

"I tried to kill myself when I could not cope with life."

"My name is Pete. I am 39 years old. I am director of my own business...a very busy and hectic business. I have been suffering from depression for the last two years. I tried to commit suicide two years ago...and been on very strong anti-depressants for the last two years. Before I called Shokat I was trying to come off my tablets for six to seven months. Tried every angle I could; dropping the dosage; different dosages; taking it down but I would hit a real low so I couldn't do it. I was recommended to come and see Shokat by a friend (Sofia). I came to see him and he assured me that I wouldn't need to take my anti-depressants tablets again after one session which I didn't believe. And sure enough after one session I stopped my anti-depressants, I never took another tablet and for two to three weeks afterwards I had the most massive high, feeling exhilarated and excited every day. I had this weird feeling that I had my whole life in front of me...I levelled off and It felt very normal now for the last three months. I had no problems at all, not even thinking I wanted to go back to my anti-depressants. I can't thank you enough; I think you have done such an amazing job."

Peter, Birmingham.

"Free from Alcohol and Anti-Depressants after 10 years"

Good morning Shokat. I just wanted to say Thank you. I have just had the best nights sleep in years, without any anti depressant, or alcohol the first since 1993. I know you asked me to contact you in a couple of weeks but I NEEDED to say Thank you now. I feel great. Thanks Philippa.

Shokat: Philippa, thanks for making my day!

Philippa: This is truly the best thing that has happened in my life for a long time. I came to you because I knew I must change my life, and couldn't carry on the way I was. I have prayed for help and guidance. I craved for a peaceful life and my prayers have been answered. I needed to sort my life out and move out of this very unhappy marriage I am in but in my heart I knew that I would probably end up in an apartment on my own drowning my sorrows, and feeling sorry for myself. I was having visions of losing my job, my driving licence, because I have been out in my car to fetch another bottle when one didn't do the job. I have been so lucky not to have hurt any one in or been involved in an accident. So you see you have saved my life. I could have lost my driving licence and my job which in turn would have meant losing my home and everything else - just thinking about it makes me feel cold.

I will be visiting my Dr to tell him how well I feel after your amazing treatment.

Philippa, Stoke-on-Trent, Email 24/09/2009.

On 28 July 2010, Anne wrote on how she overcame her tendency to self-harm with our help.

I am a 21 year old female psychology student.

I first saw Shokat in March 2009 as a last resort to help control my anxiety and stop myself from self harming. At the age of seven I was sexually abused and this abuse continued for many years afterwards. I was unable to tell anybody of what was happening or what I had gone through because at that tender age. I myself was completely unaware of what was happening to me. The only thing I knew was that it was something wrong and there was a possibility I could have got into trouble for it.

I thought I had forgotten what had happened to me and started to believe it did not even occur - maybe it was just a nightmare or I was just imagining this had taken place to me. I became very secluded from members of my own family and was very quiet in gatherings. I spent most of my time playing with my younger cousins rather than interacting with those whom were of the same age. I felt a form of uneasiness towards them, I don't know why. Perhaps it was because it was me who was chosen to have these nasty things done to rather than them. I retaliated in a very different manner and very defensively - if a joke was made about me in public

or if my parents spoke to me using certain terms and tones. My mum knew something was wrong she was unable to put her finger on it.

At the age of thirteen I began self harming with objects, it was very subtle at first nobody was able to tell as I conducted it on parts of my body nobody would have been able to see and used a drawing pin to cut into my arm. I was unable to deal with the pressure of exams and I hated going to school because I just felt as though I never truly fitted in.

At the age of 16 I finally had the courage to tell my mum what had happened, I was ready to make a run from the car we were sitting in and I remember telling her she had to promise not to shout at me. I realised by the reaction on her face that had I told her before my mum would have stopped it all from happening and perhaps got me the justice I was entitled to. It was too late for that. I could not have imagined things getting any worse from here but they did when I started college. My anxiety got to such a stage where I was unable to go to my exams and complete my coursework. I would start having panic attacks the night before any work was due in. I then moved onto using a knife to self harm and trying all sorts of things as an act of desperation to rid myself of this turmoil I was in. I was blinded during those moments of desperation to how my mum was being affected by it all. I was overcome with guilt and did not know how to get out.

On the morning of my exam I had suffered from the worst panic attack I had ever experienced. I was in tears and completely hysterical to the point I walked to a centre where my mum was training. Immediately she phoned my GP. I had seen my GP prior to this occasion a couple of months before where I had informed him of what had happened to me and how I needed some help. The only response I was given was he was 15 years old, boys experiment at that age. I felt sick to my stomach and thought to myself I am on my own. The fact I was going back to this same GP in this state I thought he would have given me something for my nerves or referred me on to somebody for professional help perhaps a community nurse. Again I received nothing.

This vicious cycle continued for two more years and it was at the peak when I was hit by extended family members and accused for lying when things got worse, as if they could not have been any worse already.

It was by chance whilst at a cinema we saw an advertisement for life principles. My mum did all the necessary research about it and had persuaded me to go to see Shokat. I was very reluctant at first and did not have trust or faith in him, especially since he was a male and the experience I had had with my GP. However, when I went to see him things changed. I was introduced to his wife who went upstairs whilst me I had my treatment session.

I had had Hypnotherapy before but it had not helped me. I was not relaxed at all not in the slightest and felt I was wasting my time. However, Shokat's session was completely different. In fact I don't think I had ever been as relaxed as I was after this first session I had encountered. He was very professional and very kind in his approach. The first time I had gone to Shokat's house for my treatment was with my mum and she stayed in the next room. After the first session I did not have an urge to pick up a knife or to harm myself and since then I have not harmed myself at all.

It feels great to have just finished my second year of university and not have had to have any extensions or deferrals because I am managing everything a lot better. My outlook to life is positive and I am determined to achieve things which were not the case 5 years ago. I have my final session coming up and to be honest I cannot wait to become relaxed once again.

I don't think I have ever met a therapist who cares a great deal for their clients and wants what is truly best for them. If I had not gone to Shokat last year I don't know where I would have been. I have not met anybody to be caring and yet remain professional at the same time. There has not been a single moment where I have felt uncomfortable yet I have only seen this person 2 times. The same could not be said about my GP. I have recommended Shokat to people I know who have a variety of problems whether it is smoking or suffering from bipolar depression. I know they think very highly of Shokat as well from the discussions we have had. My support for Shokat is always there and it is a shame that these programmes are not available on the NHS or recommended by the NHS.

Anne [Student], Leicestershire (Overcome her self-harm tendencies and depression on 12/12/2008).