



Dr Frankie Harrison

CLINICAL PSYCHOLOGIST

NICU PARENT

FOUNDER, MIRACLE MOON & THE NICU SPACE CIC

SPEAKER · MEDIA EXPERT · AUTHOR · PODCAST HOST · EXPERT CONTRIBUTOR

Hi. I'm Frankie

CLINICAL PSYCHOLOGIST AND NICU MUM



I'm a HCPC-registered Clinical Psychologist specialising in NICU trauma, birth trauma, and perinatal mental health — and I've been in this space for over fifteen years. But the real reason I do this work is personal. My son Arlo was born at 31 weeks. I wasn't prepared for what followed — the numbness, the rage, the anxiety that wrapped itself around everything long after we came home. When I looked for support, I couldn't find it. So I built it.

Miracle Moon is a connected ecosystem of therapy, community, education, and professional training for families living with the long-term impact of neonatal care. I bring both clinical expertise and lived experience to everything — speaking, writing, training, and media — and that combination is at the heart of why families and professionals trust me to speak truthfully about what NICU really does to people.

Media and Press

TV AND DOCUMENTARY

Amazon Prime Video – Expert contributor, *Jesy Nelson: Life After Little Mix* (2026)
Invited by the production team to speak with Jesy about the emotional experience of having premature twins in neonatal care.

MAJOR BROADCAST

Happy Mum Happy Baby; Parenting SOS – Expert guest with Giovanna Fletcher

PRINT & ONLINE PRESS

The Independent – Featured expert, NICU trauma and perinatal mental health

Woman Magazine – Featured expert contributor

Mother & Baby – Regular contributor and named parenting expert

Tommy's – Multiple articles and expert contributor

Bliss – Featured story

Emma's Diary – Named parenting expert

Peanut / Net Mums – Featured contributor and expert

Your Baby Club – Featured expert

Make Birth Better – Expert contributor

THE MUM LIST

Named on The Mum List 2024

AS SEEN IN



AVAILABLE FOR

Frankie is available for expert comment, documentary contributions, podcast appearances, print and online press, and TV. She speaks on NICU trauma, birth trauma, premature birth, perinatal mental health, and the long-term psychological impact of neonatal care on families.

Book Frankie to Speak

Frankie speaks at conferences, study days, panel discussions, and public events — and brings clinical expertise grounded in lived experience to every room she's in. She doesn't do jargon. She doesn't do preachy. She talks like a human being.



SPEAKING TOPICS

- NICU trauma and the long-term emotional impact of neonatal care
- Birth trauma and PTSD after premature birth
- Perinatal mental health — what professionals and parents need to know
- Trauma-informed care in neonatal settings
- Stress, burnout, and anxiety in high-achieving professionals
- Perfectionism and the nervous system
- Building a community and a movement
- Using social media as a clinician
- Supporting NICU families — for antenatal educators and midwives



PREVIOUS SPEAKING

- Make Birth Better Annual Summit — Workshop facilitator (2024): Reducing Trauma for NICU Families**
- Pregnant Then Screwed — Workshop presenter
- Neurodivergent Birth — Professional CPD webinar
- CPD study days for neonatal and perinatal professionals
- Public panels and events on NICU, birth trauma, and perinatal mental health

WHAT YOU CAN EXPECT

Every speaking engagement is prepared, personalised, and delivered with warmth. Frankie is experienced at reading a room — whether it's a clinical team, a conference audience, or a public event — and adapting her delivery accordingly. She consistently receives feedback that she makes complex psychological ideas feel accessible, human, and immediately applicable.

Book Frankie to speak: miraclemoon.co.uk/collaborators

Podcast - as Host

THE NICU SPACE BY MIRACLE MOON

@MiracleMoonUK - Available on Spotify, Apple Podcasts and Youtube.

The NICU Space by Miracle Moon is a podcast for NICU parents - past, present, and future. Hosted by Dr Frankie Harrison, it covers everything from what happens in the neonatal unit to the long aftermath that follows: trauma, identity, relationships, pregnancy after NICU, neurodivergence, grief, and healing. Honest conversations. No jargon. No silver linings. New episodes fortnightly.



