



Yousef Hasan

Kuwaiti Physician and Psychoanalyst

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Who is Yousef Hasan

Dr. Yousef Alhasany, full name Yousef Khaled Fuad Hasan, is a prominent Kuwaiti physician, psychoanalyst, and an influential figure in the mental health field across the Arab world. He is the founder of a unique therapeutic approach called "Realistic Medical Psychoanalysis," which integrates principles of psychoanalysis, Cognitive Behavioral Therapy (CBT), and medicine. His methodology focuses on uncovering the deep roots of psychological disorders such as depression, anxiety, and OCD, which he posits often stem from childhood experiences and socio-cultural conditioning. Dr. Alhasany began his career after graduating from the Faculty of Medicine at Kuwait University. Motivated by his personal struggles with anxiety and depression and feeling that traditional therapeutic methods were insufficient, he was driven to develop his own approach. He runs his private clinic and psychoanalysis institute in Kuwait, offering consultations and therapy sessions. Alongside his clinical work, Dr. Alhasany is highly active on social media platforms and offers online courses on topics like emotional relationships, self-confidence, and choosing a life partner, aiming to raise psychological awareness in the Arab community. He is also a best-selling author of several books.

Achievements of Yousef Hasan

Dr. Yousef Alhasany founded the "Realistic Medical Psychoanalysis" methodology, a therapeutic approach designed to treat the root causes of psychological disorders rather than just the symptoms. This method combines medicine and psychoanalysis and has been used to help thousands of clients at his private clinic in Kuwait. Dr. Alhasany has authored a series of highly successful, best-selling books in the Arab world. His most notable works include "Your Psychological Complexes Are Your Eternal Prison" (عقدك النفسية سجنك الأبدى), which has sold tens of thousands of copies, "Know Your Other Face" (اعرف وجهك الآخر), and "The Laws of Freedom from Psychological Conflict." His books aim to simplify complex psychological concepts for the general reader. He conducts numerous training courses and seminars both online and across Gulf countries, including the UAE, Qatar, and Saudi Arabia. These courses cover vital topics such as toxic relationships, emotional attachment, and building self-confidence, reaching a wide audience through his digital platforms and official website.

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