-seated, more instinctive force than the conscious mind, this is the part which has to change for the person's behaviour and physical state to alter.

What happened?

Hypnotherapy was the last therapy and Teesha says she uses it in these sessions mainly to cement the work that has already been done. It involved lying on the day bed while she put on a CD for about 15 minutes. Unrelated thoughts were already buzzing around but they soon subsided and a dream-like state settled, with images and scenarios appearing as prompted by the CD. Teesha said it was completely normal, and all had gone well, which was a relief.

THE VERDICT

One session made a noticeable difference, with increased relaxation and real confidence going into decision-making. It was great to sample all the techniques in one go, too. All in all, our mood has been a lot more positive since meeting Teesha. Remarkable after two hours.

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