



Dr. Rasha Derwish

Certified Life Coach and Founder of Rasha Derwish Academy

Sudanese

[Read More](#)

Who is Dr. Rasha Derwish

Dr. Rasha Derwish is a Sudanese, internationally certified life coach from the American Institute of Professional Studies and a psychoanalytic researcher specializing in childhood awareness and healthy parenting. Her work focuses on helping individuals, particularly women and mothers, achieve psychological well-being and self-development by understanding and healing childhood traumas and deep-seated negative beliefs. Dr. Derwish is the founder of the "Rasha Derwish Center for the Development of Self-Awareness and Mental Health" and the "Dr. Rasha Derwish Academy for Motherhood and Childhood." Through these platforms, she offers training programs, as well as individual and group coaching sessions. Her methodology combines psychoanalytic insights with cognitive-behavioral therapy techniques to help clients reframe their thoughts and emotions and achieve inner harmony. In addition to her coaching practice, she is a psychoanalytic researcher and the host of the "Juthour" (Roots) podcast, which aims to help listeners understand the roots of their psychological challenges.

Achievements of Dr. Rasha Derwish

Dr. Rasha Derwish established the "Rasha Derwish Center for the Development of Self-Awareness and Mental Health," an integrated platform for providing consultations and sessions for psychological and social recovery. Drawing on over eight years of experience, she has delivered more than 3,000 consulting hours, helping thousands of beneficiaries improve their quality of life. She developed a unique training methodology called "The Developed Butterfly Effect," a specialized program for healing from childhood trauma and its psychological impacts, such as anger, pain, fear, and unhealthy attachment. The curriculum is designed to help participants break free from deep-seated negative beliefs and achieve psychological healing. Dr. Derwish also founded the "Dr. Rasha Derwish Academy for Motherhood and Childhood." This specialized academy offers programs and workshops for parents, such as the "Better Motherhood" workshop, aimed at equipping them with the necessary skills for healthy parenting and understanding their children's different developmental stages, thereby fostering a safe and supportive family environment.

[Read More](#)