



Fatima Zohra Rahali

Childhood Trauma Healing Coach and Author

Algerian - Algeria

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Who is Fatima Zohra Rahali

Fatima Zohra Rahali is an Algerian coach specializing in self-awareness and healing from childhood trauma. She is the founder of "Rahali Academy," an online platform through which she delivers courses and training programs. Her mission focuses on helping individuals understand and process deep-seated psychological wounds from childhood and their impact on their adult lives. Her methodology is centered around the "inner child" concept, guiding clients to reconnect with their authentic selves and break free from limiting beliefs and negative behavioral patterns. Rahali provides rich educational content on social media platforms like Instagram and YouTube, where she discusses topics such as overcoming psychological constraints, building healthy relationships, and achieving self-acceptance. In addition to her training courses and individual consultations, she has authored a book that elaborates on her vision and methodology, establishing her as a key resource in her field for the Arabic-speaking community. Through her work, she aims to empower individuals to achieve psychological and emotional healing and build more conscious, balanced lives.

Achievements of Fatima Zohra Rahali

Fatima Zohra Rahali authored the specialized book "From Darkness to Light: A Journey of Healing from Childhood Wounds" (من الظلمات إلى النور: رحلة الشافي (من جروح الطفولة)). The book offers a practical and profound methodology to help readers understand the roots of their trauma and embark on a journey of self-healing, solidifying her status as an expert in the field. She founded "Rahali Academy," a comprehensive online platform offering specialized training courses and consultations. The academy has successfully reached a wide Arabic-speaking audience globally, providing them with the necessary tools to address psychological challenges and achieve personal growth.

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