STATISTICS

20k+	600+	300	5*
total podcast downloads	monthly downloads	monthly visitors	podcast rating

MY AUDIENCE

80%	36%	40%	40%	38 %
Women	Age 28-34	Age 35-44	UK	USA

Podcast - as Guest

AVAILABLE FOR PODCAST APPEARANCES

Why book Frankie as a Guest:

Frankie is an experienced podcast guest — warm, articulate, and able to make complex psychological ideas feel immediately accessible to any audience. She's appeared on 14+ shows and consistently generates strong listener response. She speaks from both clinical expertise and lived experience, which makes for compelling, relatable listening.

Topics she speaks on as a guest:

- NICU trauma, birth trauma, and the long-term impact of neonatal care
- Perinatal mental health — anxiety, PTSD, identity, and relationships
- Premature birth and the emotional experience of neonatal intensive care
- Stress, burnout, and anxiety in high-achieving professionals
- Building a mission-led business from lived experience
- Using social media as a clinician — authentically and ethically

RECENT GUEST APPEARANCES

Show	Topic
Birth-ed	NICU and the emotional rollercoaster of premature birth
Business of Psychology	Building Miracle Moon – perinatal mental health
Care OutLoud	Healing after the NICU – trauma and community
Happy Mum Happy Baby	NICU with Giovanna Fletcher
Dear NICU Mama	Maternal mental health – recurring guest
How to Grow a Parent	Navigating NICU
Mother Tongue	NICU parenting and mental health
Hello Therapy	Trauma-informed practice
Birth Trauma Mama	Birth trauma and NICU
Hey Sleepy Baby	NICU parenting
Fierce Kind Mama	NICU and trauma
Of Multiples	NICU parenting of multiples
Neurodivergent Birth	Neurodivergence and NICU + webinar
CBB's Parenting Podcast	Navigating NICU

Pitch a guest appearance: info@miraclemoon.co.uk

Lets Work Together

Whether you want to book Frankie to speak, pitch a podcast guest spot, discuss a media enquiry, or explore a brand collaboration — here's how to get in touch.



GET IN TOUCH

Let's do more than just talk, let's be part of a movement that discusses NICU, birth trauma and perinatal mental health openly and honestly. Let's help people to feel connected and less alone.



hello@miraclemoon.co.uk



www.miraclemoon.co.uk



www.miraclemoon.co.uk/collaborators



[@miraclemoonuk](https://www.instagram.com/miraclemoonuk)



[Dr Frankie Harrison](#)

Frankie

WHO I WORK WITH

Frankie works with a wide range of organisations, media outlets, and event organisers. Her audience spans NICU parents, perinatal and neonatal healthcare professionals, and the wider maternal and parental mental health community.

Past and current collaborators include Amazon Prime Video, Happy Mum Happy Baby, Tommy's, Bliss, Make Birth Better, Water Wipes, Owlet, Pippeta, and Ickle Pickles Charity. She is available for media appearances, speaking engagements, brand partnerships, professional training, and podcast guest spots.



WHAT YOU CAN EXPECT

Every collaboration with Frankie starts with a real conversation. She doesn't do generic. She doesn't do preachy. She brings clinical expertise, lived experience, and warmth to everything she does — and she will show up prepared, punctual, and fully committed to making the collaboration count.

She is experienced at communicating complex psychological ideas to non-specialist audiences, comfortable on camera and on mic, and consistently receives feedback that she is easy to work with and makes content feel human rather than clinical.



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Podcast



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MOST DOWNLOADED EPISODES

Ep1: How to Create a Balanced Life
with guest *Rachelle Beaudry*

Ep8: Why is Self-Care Important?
with guest *Isabel Mercado*

Ep27: How to Find Your Peace
with guest *Juliana Silva*

***Ep22: Simple Self-care & Wellness
Routine during a Pandemic***
with guest *Marceline Anderson*

STATISTICS

350k+
total podcast
downloads

28k+
monthly
downloads

5k+
monthly visitors

4.9
podcast rating

MY AUDIENCE

90%
women

70%
25–31 yrs old

57%
USA

SPEAKING TOPICS



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AS SEEN IN
(AND MORE)

prime video



Client Testimonials

"Frankie's workshop at Make Birth Better was one of the most impactful sessions of the whole summit. She has a rare ability to combine clinical knowledge with genuine human warmth, the room was completely with her throughout."

