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Sanya BARI

Therapist. Survivor. Creator of the Love Clarity Method
Helping high-functioning people love without losing themselves.

featured in:



Your tango



LISTEN NOTES


IDOPODCAST



GLAMOUR



SHE
magazine
U.S.A.



MEET
Sanya

Therapist, Coach and
Keynote Speaker

Sanya Bari is not your average therapist.

She's not here to offer clichés, communication tips, or one-size-fits-all love advice.

She's a survivor, a strategist, and a practitioner of spiritual psychology who makes the invisible patterns of love visible.

Her talks don't just land — they shift something. With lived experience, evidence-based tools, and the emotional clarity people are craving, Sanya brings transformation that lasts.

Sanya has shared her work with audiences in intimate retreats, summits, and leadership spaces — both in the U.S. and abroad. She brings a rare blend of depth, warmth, and truth to every room she enters.

ABOUT *Sanya*

Sanya Bari is a relationship trauma therapist and coach who helps people heal from narcissistic abuse, codependency, infidelity, and the pain of divorce. Over the past decade, she has guided Olympic athletes, federal judges, Fortune 500 CEOs, and public figures through some of the most defining emotional moments of their lives.

But this work didn't start in a clinic — it started with her own survival. A survivor of emotional trauma herself, Sanya developed the Love Clarity Method™: a trauma-informed, spiritually rooted framework that helps people use emotional pain as a compass for healing, not a curse.

Her signature framework reveals the Four Love Lies™ — patterns like guilt, over-responsibility, role-playing, and transactional love — that cause invisible burnout, self-abandonment, and suffering. Through her method, Sanya helps people build relationships rooted in peace, clarity, and deep self-connection.

She holds dual master's degrees and advanced training in Spiritual Psychology from the University of Santa Monica.



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talks **FEATURED**

1

Why Love Feels So Hard — And How to Finally Stop Repeating the Same Pain

Break trauma cycles, recognize emotional patterns, and finally create love that actually works.

This keynote stops people in their tracks — because it names the question they've been quietly asking for years. Sanya helps audiences understand why even the smartest, most capable people get stuck in painful relationships — and how to break the cycle using her Love Clarity Method™.

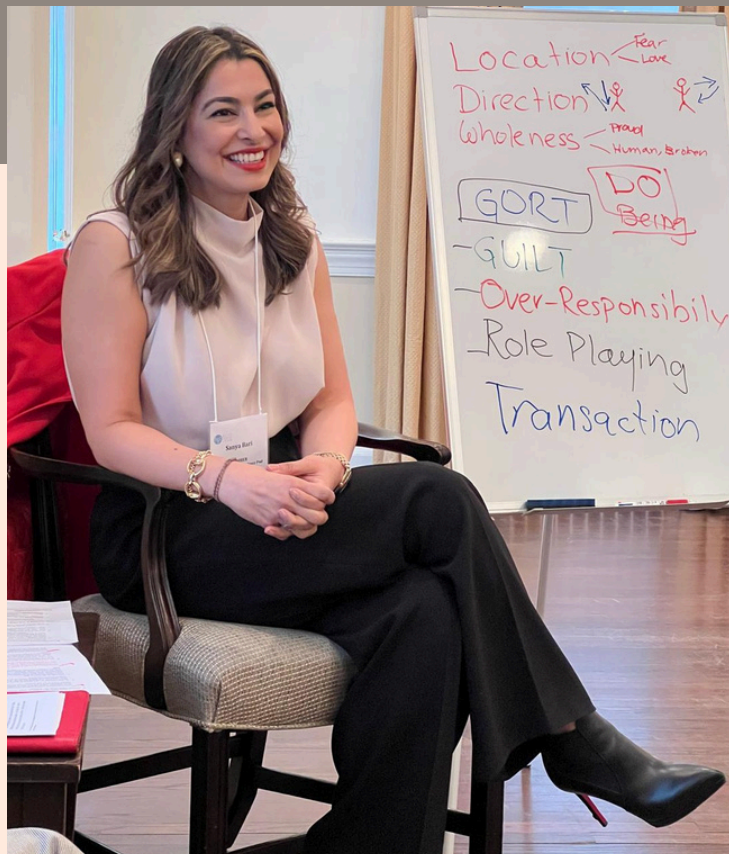
Ideal for: Summits, keynotes, therapist events, personal growth communities



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FEATURED *talks*

2

The 4 Love Lies That Sabotage Even the Best Relationships

Guilt. Over-responsibility. Role-Playing. Transactions. Learn the patterns that keep love stuck — and how to break free.

This is Sanya's signature framework. With emotional storytelling and grounded tools, she helps audiences name and shift the unconscious habits that silently erode connection — even in "good" relationships.

Ideal for: Workshops, retreats, coaching trainings, therapist circles



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talks **FEATURED**

3

Love Without Losing Yourself

A therapist's story of codependency, survival, and the radical act of choosing herself in love.

In this powerful, story-driven keynote, Sanya shares her lived journey through self-erasure and healing — and offers a mirror to anyone who has ever over-functioned, stayed too long, or loved from fear instead of truth. This talk meets audiences at the intersection of heartbreak and hope — and shows them a way back to self-trust.

Ideal for: Storytelling stages, healing keynotes, intimate summits, podcast features



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WHAT AUDIENCES *walk away with*

- A new emotional vocabulary for navigating love, conflict, and boundaries
- Tools they can use immediately — without needing a therapist to interpret them
- A clear understanding of why they repeat emotional patterns and how to shift them
- Permission to set boundaries and prioritize themselves without guilt
- Emotional clarity that creates peace, confidence, and deeper connection



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CREDENTIALS &

highlights

- Therapist and coach with 10+ years of experience
- Developer of the Love Clarity Method™
- Founder of 3 successful therapy practices
- Trained in Advanced Spiritual Psychology (University of Santa Monica)
- Has worked with Olympic athletes, A-list celebrities, doctors, entrepreneurs, and federal judges
- Featured on expert panels, podcasts, and wellness retreats across the U.S. and internationally



WHAT PEOPLE ARE *saying*



"Sanya didn't just speak — she cracked something open in the room. Every person walked away lighter, clearer, and more powerful."

— Event Host, Women's Leadership Summit



"It felt like therapy, strategy, and soul work in one. Our audience is still talking about it."

— Retreat Organizer



"She gave us language for things we didn't even know we were feeling. This wasn't a talk — it was a turning point."

**— Mental Health
Conference Attendee**



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LET'S
connect

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▶ Sanya Bari

"I will help **YOU** see that there's nothing **outside YOU** that is more powerful than what's **inside YOU**."

I will connect YOU to
**THE SOLUTIONS,
POWER, & POTENTIAL
within YOU."**

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