

PRIOR MINDSET

Patient Testimonial 9

The Challenge: Depression and Separation Anxiety Resulting in Non-Attendance at School.

Outcome: CBT Treatment and Parent CBT.

Mum's Feedback:

“Josh has shown significant improvement. He can now go out to various places without holding my hand as much and is happier going to school in the mornings. He seems to get better sleep and uses the ear calmers recommended by Jerri when needed. The techniques Jerri taught him have led to fewer meltdowns.”

Josh's Feedback:

“Jerri helped me improve my sleep, making it easier to get up early and go to school. She also helped me reduce my negative thoughts about myself, which means I now enjoy school and spending time with friends.”

Location: *Keswick, Cumbria, Lake District National Park, Northwest England*
