



## BIO (FULL)

### Dr Tracie O'Keefe DCH, BHSc, The Queen of Change

**Dr Tracie O'Keefe DCH, BHSc, ND** is a highly experienced, qualified and registered clinical hypnotherapist, psychotherapist, counsellor, sex therapist and naturopath.

For more than 20 years she has helped thousands of people empower themselves and achieve their goals. After running a busy private therapy practice at the London Medical Centre, Harley Street in the UK for several years, Tracie moved to Australia in 2001 where she set up the Australian Health & Education Centre in Glebe, Sydney and remains the clinical director.

Tracie trained at a post-graduate level with the National School of Hypnosis and Advanced Psychotherapy in London, (*UKCP-recognised school*) and gained her degree and doctorate in clinical hypnotherapy at the American Institute of Hypnotherapy. These were issued in co-ordination with the Bureau for Private Post-Secondary and Vocational Education in California (*School no. 3004761*).

Tracie has worked as a family and couples therapist, sex therapist and addictions specialist for many years.

In addition to being an experienced hypnotherapist, psychotherapist and counsellor, Tracie is also a qualified clinical naturopath and medical herbalist, having trained in nutritional medicine with the Australian Institute of Applied Sciences (*DET Federally recognised*). She also holds a Bachelor of Health Sciences Degree in Complementary Medicine from Charles Sturt University.



**Media enquiries & bookings:**  
Call Katrina Fox on 0404 089 045 (Australian mobile)  
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Tracie has spent decades developing and evolving her skills as a therapist and clinician and is an internationally published researcher, author and editor. Her work has been reviewed in several international academic publications, including the European Journal of Clinical Hypnosis, The Psychotherapist, Journal of Sex Research and the American Journal of Psychiatry.

She is the author of several books including Trans-X-U-All: the Naked Difference (1997), Investigating Stage Hypnosis (1998), Sex, Gender and Sexuality: 21<sup>st</sup> Transformations (1999), Self-Hypnosis for Life (2000), Finding the Real Me (2004), Trans People in Love (2008), Inspiration for Survive and Prosper: How to Recover from a Crisis or Trauma Fast (2013).

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