

ALEGRA TOREL

Flipping The Script On Therapy

Instagram

@coutureclinician



*The Couture
Clinician™*

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Alegra Torel, The
Couture Clinician™ is a
walking contradiction.

A Fashion Obsessed Therapist Whom Advocates For The FU Position, Despises
Traditional Therapy, And Holds Monumental Space For Human Understating

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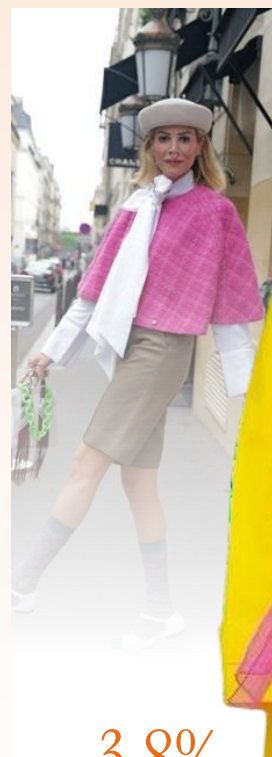
Biography + *Social Metrics*

More **Experiences.** Fewer Couches.
Unfiltered Authenticity. **Messy Truths.**

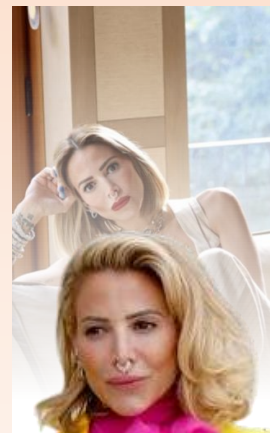
Alegra Torel is a Turkish Brit, luxury living gypset, licensed psychotherapist and conflict resolution specialist, jewelry maximalist and former model who has spent her life absorbing culture

She's worked as a consigliere to members of the Saudi Royal Family and high level executives, done business development for luxury brands in emerging markets, to changing careers a decade later and treating patients as a clinician on skid row in LA and building her own private practice.

Her British wit and occasional condescension coupled with her Turkish passion, nurtured through depression, divorce, and motherhood, have given her the confidence to occupy the "FU position" and redefine what therapy is, or can be.



3.8%
Engagement rate



3M
Avg Monthly view



115K
Total Followers

23M
Views

Global Audience

- ✦ Paris
- ✦ London
- ✦ Istanbul
- ✦ NYC
- ✦ Singapore

Edutainer

In This *Talk*,

Alegra-The Couture Clinician™ explores how self-expression, confidence, and the courage to “Say All The Things™” can strengthen relationships, unlock personal power, and lead to a more fulfilling life. With her signature ‘FU position,’ mixed with her wit, insight, and hard-earned wisdom, she’ll invite you to rethink the way you communicate, connect, and most importantly—how you show up as yourself.



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Retail Therapy™

Therapy

*never felt so good
and cost so much.*

Come for the materialism. Stay for the truth.

Psychotherapist Alegra Torel, The Couture Clinician,™ knows that therapy is far more than \$250/hr on a couch, to blame your parents.

Retail Therapy™ is an immersive shopping experience where guests discover what they wear, or fear wearing, is costing them so much more



Retail Therapy™ is a social experiment where Alegra takes you out of your comfort zone replacing your emotional security blanket that was once was Dior, with the truth.

COMING SOON



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**What If Retail Therapy™
is the answer...**



Travel Couture

Eat. Pray. **Love.**

*on 800 thread-
count linens*

Materialism. Binds us together

Travel Couture is the once in a lifetime experience of a city,
so it feels like home. A culmination of shopping, eating,
laughing, crying, dancing, and finding yourself with a
group of strangers who become lifelong friends



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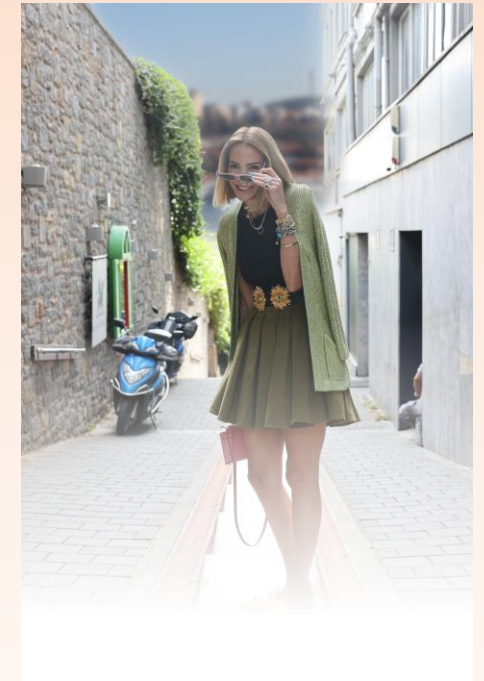
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New York City
Istanbul

Portfolio



The Manner

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