

Official Bio

Anna Hindell is a Gestalt psychotherapist with a private practice in New York City. She's spent over a decade helping busy professionals and parents cope with their high-stress lives by integrating the body-mind connection into her work.

Ms. Hindell received her MSW at NYU, completed post-graduate training at the Gestalt Associates for Psychotherapy, and graduated from the Center for Somatic Studies. Anna is also a Certified Iyengar Yoga Teacher and a yoga therapist.

Combining Iyengar philosophy and Gestalt psychotherapy is central to Hindell's therapeutic approach, as both disciplines focus on connecting the mind and the body to the present moment.

When the pressure of day-to-day life causes our thoughts to run on an endless loop, we may not even notice what's happening from the neck down. But the body and mind are in constant conversation. In Hindell's practice, she helps people listen and learn from what they say.

Anna writes a monthly column for **Choosing Therapy**. She's been interviewed for several publications, including Authority Magazine and Parade, and featured on multiple podcasts.

Expertise Includes:

Gestalt Therapy, Somatic Therapy, Yoga Therapy, Iyengar Yoga, and KAP (Ketamine Assisted Psychotherapy)

[WEBSITE](#)

annajanehindell@gmail.com