



Benjamin Fry

Psychotherapist, Author and Entrepreneur

Benjamin is the founder of Khiron Clinics, one of the world's leading residential trauma-treatment centres, and Televagal (<https://televagal.com>), an innovative mental health technology platform.

An accredited Psychotherapist, Couples Therapist, Speaker, Author, and Entrepreneur, he has written four books, including '*The Invisible Lion*': '*How to Tame your Nervous System*' and '*Heal your Trauma*'.

With a diverse career spanning Psychology, Media, and Business, Benjamin read Physics and Philosophy at Oxford, then attended Film School, directing a feature-length film distributed by HBO and Paramount.

He later went on to set up various enterprises in the hospitality industry before completing an MA in Psychotherapy & Counselling and an Executive MBA from Oxford University.

His first book led to his role as the expert Psychotherapist on the BBC series '*Spendaholics*'.

Benjamin speaks at Mental Health Conferences worldwide, raising awareness of the effectiveness of nervous system-based therapies for treating trauma.

He also delivers workshops to help people optimise and heal their relationships through trauma-informed practices and education.

