

Hypnotherapy As a Method to Control Stress at Work Place

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THURSDAY, 04 AUGUST – The Psychology and Social Health Research Unit (UPPsiKS) Universiti Malaysia Sabah (UMS) recently organised a ‘Workshop on Practical Method Using Hypnotherapy’.

Held at Seminar Room 5, Faculty of Psychology and Education, more than 50 participants comprising staff and students of UMS, as well as staff of government departments and agencies attended the workshop.

According to UPPsiKS Head, Dr. Ferlis Bullare, the workshop aimed to help participants maintain balance in mind and physical to achieve self gratification.

He added , stress be it at work place or at home could affect mental health which included psychological, physical and mind if left unchecked.

“Therapy for such cases are needed as we all face various situation in the work place or at home,. And hypnotherapy could help us control stress and subsequently increase labour productivity,” he said.

He also hoped that workshop participants could learn and practice the relaxation techniques taught using hypnotherapy method on themselves for mind and physical fitness.

The workshop organised by the counselling and Islamic medicine practitioners, Tuan Haji Mohd Maktar Imam Haji

Nor among others introduced basic knowledge on hypnotherapy and also applying the technique to participants. –
MA (fl)