

OUTCOMES AND FEEDBACK 2024

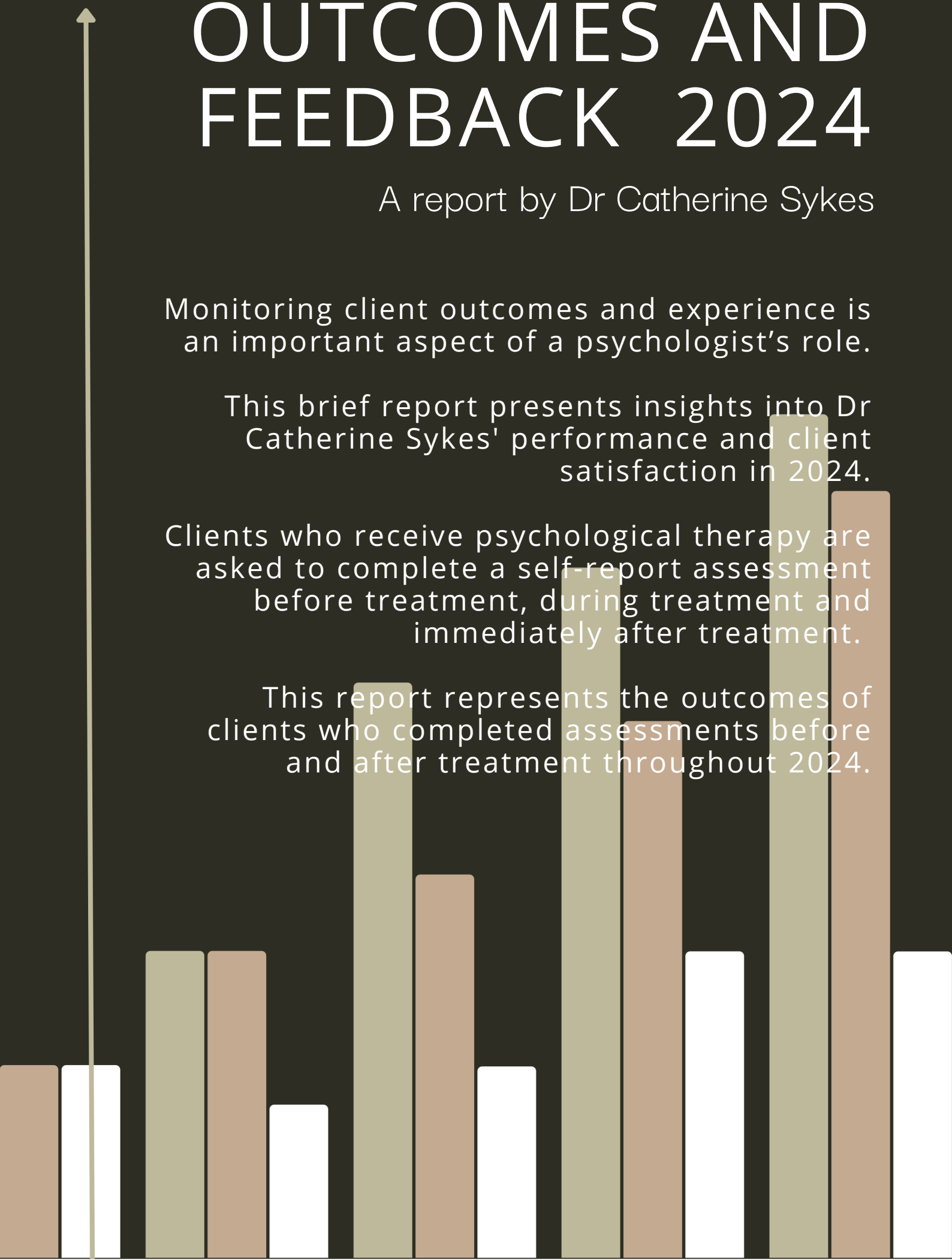
A report by Dr Catherine Sykes

Monitoring client outcomes and experience is an important aspect of a psychologist's role.

This brief report presents insights into Dr Catherine Sykes' performance and client satisfaction in 2024.

