KAJA SOKOLA

THE MODEL THERAPIST

Hi, I'm Kaja (*Kaya*). I'm an ex-model, practicing psychologist, scholar, advocate, and producer.

As a model, I've worked with some of the biggest brands in the world, among people that most would consider as representing the pinnacle of success in our culture — thin, white, rich, famous, and beautiful. Over the years, I saw how those same people were some of the unhappiest I'd ever come across. Since changing careers more than a decade ago, I have specialized in eating disorders, addiction, and codependency, and more particularly – their prevalence in the entertainment industry.

I believe that the health of a society finds its reflection in the contours of its culture, and reciprocally, that culture exerts a profound influence on our mental well-being. The most powerful things we have in life are our minds and the stories we tell ourselves. Without mastery over these two things, we risk ending up in someone else's story. Whether it's counseling clients, speaking at rallies, or supporting projects that challenge harmful stereotypes, my goal is to shine a light into darkness.

I cannot write your story – but I can help you do it yourself.

Kaja

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THE MODEL THERAPIST

SPEAKING ENGAGEMENTS

PRESS ENQUIRIES

MEDIA CONSULTING

Women's Health | ELLE | Rolling Stone | The Guardian | GLAMOUR | VANITY FAIR | The New York Tim

ENQUIRY FORM

First Name *

Last Name *

Email *

Title

Organization

Enquiry *

SUBMIT

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OFFERINGS

SPEAKING ENGAGEMENTS

Conferences and events, universities, companies and organizations, rallies, television and radio, podcasts and more.

Enquiry Form

MEDIA CONSULTING

Expert guidance for TV, film, and other media, in language and portrayal of eating disorders, addictions, and sexual assault.

Enquiry Form

COUNSELING & COACHING

Counseling and life coaching for individuals, couples, and adolescents. In-person in New York City or online.

Rates & Enquiry Form

PRESS ENQUIRIES

Expertise in eating disorders and addictions, the modeling and entertainment industry, survivors of sexual assault.

Enquiry Form

HIGH-PROFILE CLIENT SERVICES

Discrete counseling and life coaching for celebrity and high profile clientele. In-home in New York City or online.

Enquiry Form

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RESEARCH

RESEARCH
— EATING DISORDERS
— PSYCHOTHERAPY
— COMORBIDITY
— ADDICTION
BOOKS

Are all models susceptible to dysfunctional cognitions about eating and body image? The moderating role of personality styles.
Kaja Sokola | Sybilla Blaszczyk-Schiep | Karolina Fila-Witecka | Miguel Kaze'n
Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity, Volume 21, pages 211–220 (2016)

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Contributing factors to the development of an eating disorder with particular consideration of high-risk professions.
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Psychiatria Po Dyplomie, March 2018

Read Online

Medical Aesthetics in the Context of Psycho-Physical Dysfunction - Case Studies from Therapy with Individuals in Various Life Situations (e.g., Professional Advancement, Childbirth).
Kaja Funez-Sokola
Forum Media Polska Sp. z o.o. (2019)

Download (Polish)

Eating disorders among contemporary adolescents.
Kaja Funez-Sokola
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Specific and Specialized Diets and Their Impact on Mood Swings - Case Studies with Discussion of Factors Triggering Mood Swings.
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Forum Media Polska Sp. z o.o. (2019)

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Subclinical eating disorder symptoms and positive vs. negative affect in high school students: the mediating role of self-regulation.
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A Contemporary Image of Eating Disorders.
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Eating Disorders in Pregnant Women.
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Borderline Personality Type. Therapeutic Alliance in the Treatment of Individuals with Bipolar Disorders - Opportunities and Pitfalls.
Kaja Funez-Sokola
Forum Media Polska Sp. z o.o. (2019)

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Obsessive-Compulsive Personality. Working with Maladaptive Cognitive Constructs. Normalization of Intrusive Thoughts and Exaggerated Sense of Responsibility.
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Depressive Personality. Gratitude in Therapeutic Work with Patients with Depressive Personality.
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Differences in Diagnosing and Working with Narcissistic Personality and Histrionic Personality.
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Characteristics of Contemporary Online Relationships.
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Computer game addiction - a picture of the disorder, therapy, and doubts related to WHO postulates.
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Psychiatria Po Dyplomie, June 2018

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Night Eating Syndrome – Causes, Symptoms, and Treatment.
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Characteristics of polyunsaturated fatty acids ethyl esters with high alpha- linolenic acid content as a component of biologically active health–promoting supplements.
Sokoła-Wysoczańska E. | Wysoczański T. | Czyż K., Vogt A. | Patkowska-Sokoła B. | Sokoła K. | Bodkowski R. | Wyrostek A. | Roman K.
Przemysł Chemiczny, 93(11), 1923-1927 (2018)

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BOOKS

Buy

Psychologist and Psychotherapist Workbook – New diagnostic and therapeutic methods as tools for effective practice
Forum Media
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Author of the chapters;

- Borderline Personality. Therapeutic Alliance in the Treatment of Individuals with Bipolar Disorders – Opportunities and Pitfalls.
- Challenges in Diagnosis - Differences between Borderline Personality and Bipolar Disorder.
- Differences in Diagnosis and Working with Individuals with Narcissistic and Histrionic Personality.
- Eating Disorders in Pregnant Women.
- Therapeutic Alliance in the Treatment of Individuals with Borderline Personality Disorders.
- Gratitude in Therapeutic Work with Patients with Depressive Personality.
- Therapeutic Work with Patients with Depressive Personality.
- Working with Maladaptive Cognitive Constructs.
- Physiology of Anxiety. Self-Awareness and Self-Consciousness as Examples of Therapeutic Tools.
- Specific and Specialized Diets and Their Impact on Mood Swings
- Addiction to Aesthetic Medicine in the Context of Psycho-Physical Functioning.
- Shopping Addiction – Real Threat or a Notion of Our Times?

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School Mental Health Support Systems in Practice
Forum Media
2017

Author of the chapters;

- Strategies for Building Self-Confidence and Distance from One's Own Physicality and Media Influences – Educational Workshops for Students.
- Dangerous Weight-Loss Diets – Questionnaire for Students to Check Whether They Follow a Balanced Diet.
- What Youth Intoxicate Themselves With - Compilation of Over-the-Counter Medications and Alternative Substances to Synthetic Drugs.
- Assessing the Effectiveness of Activities that Foster Assertiveness.
- How to Cultivate Students' Critical Thinking Skills Regarding Media Influences.

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