



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)



+91-8178953826



[blessings@drshivanikhetan.com](mailto: blessings@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. Khetan is a sought-after speaker and educator**, sharing her expertise & insights with aspiring hypnotherapists & individuals seeking personal growth. Her passion for creating positive change extends to her community involvement, where she conducts workshops & awareness programs to promote mental health & well-being. She uses her art as a tool to promote mental wellness. Her book, "Tarot: A Healing Tool In Modern Times," empowers others to connect with their inner wisdom for personal growth.

## 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.



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# RECOGNITION



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CONTACT ON THE DETAILS GIVEN BELOW



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