

# BENJAMIN FRY

RELATIONSHIPS & TRAUMA EXPERT

## About Benjamin

Benjamin Fry is a leading voice in the field of trauma and relationships. He is the founder of [Khiron Clinics](#), one of the world's foremost residential centres for the treatment of trauma-related mental health issues, and of [Televagal](#), an innovative mental health technology platform that supports nervous system regulation in therapy.

An accredited [psychotherapist](#), [couples therapist](#), [speaker](#), [author](#), and [entrepreneur](#), Benjamin has written three books, including *The Invisible Lion: How to Tame your Nervous System and Heal your Trauma*, which explores how trauma shapes our behaviours, bodies, and relationships and how we can heal.



His eclectic background spans psychology, media, and business. He read Physics and Philosophy at Oxford University before earning an MFA in Film Production at USC, directing a feature-length film distributed by HBO and Paramount. He went on to build several hospitality ventures before completing an MA in Psychotherapy and Counselling at Regent's College, followed by an Executive MBA at Oxford.

Benjamin has also appeared as an expert psychotherapist on several television series, including the BBC's *Spendaholics*, where he helped individuals address the emotional roots of compulsive behaviours.

He now [speaks internationally](#) and [delivers workshops](#) on trauma recovery and relationship repair. His work raises awareness of nervous system-based therapies and helps individuals and couples understand how trauma disrupts connection and how to restore it.

AS SEEN IN:

The Telegraph

BBC

THE HUFFINGTON POST

The Guardian

THE TIMES

Daily Mail

PSYCHOLOGIES

Evening Standard.

BBC RADIO 4

*“Benjamin Fry’s compassionate perspective and simple visualization of my manic behaviour struck a deep chord within me. For the first time, I felt truly heard and understood. That moment changed everything—it saved my life.”*

**Leo Maguire, BAFTA-nominated filmmaker**

## Short Bio

Benjamin Fry is a psychotherapist, author, and founder of [Khiron Clinics](#). He specialises in [trauma recovery](#) and relationships, combining personal experience, clinical training, and thought leadership. He is the author of *The Invisible Lion* and the founder of [Televagat](#), a mental health tech platform for therapists.



## Headshots



[Click here to access the folder for Benjamin's official headshots.](#)

## CV



[Click here to access Benjamin's CV](#)

## Contact Details

For media inquiries:



[amanda@benjaminfry.co.uk](mailto:amanda@benjaminfry.co.uk)



[www.benjaminfry.co.uk](http://www.benjaminfry.co.uk)

## Social Media



[@benjaminfryofficial](#)



[@benjaminfry](#)



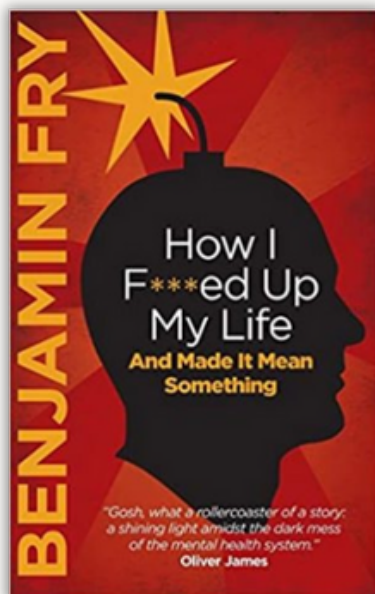
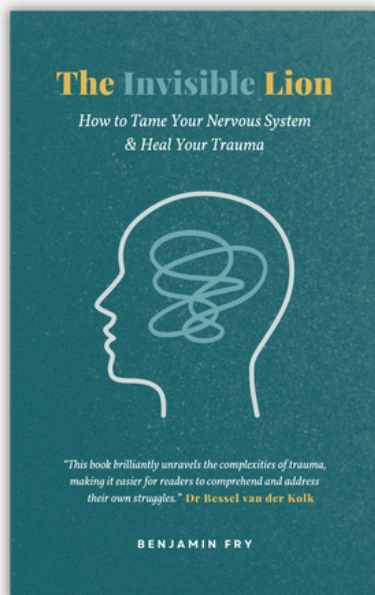
[@theinvisiblelion](#)



[@benjaminfry](#)



[@benjaminfry](#)



*"Gosh, what a rollercoaster of a story: a shining light amid the dark mess of the mental health system."*

**Oliver James**  
on *How I F\*\*ed Up My Life\**

## Celebrated Author

Benjamin has written three books, including *The Invisible Lion: How to Tame your Nervous System and Heal your Trauma*, which explores how trauma shapes our behaviours, bodies, and relationships and how we can heal.