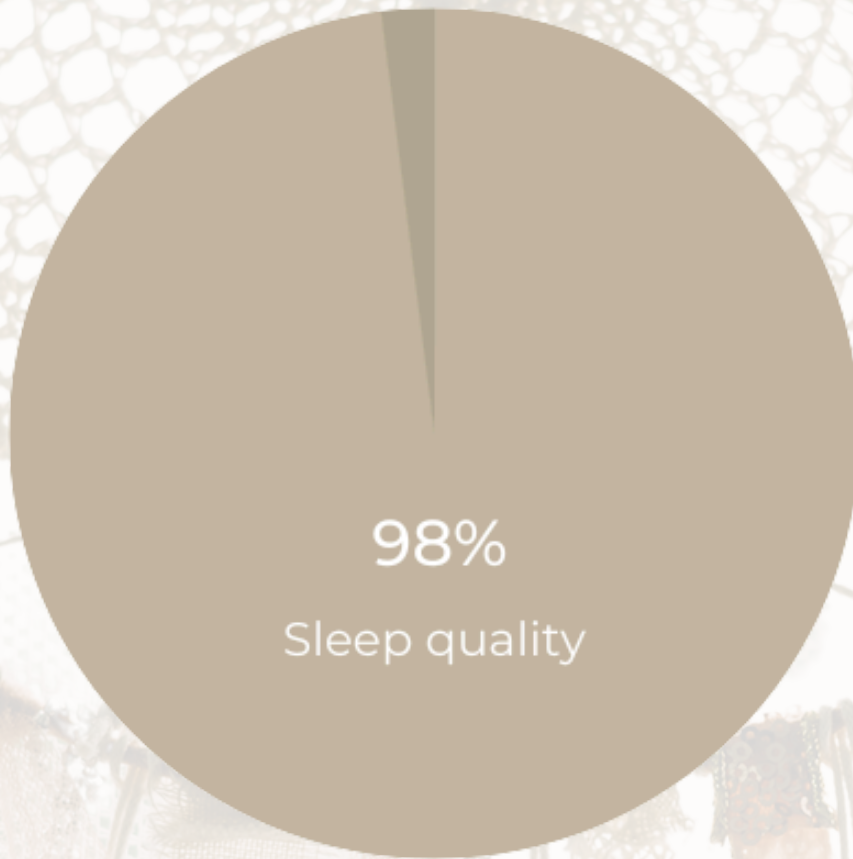
Clients who receive psychological therapy are asked to complete a self-report assessment before treatment, during treatment and immediately after treatment.

This report represents the outcomes of clients who completed assessments before and after treatment throughout 2024.



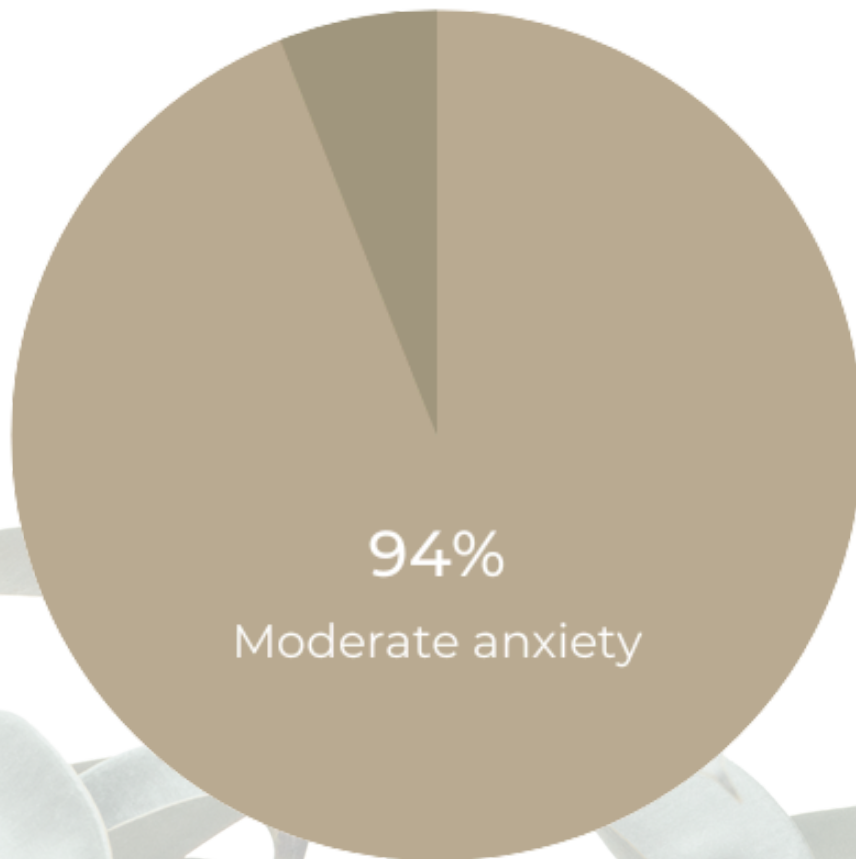
SLEEP

98% of clients who were treated for insomnia reported significant improvement in sleep quality post treatment.



