

Rachel Duncan

MA, ATR-P

Bio

Rachel Duncan (she/her) is a financial therapist and art psychotherapist who specializes in helping impulse spenders learn to trust themselves. Clients come to her after many failed attempts to “get better with money”, many are Millennial with ADHD and with histories of addiction. Her financial therapy approach is distinctive in integrating creative healing strategies with practical personal finance education.

Rachel leads the Money Healing Club, a global online support group that bridges the emotional and practical aspects of money. She also has a mental health practice in Colorado. Her work has been featured in Bankrate and FinCon 2023.

**Money
Healing
Club.**

Instagram: 3k Followers

Email List: 2,000



Suggested Topics

- Spending Addiction Absolutely Exists, and How to Treat It
- Self-compassion is your Best Financial Tool
- Overcoming Financial Shame with Money Healing Communities
- Why We Should Stop Telling People to Make a Budget
- Class Identity is Still Relevant to All of Us
- Self-trust as the Foundation of Financial Stability
- Befriending Shame and Guilt in Financial Conversations
- Understanding Emotional Shopping and Overcoming Impulse Spending
- ADHD and its Impact on Financial Behavior
- Healing Financial Trauma with Art Therapy

Suggested Questions

- How would you define self-compassion in the context of personal finance?
- Why should we stop telling people to make a budget?
- What are signs that someone might be struggling with spending addiction?
- How does class identity influence our financial attitudes and behaviors?
- What are your recommended practical strategies for working with emotional triggers for spending?
- How can money healing communities help individuals overcome financial shame?

Connect with Rachel

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