

Financial Therapist Rahkim Sabree Delivers Powerful, Trauma-Informed Keynote at AFCPE Symposium

Bringing 100+ Professionals Into Collective Nervous-System Regulation and Selling Out of New Book, "Overcoming Financial Trauma"



Phoenix, Arizona Nov 27, 2025 ([Issuewire.com](https://www.issuewire.com)) - Nationally recognized financial therapist, author, and speaker **Rahkim Sabree, AFC®**, delivered a groundbreaking keynote at the 2025 AFCPE Symposium, guiding more than 100 financial counselors, planners, and wellness professionals through an immersive, trauma-informed experience designed to establish psychological safety, deepen connection, and introduce the emerging science of **financial trauma**.

Sabree opened the session by intentionally **establishing safety for both himself and the audience**, inviting attendees into a shared breathing exercise to regulate the room's collective nervous system. Drawing from **polyvagal theory**, he emphasized that humans seek safety through connection, attunement, and cues in facial expression and body language — elements rarely acknowledged in traditional financial education.

In a powerful cultural moment, Sabree incorporated a call-and-response inspired by Erykah Badu, asking the room, *"Sistas, how y'all feeling? Brothas, y'all alright?"* He then posed the reflective question: **"Am I safe with you?"** — followed by the declaration, **"You are safe with me."**

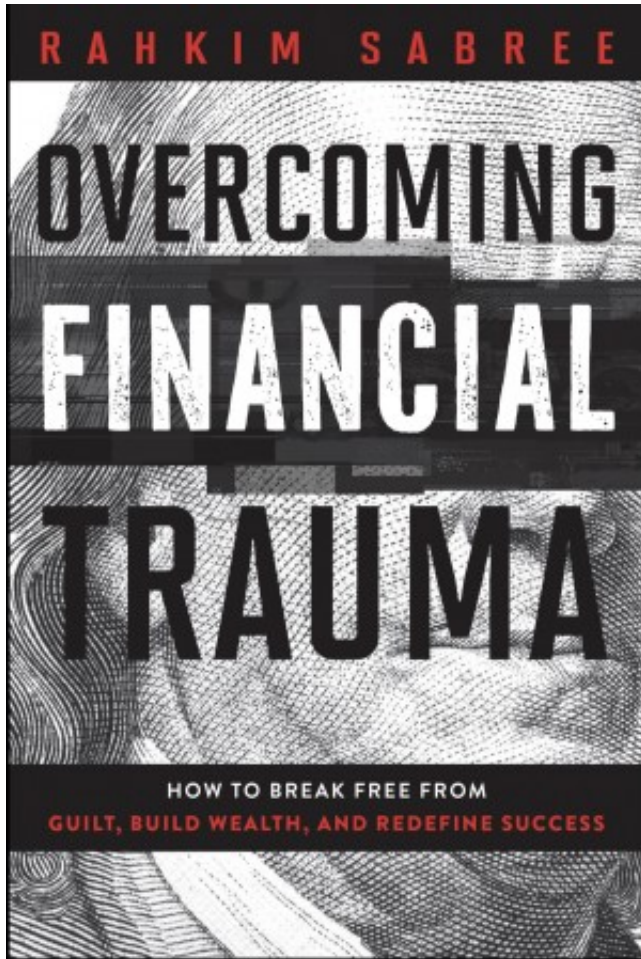
"I've never regulated a room of over 100 bodies before," Sabree said. "But by the end of that hour, the energy in the standing ovation told me we were healing financial trauma together — as a community."

Audience members responded with **tears, hugs, and an overwhelming sense of safety**, marking the keynote as one of the Symposium's most transformative sessions.

Sabree, author of the newly released [*Overcoming Financial Trauma: How to Break Free From Guilt, Build Wealth, and Redefine Success*\(Wiley, 2025\)](#), has rapidly become one of the nation's leading voices on the intersection of mental health, personal finance, and trauma. His frameworks — including the **3E's of Overcoming Financial Trauma** and the **TRUST Method**— are informing corporate wellness programs, ERG initiatives, nonprofit trainings, and financial-counseling practices across the United States.

About Rahkim Sabree

Rahkim Sabree, AFC®, is a financial therapist, author, keynote speaker, and Forbes contributor focused on helping individuals and organizations understand and overcome financial trauma. His work integrates behavioral health, nervous-system science, cultural context, and trauma-responsive financial education.



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