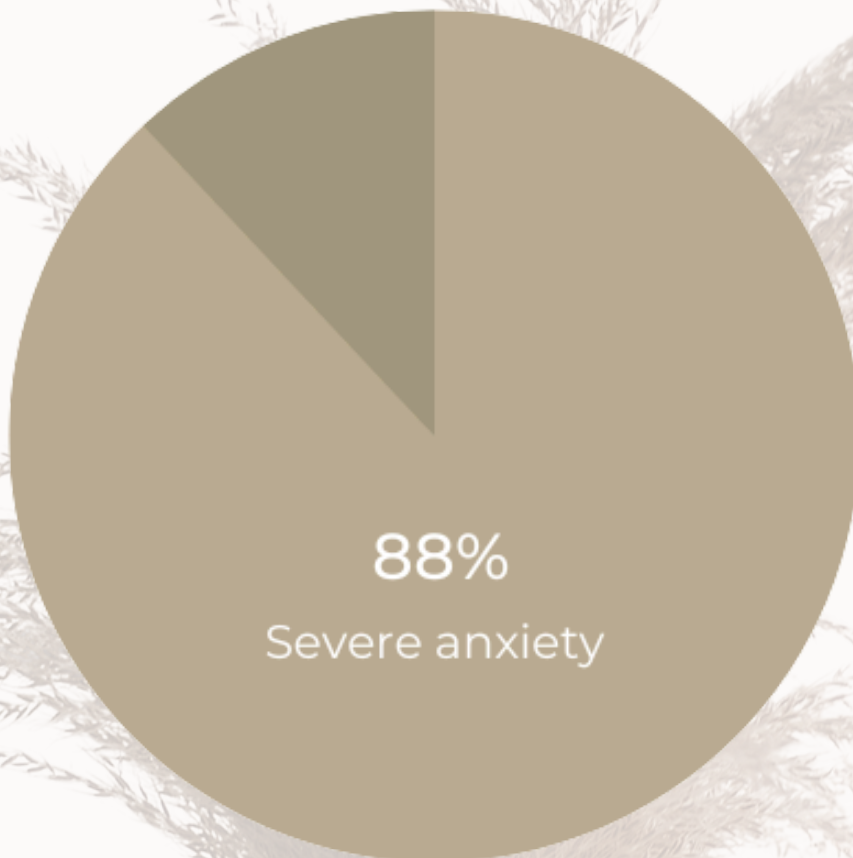
MODERATE ANXIETY

94% of clients who had moderate anxiety at the beginning of treatment report mild to none anxiety levels post treatment.



SEVERE ANXIETY

88% of clients who had severe anxiety at the beginning of treatment reported mild to none anxiety levels post treatment.



Panic Attacks

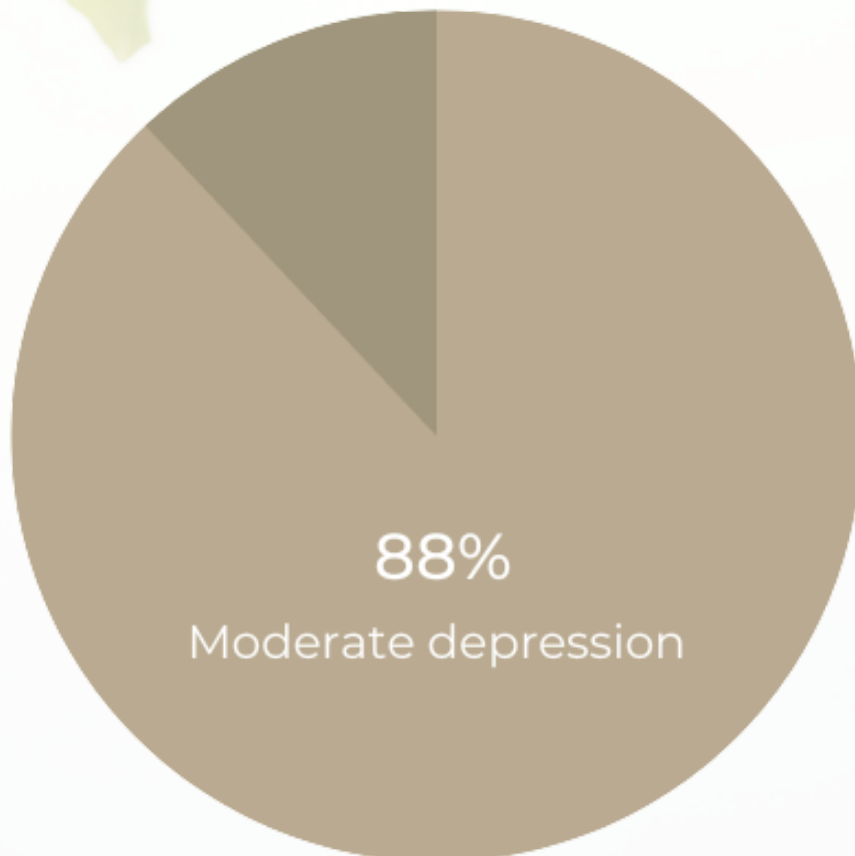
100% of clients who reported having panic attacks at the beginning of treatment reported no panic attacks post treatment.



