

~ PST Feedback Sheet ~

Dear Darren

The PST Therapy has been an enormous aid to my recovery from depression.

I do believe that I had many issues from my childhood in which I have now been able to deal with since I attended the therapy.

Many of these issues became aware to me at different times over the past three months. I have been able to reduce my medication for depression successfully.

Having depression for more than twenty five years, this therapy has been the best result as I have had psychotherapy and counselling in the past.

Thanks you for your follow-up and professional service. I would like to have another session late in January.

Regards

Pauline