NON-CONFIDENTIAL IMMEDIATE FEEDBACK

Name of participant: ▓▓▓▓▓	Date of course: Aug▓▓▓▓ 2023

Please could you provide immediate feedback and thoughts about your experience and any immediate, positive or not, changes below. This can be from the point of view of the referrer, family, participant or all three. Just a couple of lines of your insight and feedback is so valuable to help others understand the process! Thank you.

We have noticed that ▓▓ has a much calmer demeanor since the restart course. ▓▓ has begun sleeping in the bedroom with his brother again, and not in bed with a parent which is a huge accomplishment for him in managing his fear and separation anxiety. When travelling in the car, ▓▓ has been able to find that feeling of neutral using techniques he learnt at the restart course with Katie and this has seemed to ease the feelings of stress and fear in the car. We can see this by noticing his muscles relaxing after a big neutral breath and ▓▓ was then more relaxed and begun enjoying time in the car with his brother and sister for the first time in 18 months. ▓▓ has now returned to school and is managing his first week back amazingly well. This is a complete change in comparision to the start of the academic year last year and I am certain that the restart course has been a big part of that change. ▓▓ is very obviously proud of what he achieved on the course and likes to show people his travel mug! Before the course anxiety and big feelings, in particular, fear, really did control his outlook on life, and his (and our) world became very small all of a sudden. The restart course seems to have taught ▓▓ that new experiences, even if they are frightening,doesn't mean that something bad will happen and he is beginning to take on new moments in life with a new, more confident outlook. Its called the restart course and I always wondered why. Now I see why, this course really has seemed to set the clock back to zero, a fresh new start for a more confident ▓▓ to experience the world again. Thank you so much!