

# PRIOR MINDSET

## Patient Testimonial 8

**The Challenge:** Social Anxiety Disorder.

**Outcome:** CBT treatment.

### Client's Feedback:

"After a few sessions, I felt comfortable opening up about my struggles. I built a strong relationship with Jerri because I trusted her to listen and she made the sessions engaging and enjoyable, which was especially helpful given my dyslexia. I appreciated how Jerri helped me understand my feelings and improve my situation through behavioural experiments. These experiments pushed me out of my comfort zone, which was exactly what I needed. The weekly ROMS questions were valuable for tracking my progress and boosting my confidence. When progress was slow, Jerri reassured me that setbacks are normal. Role-plays were particularly enlightening, revealing aspects of my behaviour that contributed to my social anxiety."

### Parent's Feedback:

"Weekly sessions with my daughter gave me confidence that she had someone she felt comfortable talking to. I noticed her growing comfort with activities she previously avoided and learned how to support her better. Jerri's guidance on behavioural experiments and how I can assist her was invaluable."

**Location:** *Chester, Cheshire, Northwest England.*

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