

PRESS RELEASE

Exclusive findings: THE BALANCE observes these serious psychological stresses in celebrities

- There are no scientific studies on this target group, but THE BALANCE has over 20 years of sound experience with this target group
- Attachment trauma in childhood is the main cause of later problems such as eating disorders or addictions
- Fame often leads to mistrust and social paranoia
- Substance abuse as a result of a lack of everyday structure, financial consequences and social support

(Mallorca/Zurich, June 2025) They are in the spotlight, are considered icons of their time, make millions of people happy - and yet they suffer from a pressure that is almost unimaginable for outsiders. What appears to be a dream life on social media is a mental state of emergency for many celebrities: loneliness, emotional instability, attachment trauma, addiction and mistrust characterize the inner lives of many celebrities. The international luxury rehab clinic THE BALANCE RehabClinic, where Kanye West and his wife Bianca Censori were recently treated, talks openly about the most common psychological challenges in this particular target group - and about what those affected really need. "There are no scientific studies on these phenomena, no specialist literature - only practical experience," says Dr. Sarah Boss, clinic manager at THE BALANCE, who has been working with this target group for over 20 years. "The only people who really understand the mental stress of these people are those who work directly with them - and there are very few of them."

Childhood without attachment: When closeness is missing

Many celebrities, according to THE BALANCE's years of experience, come from achievement-oriented families in which they have experienced parental absence - usually unintentionally and from an early age. Substitute care by nannies or boarding school stays are not uncommon. Instead of closeness and security, the focus is on pressure to succeed and perfection - the child's basic needs are not met. "We often see pronounced attachment trauma in this target group. These can be caused by neglect, overprotection or even parental abuse," says Gita Chaudhuri, psychotherapist at THE BALANCE. "It is often not a single dramatic event, but the family dynamics and parenting style that leave deep scars." This leaves many of those affected with a huge emotional void, which manifests itself later in life in the form of eating disorders, addiction or relationship problems. At the same time, the child interprets the emotional absence of their parents as their own failure. "Children are so dependent on their parents that they can never understand that there is something wrong with them, so they think there is something wrong with themselves," explains Dr. Boss: "It takes a lot of therapeutic work to break this pattern. Those affected need a corrective experience, a 're-parenting'. This is exactly what a healthy bond with a therapist can achieve over time."

Enormous pressure and fear of being exploited lead to social withdrawal

Celebrities are under massive pressure every day: they "have" to function at all times, deliver top performance - and do so in front of a public that is unforgiving of mistakes. "Normal people are allowed to break down, celebrities are not. In order not to jeopardize their public image, they

have to appear perfect at all times," says Dr. Sarah Boss. In show business, this pressure often comes up against an unstable social environment. "Many supposedly close friends are only there as long as they earn money from the success. At some point, our clients no longer know who is sincere and who is just there for fame or money," says Gita Chaudhuri. This mistrust even extends to the most intimate relationships - and can even escalate into social paranoia: "Will this person stay with me when I'm no longer famous?" This dynamic became particularly clear during the coronavirus pandemic: "When everything suddenly came to a standstill - events, performances, parties - nobody got in touch. This loneliness hit many of our clients hard," says Dr. Boss. What remains is the feeling of being worthless and exploited. Withdrawal and isolation become a self-protection strategy. "Many celebrities who come to us no longer enjoy life. The little pleasures like friendships, going out, just being normal - all that has been lost," says Dr. Boss. To fill the void, many of those affected turn to drugs.

Drug addiction as a silent consequence of fame

Substance abuse is one of the most common challenges in the therapy of prominent personalities at THE BALANCE. Alcohol, medication and drugs are not only readily available in this world, but are also often tacitly accepted. In addition, due to the structural emptiness of everyday celebrity life, there is a lack of self-discipline to prevent consumption from getting out of hand. There are no external anchor points, such as fixed working hours. "Unlike private individuals, celebrities don't have to fear any consequences, such as losing their job or losing their earnings," explains Dr. Sarah Boss. In an environment where no one says "stop" anymore, self-destructive behavior often goes unnoticed or unspoken out of consideration for the status of the person concerned. Hardly anyone is prepared for this lifestyle. "To deal with this form of freedom in a healthy way, you need a high degree of inner stability and a healthy social environment. This is exactly what many celebrities lack due to their family background," says Sarah Boss. "It is our job to build up this inner balance in an intensive therapeutic process."

In a brand-new episode of THE BALANCE podcast Dr. Sarah Boss speaks about celebrity struggles in detail. [Watch on Youtube now.](#)

You can find more information about The Balance RehabClinic at www.balancerehabclinic.com

About THE BALANCE:

THE BALANCE RehabClinic is a luxury retreat on Mallorca that specializes in exclusive and discreet rehabilitation measures. The founder and managing director of THE BALANCE RehabClinic is the Swiss entrepreneur Abdullah Boulad (45). With a multidisciplinary team of around 150 doctors, psychotherapists, physiotherapists, personal managers and a whole range of complementary therapists, he has created one of the world's most renowned therapy facilities for addiction problems, mental illness and health issues. Here he offers his clients individually tailored cures in luxurious surroundings, which is particularly appreciated by top athletes, celebrities and top entrepreneurs. The offer comprises the three pillars of addiction therapy (alcohol, drugs, medication, sex, etc.), mental illness (anxiety disorders, burn-out, depression, trauma and post-traumatic stress disorder) and health treatments (stress, anti-ageing, chronic pain, sleep disorders, etc.). One focus of THE BALANCE RehabClinic's evidence-based medical concept is also the use of the latest scientific and technology-based therapeutic approaches, such as neuro- and biofeedback systems or transcranial direct current stimulation, for which the company is constantly investing large sums in new technologies and medical equipment. The medical director is Dr. Sarah Boss. THE BALANCE is exclusively for private patients. <https://balancerehazentrum.de/>