

Summary of Snapshot Survey

The snapshot surveys were completed by 1297 people who attended a Lightning Process (LP) seminar, in a variety of locations throughout the UK and Norway, between January 2007 and May 2010. The data was collected by 34 different practitioners.

These 1297 people were seen for a variety of different issues including CFS/ME, Chronic Pain, Fatigue, Depression and many others.

Of the 1297 people who attended an LP course 21.5% were Male and 78.5% Female.

Snapshot Analysis

The survey asked each respondent:

Since completing the Lightning Process training, do you still have... (the issues you came with)?

Of the 1297 people who attended an LP course, 76.6% reported that they no longer had their issues by day 3 of the LP course.

The survey asked each respondent:

Did you get the changes you wanted? Score your answer out of 10 (0 = definitely no, 10 = definitely yes)

Of the 1281 people who answered this question:

Score Given	0	1	2	3	4	5	6	7	8	9	10
No. of respondents	0	1	0	11	10	32	39	94	188	223	683
% of 1281 respondents	0%	0.1%	0%	0.9%	0.8%	2.5%	3.0%	7.3%	14.7%	17.4%	53.3%

This demonstrates that 85.4% of the 1282 people who responded said that they would rate the changes they got as a result of attending the Lightning Process course as being 8, 9, or 10 out of 10.

The survey asked each respondent:

If you still have any of the issues 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?*

789 people answered this question:

	No. of respondents	% of 789 respondents	% of 1297 total
a) Felt the training wasn't good enough:	2	0.3%	0.2%
b) Felt the training was inappropriate for their issues:	2	0.3%	0.2%
c) Felt the training needed to be applied more effectively:	371	47.0%	28.6%
d) Felt the training needed to be applied for a longer period of time:	662	83.9%	51.0%
e) Felt the something different was causing their issues to remain unresolved:	171	21.7%	13.2%

The survey 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
- b) *Of when to use the tools?* Yes/No
- c) *Of exactly how to use them?* Yes/No
- d) *Of what to do when you are not getting the results you wanted?* Yes/No

Of 1297 people who trained in the LP, 1294 people answered this question. 3 people chose not to answer the question:

	No. of respondents	% of 1294 respondents
a) Felt they knew what the tools are:	1287	99.5%
b) Felt they knew when to use the tools:	1281	99.0%
c) Felt they knew exactly how to use them:	1250	96.6%
d) Felt they knew what to do when they weren't getting the results they wanted:	1259	97.3%