

# Michelle Bassam | Relationship & Identity Specialist

*Warm, insightful and a specialist in the "invisible" challenges of modern intimacy.*



Michelle Bassam is a leading psychotherapist specialising in the intersections of relationship resilience, neurodiversity, and life transitions. With a career featured in **The Telegraph**, **HELLO! & ELLE**, Michelle is a sought-after expert for her work on Adult ADHD in women and how neurodivergent traits reshape couple dynamics.

Michelle is particularly noted for her clinical focus on the 'dual transition', navigating **menopause** alongside an **ADHD** diagnosis. Her strength lies in making complex, heavy topics feel accessible and actionable. Whether discussing the 'mental load' in neurodiverse partnerships or the evolution of sexual wellbeing, Michelle provides the clarity and 'real-talk' depth that podcast listeners and readers connect with instantly.

**The Telegraph** **HELLO!** **COSMOPOLITAN** **yahoo! lifestyle** **ELLE**

## Ready-to-Go Interview Topics:

- **The "ADHD Relationship Gap":** Why women are being diagnosed later in life and how neurodiversity (ADHD/ASD) reshapes intimacy, communication, and the "mental load" in long-term partnerships.
- **The Menopause Marriage:** Navigating the "Perfect Storm" of hormonal shifts and psychological change. How couples can maintain connection and sexual wellbeing through the transition of mid-life.
- **Modern Identity & Life Transitions:** From navigating queer identity in later life to building resilience during major career or family shifts.

---

## Booking & Media Requests

Michelle is available for **in-studio recordings (London)**, **remote podcasts** and **breaking news commentary**.

To book Michelle for an interview, talk, or contribution please reach out via:

- **Email:** [kirsty@harleytherapy.com](mailto:kirsty@harleytherapy.com) or [help@harleytherapy.co.uk](mailto:help@harleytherapy.co.uk)
- **Web:** [Harley Therapy Media Booking Form](#)
- **Urgent Requests:** Please mark the subject as **"URGENT MEDIA"** for a 2-hour response window (Monday - Friday)