

PRIOR MINDSET

Patient Testimonial 7

The Challenge: Generalised Anxiety Disorder.

Outcome: CBT treatment and parenting support.

Jacob's Feedback:

"Talking to Jerri was easier than with others because I never felt judged by her, though I don't feel judged by those close to me either. Jerri always listened and offered useful suggestions. For example, she noticed I like structure and adapted her approach to be more structured, which helped engage me. I found the 'vicious flower' and 'worry tree' concepts helpful for rationalising my anxious thoughts. By taking my thoughts to court, I could either dismiss them or plan.

Parent: The resources Jerri used were helpful, even though I wasn't present for the later sessions. Jerri was structured and methodical, but also flexible. When she noticed Jacob was frustrated during one session, she adjusted the focus to address my concerns."

Location: Surrey, Greater London, Southeast England.
