

PRIOR MINDSET

Patient Testimonial 10

The Challenge: OCD, Depression, and Undiagnosed Autism.

Outcome: OCD CBT treatment and provisional autism test, leading to a formal diagnosis by a psychiatrist.

Child's Voice: "It was easy to talk to Jerri because she was warm and kind. I didn't feel judged, and she always listened to me. I feel more self-sufficient now and don't need to ask my parents to check my door or food as often. Understanding what OCD is and why I have my compulsions has made it easier to manage them. The activity scheduling helped me see what I enjoy and who I like to spend time with. Completing an exposure ladder and updating my OCD table showed me my progress and what strategies are helping. I also appreciated taking my thoughts into account, which was useful for my OCD. My sleep has improved thanks to the relaxing bedtime routine Jerri helped me create. Therapy highlighted my sensory sensitivity, which has led to additional support at school and eligibility for extra time in exams. This support has helped me understand my feelings and eased my anxiety. Zoom sessions fit well with my school schedule, and Jerri accommodated my needs for longer sessions when necessary. Overall, I'm aware of the differences between my OCD and neurodiversity, and I now recognize that some of what I thought was OCD was related to my neurodiversity, like food textures and needing time to decompress."

Parent's Voice: "The therapy with Jerri has been incredibly beneficial. Before starting, I was very concerned about Ella's future, especially about her going to university. Now, I feel reassured. Jerri's approach has given us strategies to help Ella manage her anxiety and OCD. Ella can now openly discuss her feelings with us, which has improved the whole family's ability to support her. I found being a co-therapist insightful, and the skills Jerri provided have been invaluable for Ella's relapse planning. The therapy has helped Ella engage more with her family and friends, significantly boosting her mood. We feel fortunate to have received Jerri's support, and her expertise has also highlighted Ella's neurodiversity, helping us support her sensory needs and manage her OCD. Jerri's work has been instrumental in Ella's journey, and we are deeply grateful."

Location: Bowdon, Altrincham, Trafford, Greater Manchester, Northwest England.