



Afnan Dahbour

Certified Psychological Counselor & Life Coach

Jordanian - Jordan

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Who is Afnan Dahbour

Afnan Dahbour is a Jordanian Certified Psychological Counselor, Life Coach, and prominent content creator specializing in self-development and relationships. She is the founder of "Dahbour Counseling," her private practice based in Amman, Jordan, which offers both online and in-person counseling services for individuals and couples. Her work focuses on helping clients navigate psychological challenges such as anxiety, depression, and trauma, while also fostering self-awareness and enhancing social and emotional skills. Dahbour integrates psychological theories with practical life coaching techniques in her methodology. She holds a certification in Mental Health Counseling from the International Academy for Human Development. Through her social media platforms, including Instagram, TikTok, and YouTube, she shares impactful educational content with a broad audience. Her posts and videos provide guidance on diverse topics like emotional intelligence, setting healthy boundaries, recovering from toxic relationships, and building self-confidence. Her mission is to empower individuals to gain a deeper understanding of themselves and achieve balance and growth in their personal and professional lives.

Achievements of Afnan Dahbour

Afnan Dahbour established her own counseling platform, "Dahbour Counseling," through which she provides comprehensive consulting services both online and at her private clinic. She has successfully built a trusted personal brand in the mental health field in Jordan and the Arab world. She has cultivated an influential digital presence as a content creator in the mental health and self-development space. Through her YouTube and Instagram channels, she delivers specialized, scientifically-grounded content that has significantly contributed to raising psychological awareness among a wide Arabic-speaking audience.

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