



MUDITA®

By Dr Shivani Khetan



## DR. SHIVANI KHETAN

**Dr. Shivani Khetan is a renowned clinical hypnotherapist** with extensive expertise in helping individuals overcome various psychological challenges and achieve personal transformation. With a deep understanding of the mind-body connection and a passion for helping others, Dr. Khetan has dedicated her career to empowering individuals to unlock their full potential and live fulfilling lives.

## Journey into Hypnotherapy

Dr. Shivani Khetan's journey into the field of clinical hypnotherapy began with a fascination for the power of the subconscious mind. She holds a **Ph.D. in alternative medicine** and **Doctorate of Science in Therapeutic Expressive Arts** for the healing hearts and has undergone specialized training in **clinical hypnotherapy, cognitive-behavioural therapy, and neuro-linguistic programming**. Her vast knowledge and skill set enable her to tailor her approach to the unique needs of each client, ensuring effective and personalized treatment.



[www.drshivanikhetan.com](http://www.drshivanikhetan.com)



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# Holistic Transformation

As a clinical hypnotherapist, Dr. Khetan believes in the innate capacity of every individual to create positive change within themselves. She adopts a **holistic approach** that integrates the power of the subconscious mind with evidence-based therapeutic techniques. Her sessions are designed to help clients tap into their subconscious, where deep-rooted beliefs and emotions reside, and facilitate profound transformation at the core level.



## Empathetic Healing Environment



Dr. Khetan's empathetic and non-judgmental demeanor creates a **safe and nurturing space for clients** to explore their innermost thoughts and feelings. Through her exceptional listening skills, she establishes a strong rapport with her clients, fostering trust and openness. She believes that the therapeutic relationship is built on mutual respect and collaboration, and she actively involves clients in their healing process.

## Specializing in Psychological Issues

With a broad range of expertise, **Dr. Khetan specializes in addressing various psychological issues**, including anxiety, depression, phobias, trauma, and self-esteem issues. She is particularly known for her work in helping individuals overcome deeply ingrained habits and addictions, such as smoking, overeating, and substance abuse. By delving into the subconscious mind, she helps clients identify the underlying causes of their behaviours and replaces negative patterns with positive ones.



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# Commitment to Professional Development

Dr. Shivani Khetan's commitment to professional development is evident in her continuous pursuit of knowledge and innovation. She stays updated with the latest advancements in the field of clinical hypnotherapy and regularly attends conferences and workshops to enhance her skills. Her dedication to her clients' well-being is reflected in her thorough **assessments, comprehensive treatment plans, and ongoing support.**



## Speaker, Author, Contemporary Artist and Educator



Beyond her clinical practice, **Dr. Shivani Khetan is a renowned speaker and educator**, passionately guiding aspiring hypnotherapists and individuals on their journey of personal transformation. Her commitment to positive change shines through her community initiatives—facilitating workshops and awareness programs that promote mental health and well-being.

An artist at heart, Dr. Khetan uses **expressive art** as a powerful medium for healing. Her creations, including the self-healing journal **"I AM"** and her acclaimed book **"Tarot: A Healing Tool in Modern Times,"** empower individuals to tap into their inner wisdom and embrace personal growth.

Her latest book, **"Enhancing Leadership Skills Through Deeper Self-Awareness,"** is a practical guide to authentic leadership—blending self-reflection, daily habits, and therapeutic tools to cultivate growth in both life and career.

**Coming soon: Unveiling Unscripted** – Dr. Shivani Khetan's most personal work yet. A transformative journey of lessons learned and paths discovered. Dive in, be inspired, and realize—you can do it too.



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# Transforming Lives

**Dr. Shivani Khetan's transformative work has touched the lives of countless individuals**, empowering them to break free from limiting beliefs, overcome obstacles, and embrace their true potential. Through her compassionate guidance and effective therapeutic techniques, she continues to make a significant impact on the lives of her clients, helping them lead happier, healthier, and more fulfilling lives.



## Workshop Held by Us

We are open to individuals and organizations with a desire to:

- Restore wellbeing
- Fulfill one's potential
- Explore personal growth
- Realize one's calling
- Move towards self-actualization

3 HOURS WORKSHOPS

ONE DAY WORKSHOPS

3 DAYS RETREAT WORKSHOPS

TEAM EMPOWERMENT

THE COSMIC KITCHEN

HEALING & PROSPERITY

## Heal Your Life Workshop Leader

Heal Your Life® workshops and seminars are based on the principles of the book, "You Can Heal Your Life®", by Louise L. Hay and have been attended by many thousands of people worldwide. Dr. Khetan has conducted transformative workshops that have inspired hundreds of individuals on their journey of self-discovery and personal growth.



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# RECOGNITION



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# RECOGNITION



**International Medical and Dental  
Hypnotherapy Association®**

*Dedicated to Healing: Body, Mind and Spirit*

*Certificate of Membership*

**Shivani Khetan, CHt**

*Has been found by the Board of Examiners to Possess the Educational  
and Training Qualifications required by the Association,  
and is hereby authorized the professional title of*

**Certified Hypnotherapist**

*Registration number: 0820-020875*

*With all applicable rights, privileges and responsibilities*

*Valid through: August, 2021*

*The inscription of the CEO is hereunto affixed in Laceyville, Pennsylvania, USA*

**August 2020-21**

*Rudolf Otto*  
President, Chief Executive Officer  
Laceyville, Pennsylvania, USA



**Fortis**

**Department of Mental Health and Behavioural Sciences,  
Fortis Healthcare Limited**

certifies that

**Dr. Shivani Khetan**

participated in a 3-day (2 hours per day) internship on Expressive Arts Based Therapy  
held on 2nd - 4th June, 2020. The internship was conducted by **Tanushree Sangma**, an  
Expressive Arts Therapist.

*Dr. Samir Parikh*

Dr. Samir Parikh  
Director  
Fortis National Mental Health Program  
Fortis Healthcare

**Heal Your Life®**  
Workshop Leader License

**Dr. Shivani Khetan**

*Patricia J. Crane, Ph.D.*  
Patricia J. Crane Ph.D.



*Rick Nichols*  
Rick Nichols

Expiration Date: 20/05/2023

Heart Inspired Presentations, LLC



**INTERNATIONAL DANCE COUNCIL  
CONSEIL INTERNATIONAL DE LA DANSE**

13/03/2020

I hereby confirm renewal of membership to the International Dance Council  
CID for the year 2020 of Ms. **Shivani Khetan**

Members are entitled to:

- use *Member of the International Dance Council CID* after their name on their stationery, visiting card, school entrance, brochures, website
- offer International Certification of Dance Studies to their students
- nominate other persons or institutions for membership
- take part in the CID General Assembly, World Congresses and other CID events.

Sincerely



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# EXPERIENCES



FOR MORE INFORMATION,  
CONTACT ON THE DETAILS GIVEN BELOW



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