



# AMEENAH THOBANI

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## SUMMARY

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Ameenah Thobani is a trauma-focused specialist with 26+ years of experience in subconscious healing and childhood trauma. She provides safety-led online therapy focused on emotional regulation and identity repair. Her approach integrates clinical hypnotherapy and RTT to move clients from survival patterns into grounded living. All work is ethically paced and tailored to individual nervous-system capacity for sustainable change.

## WORK EXPERIENCE

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### **Trauma-Focused Clinical Hypnotherapist | Private Practice | 1998 – Present**

- Providing specialized hypnotherapy for adults healing from childhood trauma and abandonment wounds.
- Integrating RTT, regression therapy, and parts-based work to resolve long-standing survival patterns.
- Facilitating identity repair and emotional regulation through safety-led, structured therapeutic sessions.
- Delivering secure online support to a global clientele, prioritizing nervous-system capacity and consent.

### **Advanced RTT & Subconscious Specialist | Global Online Practice | 1998 – Present**

- Utilized Rapid Transformational Therapy (RTT) to reprogram long-standing survival patterns and identity blocks.
- Specialized in resolving childhood abandonment and attachment wounds through deep subconscious work.
- Applied EFT and mindfulness-based integration to support sustainable emotional regulation for adults.
- Facilitated rapid breakthroughs by addressing the root cause of chronic anxiety and overwhelm.

## EDUCATION

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- Clinical & Counselling Hypnotherapist – IACT & NGH Certified
- Rapid Transformational Therapist (RTT) – Accredited Practitioner
- Trauma-Informed Practitioner – Specialized Certification
- EFT (Emotional Freedom Technique) Practitioner
- Reiki Master & Teacher – Energy Healing Mastery
- Silva UltraMind Method Graduate – Advanced Mental Training

## ADDITIONAL INFORMATION

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- **Global Accessibility:** Conducts secure online therapeutic sessions for clients worldwide.
- **Ethical Standards:** Operates as a non-crisis, non-diagnostic, and non-impositional practice.
- **Sustainable Change:** Prioritizes client autonomy and consent in every stage of the healing process.
- **Safety Protocols:** Focuses on containment and nervous-system capacity before emotional release.
- **Integrative Approach:** Combines mindfulness-based integration with quantum-informed healing frameworks