

Super Stress Solutions

Cutting Edge Strategies To Transform Your Life.

<http://www.superstressolutions.com>

INSOMNIA & SLEEP DEPRIVATION

A. Treatment Outcomes

- 5 Maximum, symptoms virtually non existent
 - 4 Significant, exceeded expectations in symptom reduction
 - 3 Moderate, Acceptable outcome improvement made
 - 2 Slight, below expectations some symptom reduction
 - 1 None, not helped at all
- Overall Satisfaction Rating 4.1

B. Sensitivity of Consultant

- 5 Greatly
 - 4 Very much
 - 3 Moderately
 - 2 Slight
 - 1 Not at all
- Overall Satisfaction Rating 4.7

C. Competence of Consultant

- 5 Very Competent
 - 4 Competent
 - 3 Adequately
 - 2 Slightly competent
 - 1 Incompetent
- Overall Satisfaction Rating 4.8

D. Additional Help

- 5 Greatly
- 4 Very much
- 3 Moderately
- 2 Slight
- 1 Not at all



Overall Satisfaction Rating 4.5

E. Experience & Expectation

- 5 Very much in a positive way
- 4 Slightly in a positive way
- 3 Slightly in a negative way
- 2 Very much in a negative way



Overall Satisfaction Rating 4.8

F. Willingness to return or refer others

- 5 Very willing
- 4 Moderately willing
- 3 Slightly willing
- 2 Reluctant
- 1 Not willing



Overall Satisfaction Rating 5.0

Improvement in personal well being,

Before Treatment



After Treatment



Testimonials - What participants say about the consulting they received specific to **Insomnia** and **Sleep Deprivation**.

“Although a lot of information was given, this whole program with coping strategies has helped me tremendously.”

F.E

“Mr. Kent reinforced the positive changes I was just beginning to make in my life. They are fast becoming a real part of me. I look forward to building on these changes and passing them on to my friends, family and co-workers.”

R.R

“Your approach was not what I expected. The Broken Arm metaphor really worked for me.”

R.N

“Thank you so much for pointing me back into another path of health and happiness. It has been a great trip and you have been very supportive and encouraging.”

A.M

“I was very impressed with the treatment. I didn’t think that this type of approach would help me until I started using the techniques.”

S.C