



Braethorpe Resource House
Canterbury Road
Ashford
Kent
TN24 8QF

Tel: 01233 625371
Date: 09/07/2008

Dear Dr Chouhan

I would like to thank you for your recent visits to our Day Centre and the therapy session you provided for us.

The breathing techniques and the all together calming atmosphere present was a real benefit to many of our service users. Many suffer with panic attacks and some with PTSD.

Feedback from service users included:

'Very restful and peaceful'.

'The techniques will help me in the evenings when I may feel more anxious.'

'I liked it, very relaxing. I would like to learn more about these techniques'

Our service users face many mental health challenges and I am keen to provide them with as many alternatives to medication as I can find. Your sessions were interactive, supportive and indeed appropriate to our service users' needs and wants.

We would be most interested in any other types of sessional therapy work you may know about and I know my service users are keen to see you again perhaps later this summer.

Kind regards
Samantha Goswell

And once again a big thank you from myself and all those at Braethorpe Resource House

Oliver Mills
Managing Director

KENT ADULT SOCIAL SERVICES



INVESTOR IN PEOPLE