

## Sally Baker - Media Press Pack

Sally Baker is a UK based senior psychotherapist providing expert media commentary on mental health, relationships, trauma, body image and human behaviour.

Her analysis focuses on emotional systems, attachment patterns and nervous system responses to stress and pressure. She explains why people behave as they do under scrutiny, loss or change, and why insight alone rarely leads to lasting change.



### Areas of Media Expertise

**Family relationships and estrangement:** psychological dynamics of loyalty, scapegoating, conflict and long term emotional impact.

**Relationships and intimacy:** attachment patterns, affairs, break ups and why people repeat relational dynamics they say they want to avoid.

**Mental health and trauma:** anxiety, panic, trauma responses, emotional regulation and persistent symptoms. **Body image, food and weight:** emotional regulation, shame and identity, including the psychological impact of pharmacological weight loss treatments. *Co-Author of '7 Simple Steps to Stop Emotional Eating', Hammersmith Books, London*

**Celebrity, fame and public behaviour:** how exposure, pressure and public scrutiny affect identity and emotional defences.

**Work, pressure and resilience:** burnout, performance anxiety and emotional strain in high functioning individuals and leaders. *Author of The Getting of Resilience from the Inside Out, Hammersmith Books, London*

### Media Availability

Available for rapid response comment, live or recorded broadcast, background briefings and written analysis.

### Contact

For press enquiries and interview availability, please contact Sally Baker directly on +44 (0) 7986812851 [sally@workingonthebody.com](mailto:sally@workingonthebody.com) see For Journalist page at [workingonthebody.com/media](http://workingonthebody.com/media)