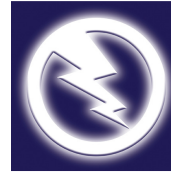


# The Phil Parker Lightning Process™



Current stats for LP. Phase one

Our surveys have been filled in by 103 people over the last 6 months

93 (90%) people used the LP for M.E/CFS/Fibromyalgia, many used it for multiple issues as well.

## Success rates:

Of that group 85% (80 replies) reported they no longer had M.E/CFS/Fibromyalgia by day 3 of the LP

## Reasons for lack of complete success or achieving only a degree of change.

With such a large percentage of people reporting complete recovery we are especially interested in those you don't achieve the same degree of change in the same time frame. Of the 15% (13 replies) who reported they still had at least some symptoms we asked:

If you still have any of the issue(s) at the end of the training, was it (tick as many as you like):

- a. Because the training was not good enough
- b. Because the training was inappropriate for your issues
- c. Because you need to apply the training more effectively
- d. Because you need to apply the training for a longer period of time to get changes
- e. Something different – please write in \_\_\_\_\_

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- a) 0% felt the that the training was not good enough
- b) 0% felt the training was inappropriate for their issues
- c) 53% felt they needed to learn to use the tools more effectively.
- d) 76% felt it was because they need to use the tools for a longer period of time.
- e) There were no other responses.

We also asked: To make and maintain those changes you desire, do you feel you have enough of an understanding:

- |  |        |
|--|--------|
| a. Of what the tools are   | Yes/No |
| a. Of when to use the tools  | Yes/No |
| b. Of exactly how to use them                                      | Yes/No |
| c. And what to do when you are not getting the results you wanted? | Yes/No |

Replies were;

- A) 100% felt they had the tools
- B) 92 % felt they knew when to use the tools
- C) 100% felt they knew exactly how to use them
- D) 100% felt they knew what to do when they weren't getting the results they wanted.

Comments and further work.

These results are very encouraging in that they document and reflect our experience of how people respond to the process- 85% of trainees feeling confident enough about their wellness and future to complete the survey stating they didn't have the illness anymore is quite amazing figure in this field.

We will be following this up at six months after attendance of the LP seminars to examine the long term results; of course as with any training program these longer term figures will primarily show whether or not individuals have continued to apply the training tools as effectively as they did during the seminar- but any results will give us more data about the effectiveness of, and suggest improvements to, the after course support systems.

One of the issues the survey brings up is how to get the good relevant data.

A fair proportion of the 15% who answered the "Have you still got M.E?" question with a YES (which made it appear as though the process was ineffective for them) let us know that they had actually achieved major changes in the 3 day seminar, but felt they still had one or two residual symptoms left, or were completely well but needed to be well for 3 weeks before they could certain that they were really free of the illness. They in all honesty didn't feel they could circle the "NO, I don't have it anymore" answer.

Often they would ask us what they should put as their answer, we said they really had to decide for themselves if they still had it or not, most of them then felt obliged to circle "YES I still have it".

We will be investigating how to approach this issue further.

Phil Parker Feb 2008