"I came across Miracle Moon when I was completely lost after NICU. Frankie's way of explaining what was happening to me was the first time I'd felt truly understood. It changed everything."

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 **20K+**

@miraclemoonuk

 **1,500+**

monthly page views

 **50K+**

podcast downloads

 **1,500**

email subscribers

Writing & Expertise

MIRACLEMOON.CO.UK/BLOG

Frankie writes regularly on NICU trauma, birth trauma, perinatal mental health, and the long-term emotional impact of neonatal care. Her writing appears across Miracle Moon's own blog and in national publications and charity platforms — always in plain, accessible language that connects with real experience rather than clinical abstraction.

She is available for commissioned articles, expert columns, professional publication contributions, and comment pieces. If you're looking for an expert voice on NICU, premature birth, birth trauma, or perinatal mental health — for parents or professionals — she'd love to hear from you.

STATISTICS

7,000k+

average monthly page views

5,500k+

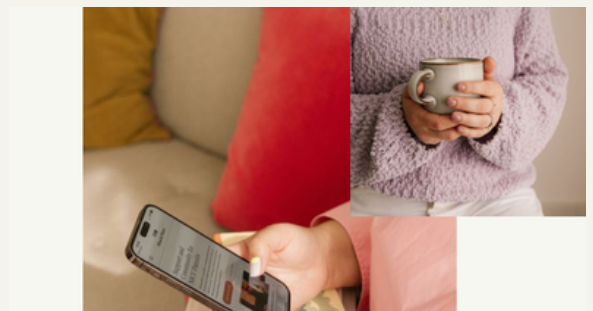
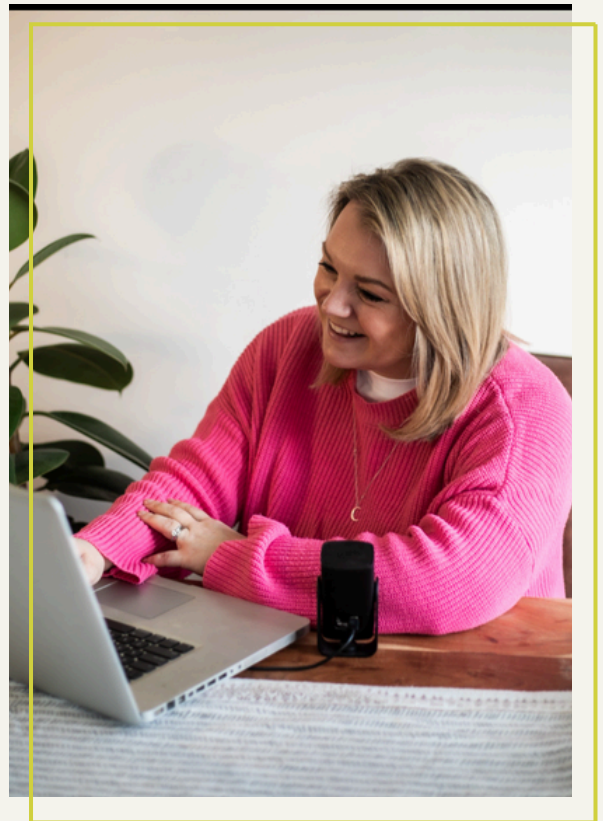
unique monthly visitors

17% / 45%

organic search / direct visits

1800+

email list subscribers



MOST VIEWED BLOGS

How to Create a Balanced Life

with guest Rachelle Beaudry

Why is Self-Care Important?

with guest Isabel Mercado

Self-care Routine during a Pandemic

with guest Marceline Anderson

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