



What Will Set You Free

Certified Coach

Melinda Jacobs, CCHt. (Arizona)

Clinical Hypnotherapist · Emotional Freedom Coach · Spiritual Leader · Author · Teacher

Melinda Jacobs is a highly respected healing professional with over three decades of experience supporting individuals in 46 countries. She specializes in helping people who have done significant inner work yet still find themselves stuck in recurring patterns, unresolved trauma responses, or self-sabotaging habits.

Her trauma-informed and spiritually grounded approach blends deep subconscious healing with practical integration, supporting clients in making profound and lasting changes across every area of life.

Her Three-Fold Approach Includes:

Clearing the Past: Through Clinical Hypnotherapy and Cellular Release Therapy, Melinda facilitates gentle, effective resolution of traumatic imprinting—without the need to relive painful memories.

Upgrading Habits and Tools: She introduces sustainable, life-affirming practices for emotional regulation, nervous system support (especially for neurodivergent thinkers), and intuitive self-care.

Integrating the Self: Clients are guided to reconnect with their inherent worth, embrace all aspects of self, and align with their divine essence. Emotional Freedom Coaching is one of the many tools Melinda uses to support this process—facilitating the integration of fractured parts back into wholeness, appreciation, and acceptance. Her work encourages self-compassion, energetic alignment, and spiritual embodiment.

Melinda works especially well with:

Highly sensitive, neurodivergent, and intuitive individual

Those healing from personal or generational trauma

Clients navigating emotional eating, financial distress, or relational challenges

Individuals who feel blocked despite years of self-development or therapy

An Ordained Minister, Melinda holds certifications in Clinical Hypnotherapy, Emotional Freedom Coaching, Cellular Release Therapy, Regression Therapy, and Craniosacral Therapy, with additional training in addiction counseling, yoga, and Reiki. Her work is spiritually grounded, trauma-informed, and intuitively guided.

Melinda's mission is to guide individuals to heal deeply, align with their divine essence, and embody the life they were always meant to live—beyond trauma, beyond limits.

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