*"This book brilliantly unravels the complexities of trauma, making it easier for readers to comprehend and address their own struggles."*

**Dr Bessel van der Kolk**  
on *The Invisible Lion*



*"For those of us who are dysregulated, which is probably most of the population, no one tells us better how to get our minds and bodies back to sanity."*

**Ruby Wax**  
on *The Invisible Lion*



*The Invisible Lion demystifies trauma. With profound insight, this volume offers readers an accessible pathway towards self-understanding and healing, indispensable for anyone seeking a deeper understanding of their personal journey to heal and cultivate self-acceptance."*

**Dr Stephen W. Porges**  
on *The Invisible Lion*

A man with a shaved head, wearing a blue shirt and a dark blazer, is speaking on a stage. He is holding a small object in his right hand and looking upwards and to the right.

## Speaking Topics

- Healing from Trauma: Why Therapy Alone Isn't Enough
- Boundaries, Connection, and the Nervous System
- How to Repair Any Relationship (Even After Trauma)
- From Breakdown to Breakthrough: A Personal Journey Through Psychosis, Recovery, and Purpose
- Creating Trauma-Informed Systems: Lessons from Building Khiron Clinics
- The Invisible Lion: Understanding Threat Responses in Daily Life
- Parenting With Trauma: Breaking the Intergenerational Cycle
- The Problem With Labels: Why Diagnosing Trauma Often Misses the Point
- Polyvagal Theory in Practice: What It Looks Like in the Therapy Room (and Life)
- Why Rich, Successful People Feel Miserable — and What to Do About It

## Keynote Talks

### **Bondage — In Attachment, Monogamy, and the Bedroom**

A bold exploration of how trauma shows up in our struggles to bond safely and to connect. This keynote blends clinical theory with lived experience.

### **Why Boundaries Are So Misunderstood**

How to set boundaries without shutting down. This talk explores nervous system regulation, polyvagal theory, and the difference between reactive vs. connected limits.

### **Trauma and Relationships**

Why we push away the people we love. How trauma disrupts attachment, and how safe relationships can become the arena for healing.

### **The Invisible Lion: How to Tame Your Nervous System & Heal Your Trauma**

Named after his bestselling book, this signature talk introduces Benjamin's framework for understanding trauma through the lens of nervous system states.

## For media inquiries:



amanda@benjaminfry.co.uk



## Podcast Appearances

**Healing Trauma Podcast:** *The Ongoing Reality Of Healing Trauma With Benjamin Fry*

**Therapy Chat Podcast:** *Can Residential Treatment Heal Deep Trauma? Benjamin Fry Explains*

**Trauma Thrivers Podcast:** Benjamin Fry – The Dysregulated Nervous System

**MindHealth 360:** What Is Nervous System Dysregulation?

## Recent Talks

***Benjamin's Story and How he Founded Khiron Clinics → [Watch here](#)***

***Why Boundaries Are So Misunderstood → [Watch here](#)***

***Can You Have Trauma and a Great Relationship → [Watch here](#)***

***How to Heal Your Trauma & Tame Your Invisible Lion → [Watch here](#)***

## Recent Presentations

- Blue Spirit with Esther Perel, Nosara, Costa Rica – 2025
- Psychotherapy Networker, Washington DC – 2025
- Game of Money, Greece – 2024
- IMMH, Washington DC – 2024
- Global Exchange Conference, Orlando, FL – 2024
- Innovations in Psychotherapy, 2024
- Master Events, Oxford – 2024

## For media inquiries:



amanda@benjaminfry.co.uk