

# AMANZI



## **About Therapeutic Coaching**

The Integration of key modalities such as NLP, Life Coaching, Mindfulness and Compassionate Inquiry®.

## **HOW I WORK**

Compassionate Inquiry® is the core approach used. It is an approach that gently uncovers and releases layers of childhood trauma, constriction and suppressed emotion embedded in the body, that are at the root of physical illness, addiction, dysfunctional attachments, Stress, Depression & Anxiety.

This Session is for whomever would like to explore themselves in a safer safe. Dr. Gabor Mate describes this approach as such:

My personal touch is to do this work within somatic-focused and safety-building exercises to allow a deeper mind-body connection to support your presence in the "here and now".

## **SESSION DETAILS**

Duration: 60 min - Individual Session

Number of people required : Only 1 Person

Rate: 500 AED

Package of 3 Individual Sessions available : 1200 AED

## **MY CREDENTIALS**

ICF (International Coach Federation) Accredited Life Coach

NLPC (Federation of Neuro-Linguistic Programming Coaching Professionals) Accredited NLP Coach

Compassionate Inquiry® Somatic-based Psychotherapeutic Approach (Professional Training by Gabor Mate)

Somatic Attachment Therapy ( By the Embody Lab)

## **DISCLAIMER**

I am not a registered Psychotherapist | Psychologist. If you think that your mental state requires intense therapeutic supervision and or Intervention, kindly first contact a registered Psychotherapist | Psychologist | Psychiatrist or Family GP.