

# Stefan Walters | Trauma, ADHD & Somatic Specialist

*Rapid-response expert on neurodiversity and the physical impact of psychological stress.*



Stefan Walters is a seasoned psychotherapist and media commentator specialising in **Adult ADHD**, addiction recovery, and **Somatic (body-based) therapy**. An established voice for **The Guardian, The Times, & Vice**. Stefan is an expert in how our physiology and past experiences shape our mental health.

He is particularly noted for his work on the "Body-Mind connection," explaining how trauma and chronic stress manifest as physical symptoms. Stefan is highly experienced in live broadcast and deep-dive podcasting, offering sharp, evidence-based commentary on the "Body Keeps the Score" approach to healing. Known for his clarity and speed, he is a lead contributor for breaking news and high-impact health features.



## Ready-to-Go Interview Topics

- **The "Body-Mind" Connection:** An introduction to Somatic therapy and why "talking" isn't always enough to heal deep-seated trauma or chronic stress.
- **The Adult ADHD Revolution:** Navigating a late-life diagnosis, understanding executive dysfunction, and the intersection of neurodiversity and professional burnout.
- **Burnout as a Physiological Response:** How modern workplace stress triggers the nervous system's "survival mode" and practical clinical tools to reset it.

---

## Booking & Media Requests

Stefan is available for **in-studio recordings (London)**, **remote podcasts** and **rapid response news commentary**.

To book Stefan 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)