100%
Panic Attacks

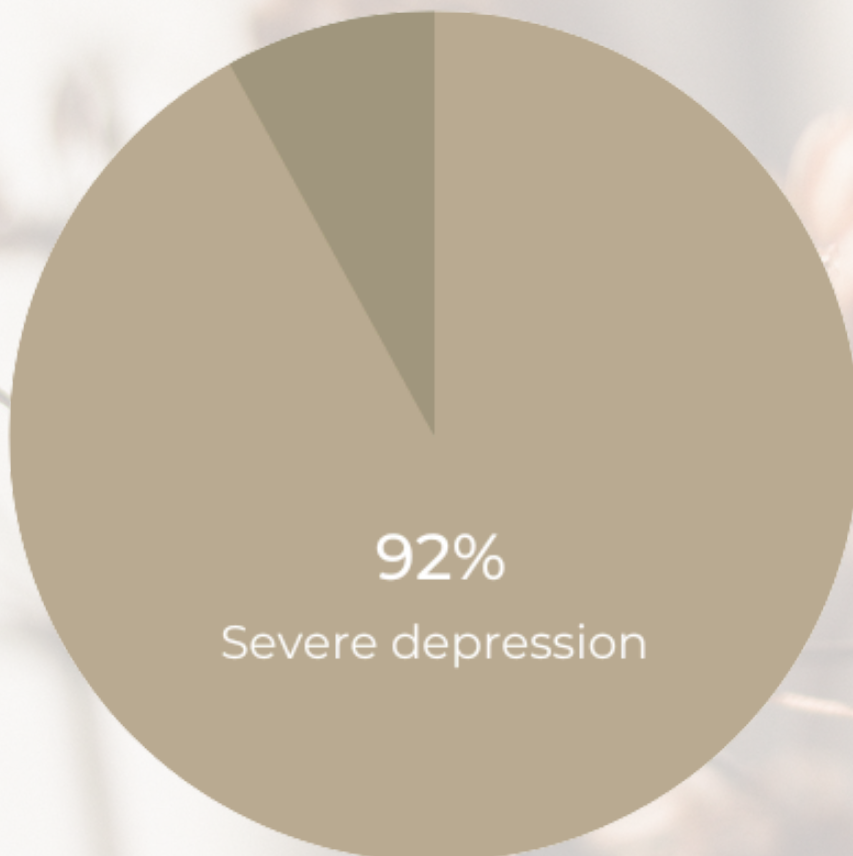
MODERATE DEPRESSION

88% of clients who had moderate depression at the beginning of treatment report mild to none depression levels post treatment.



SEVERE DEPRESSION

92% of clients who had severe depression at the beginning of treatment reported mild to none depression levels post treatment.



FEEDBACK

I never believed that burnout could lead to a better more productive life. Dr sykes helped me to change my life. I'm now full of energy and life feels great.

“

Great service. Better than I anticipated. I certainly feel more balanced since working with Catherine.

Thanks to Catherine, I got my life back. She taught me how to be happy instead of waiting to be happy.

I've tried everything to deal with panic attacks. I've paid thousands throughout the years. Catherine is the first person to eliminate panic from my life.

”

Meeting Catherine was a lucky escape. I was heading for a big crash, always stressed and unwell. I learnt so much about stress and I have pulled myself out of a difficult place and life style.

Dr Sykes has helped me understand why I burnt out . She has helped me make changes that i never envisioned would be part of my life.

...CONTINUED

I've been suffering from anxiety most of my adult life. It has impacted my career as a lawyer. With Catherine, I have developed a self awareness that has helped.

“

Working with Catherine opened my mind. I've always been anxious about my health. It got to the point that it was ruining my life. After working with Catherine, I got my life back.

I was sceptical at first but I'd like to thank Dr catherine for her help which has changed me. I feel much happier and I understand myself.

" I picked Catherine due to her experience of working with lawyers. i never expected her in-depth understanding on my intersectionality as a woman of colour from working class roots. I have never felt so heard and understood. It's been truly transformational."

”

"Catherine is very professional and approachable. Sessions with her are very effective as she can quickly assess the root of the issues and design an action plan that works in maintaining mental health in a high pressure work environment."

"I've been to see therapists before but never felt they understood me and at times felt judged for my success. This is not the case with Dr Sykes at all. She really understood me and gave me great help to understand myself."