



## **What Will Set You Free**

Certified Coach

### **Daniela Belarbi**

As a licensed psychotherapist in Switzerland Daniela works for many years with her patients and couples during psychological crises or on disorders by implementing emotion & body-focused therapeutical techniques. She describes herself as *a kind of companion for individuals seeking a transformational process wanting to learn how to navigate in the deep waters of negative feelings.* In her sessions she fosters the expansion of self-awareness over our limiting mind-programations and facilitates the re-connection to the emotional body. In the coaching area she brings in her intuitive tools as much as her empathy and compassion to foster a deeper connection to our own truth.

Daniela has her own practice in the heart of the city of Bern and works in collaboration with family doctors. She is specialised in the field of binational couples therapy and is a recognized supervisor in advanced masterclass of psychotherapy.