

PRACTITIONER PROFILE

An Interview with

Rahkim Sabree

Rahkim Sabree is an award-winning Financial Therapist, Accredited Financial Counselor®, author, and speaker with an emerging voice in the fields of financial therapy and financial empowerment. He is particularly renowned for his efforts to demystify financial trauma among underserved communities. With a dynamic background that bridges financial services, speaking, and inclusive financial wellness, Rahkim is dedicated to helping individuals and organizations challenge traditional views of financial freedom and personal growth.



Q. Define what you do professionally.

A. I help people heal their relationship with money by highlighting sources of financial trauma and offering solutions to address those financial traumas head-on. As a practitioner, educator, speaker, and author, this takes shape in several ways. I often lead with my own experiences and invite others to share their own as we focus on communal and individual healing methods.

Q. What activities encompass your professional responsibilities?

A. I started with a desire to work with individuals one-on-one as a financial coach (which I still do) but saw a gap in skills regarding how financial education and financial services are administered. Now, I work with organizations, companies, and leaders to offer “train the trainer” frameworks for engaging with individuals on

all matters of their personal finances. As a personal brand, I share thought leadership through various publications and media outlets, speak at conferences and events, and partner with organizations to offer CEUs for financial and mental health professionals.

Q. How long have you been engaged in your professional activity?

A. I've worked in financial services for over a decade, starting in the banking industry in 2011. In my current capacity as a self-employed entrepreneur, I'm going into my fourth year.

Q. What led you to your professional calling?

A. My personal experience (or inexperience) with money. I had to learn about financial products and services on the job and started to connect some of my painful money memories with the application of the knowledge I acquired. Despite learning about the "right" way to do things, I recognized a deeper cultural and psychological barrier to financial success as I chose to define it and began to explore generational traumas and systemic barriers to financial success that impact Black Americans. It was there I discovered financial trauma and decided I wanted to explore it deeper.

Q. How are you paid?

A. I'm paid by professional organizations for speaking services via workshops, training, or keynotes, by individuals on an hourly basis, through book sales, and for my writing with publications and private organizations.

Q. What theoretical framework guides your work when dealing with clients?

A. I pull from several. Motivational Interviewing, Positive Psychology, Cognitive Behavioral Theory, and the Trauma of Money method guide my work with clients. I've also incorporated mindfulness and somatic healing techniques like breathwork and affirmation into my work.

Q. Do you work alone or do you have a team?

A. I work alone primarily but consult with a large network of financial therapists, financial planners, financial counselors, and mental health counselors as needed.

Q. What needs to happen so that 10 years from now we can say that financial therapy is a respected field of study?

A. Acknowledging the similarities and differences in how one practices financial therapy and further defining financial therapy as its own unique field (rather than a subset of psychotherapy or financial planning) is key. Financial therapy is growing rapidly, with increased interest from financial services professionals and the general public. While I believe that financial therapy is already a respected field of study, I believe further distinguishing financial therapy from psychotherapy, financial counseling, financial coaching, and financial planning remains an important task.

Q. What benefits can the Financial Therapy Association provide to others doing work that is similar to your professional activities?

A. The biggest benefit is providing a networking hub for the spectrum of people coming to learn about, contribute to, or practice financial therapy. Having a place where people can feel comfortable calling home while being free to take what they learn or contribute to their respective corners of their practice and the greater finance and mental health communities allows for greater exposure and growth opportunities without tying down or gatekeeping knowledge to select populations of professionals.

Q. If others are interested in finding out more about you personally and professionally, where can they obtain this information?

A. They can always visit my website at RahkimSabree.com, subscribe to my newsletter at rahkimsabree.substack.com, or visit my social media @RahkimSabree on all social media platforms.

Q. What ethical considerations do you think financial therapists should consider when working with clients?

A. At the forefront of the work we do, we should always remember to do no harm. Compensation structures, fiduciary responsibilities, and how we represent ourselves to the public all matter, but at the root of it all, we need to make sure we're doing the best we can to provide an environment where individuals can heal their relationships with money.

Q. How do you think practitioners from your home discipline should use financial therapy?

A. As a practitioner, I don't fit snugly in the financial planning or mental health field. I believe my presence in financial therapy allows me to widen the parameters of what types of financial professionals can contribute to financial therapy and its practice. I think financial professionals overall should use financial therapy to broaden their frame of reference when engaging clients to understand the drivers for financial behavior and as a developmental and continuing education opportunity should they decide not to pursue financial therapy for their respective practices.

Q. How do you think practitioners from a different home discipline should use financial therapy?

A. If mental health-oriented, practitioners can take the opportunity to gain a deeper knowledge and appreciation for the role of the numbers in their assessments and intervention styles.



Practitioner Profile: An Interview with Rahkim Sabree

Financial therapy provides a unique opportunity to go deeper into the causes of financial stressors that may impact family dynamics, personal satisfaction, avoidant or vigilant behaviors, and more. It also introduces a new business model to explore leveraging existing skill sets while expanding their network of professional partners to refer clients to when navigating more complex financial life events and circumstances. Everyone doesn't need to be an expert at everything, and there is more than enough to go around.