



Mohammad Alkilany

Life Coach and Family Relations Consultant

Jordanian - Jordan

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Who is Mohammad Alkilany

Mohammad Alkilany is a Jordanian life coach and relationship consultant specializing in emotional health and psychological trauma therapy. He began his academic career in engineering, earning a bachelor's degree in 2008, before pursuing his passion for psychology. Alkilany has over twenty years of research experience in psychological sciences from diverse, non-traditional sources, giving him a unique perspective on understanding and resolving psychological issues. Alkilany developed his own therapeutic methodology known as the "Reik Method," which specializes in treating deep-seated psychological traumas, particularly those originating from early childhood, through therapeutic regression sessions. In addition to his work in mental health, he created a new dietary system called the "Zero GI System," the result of his research in nutrition and natural medicine. He offers his consultations and sessions online to individuals worldwide, focusing on helping clients understand themselves and overcome emotional obstacles. He regularly shares his knowledge through his YouTube channel and social media platforms, discussing topics related to family relationships, dealing with different personalities, and achieving psychological balance.

Achievements of Mohammad Alkilany

Mohammad Alkilany has authored two key books that reflect his deep expertise. His first book, "Everything is a Trauma," presents his perspective on the impact of trauma on human life. His second book, "The New Zero GI Diet System," introduces an innovative dietary system he designed to improve overall health. Alkilany created a unique therapeutic approach he named the "Reik Method." This method specializes in treating complex psychological traumas, especially those formed during childhood, upon which he has built his reputation as a specialist. He also offers training programs and courses through his online academy. Mohammad Alkilany frequently appears as an expert and consultant in family and human relations on prominent satellite TV channels such as dmc and Al-Kahera Wal Nas. In these appearances, he discusses contemporary social and family issues, offering practical advice to the public on handling psychological challenges and relationships.

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