



## Dr Aaron Balick

Renowned Psychotherapist and Author

*"An advocate for Mental Health"*

Aaron Balick is the CEO of Stillpoint Spaces, an international hub for the exploration of psychology. As both an academic and a psychotherapist with more than 20 years of clinical experience, he is committed to widely sharing psychological ideas in ways that individuals, organisations, and businesses can directly apply and benefit from.

### TOPICS:

- The Psychology of Technology and Social Media
- Psychological Wellbeing and Excellence in the Workplace
- Alignment: A Different Perspective on Work/Life Balance
- Mental Health
- The Elements of Personal Leadership

### LANGUAGES:

He presents in English.

### PUBLICATIONS:

- 2029** Keep Your Cool: How to Deal with Life's Worries and Stress
- 2018** The Little Book of Calm
- 2013** The Psychodynamics of Social Networking: Connected-up Instantaneous Culture and the Self

### IN DETAIL:

As a registered integrative psychologist with the United Kingdom Council for Psychotherapy, Aaron has been the UKCP's media spokesperson since 2005. He has also been the Resident Psychotherapist on BBC Radio 1's The Surgery. Aaron provided mental health information and advice on the show both in-studio and outside broadcasts, fulfilling the role for over 20 years, making him the longest-serving mental health agony uncle. He founded The Relational School during this period. He served as an executive chair for 11 years until 2015 and chapter chair of the International Association of Relational Psychoanalysis and Psychotherapy.

### WHAT HE OFFERS YOU:

A celebrated international speaker, Aaron has delivered numerous keynote speeches at various conferences, events and podcasts on topics relating to depth psychology, culture and technology. His fascination with contemporary culture and its developments is evident in his speaking engagements which offer psychological insights to various global audiences.

### HOW HE PRESENTS:

Always with the specific intention to impact lives, Aaron speaks to audiences globally about how they can utilise psychological theory and practice to better understand and deal with the challenges that confront them.