

November 12, 2016

Testimonial Letter for Dr. Dan Nightingale

Our family worked with Dr. Dan from mid-April 2016 until his departure from the Phoenix area at the end of August. We were thankful to have known Dr. Dan and thankful for the hours of relief and benefit he gave to my wife. If he were to return to our area, we would be eager to engage him again.

My wife suffers an advanced dementia and the original purpose of the engagement was to help her better connect with her innermost thoughts and feelings. Dr. Dan came to our residence every week and through guided meditations and hypnotherapy enabled her to enjoy considerable relaxation and sense of wellbeing. In the end, the time spent in-session with my wife was very beneficial for us all -- very worthwhile. The surprise benefit we found in our relationship with Dr. Dan is that it went far beyond the sessions with my wife. Dr. Dan counseled me and the whole family through our struggles in caring for my wife. He trained me in the basics of providing relaxation exercises for my wife, he brought in Montessori and other forms of mind/body exercises that we could work on with her to maintain and strengthen her abilities. We worked on improving our abilities to communicate with each other. And he also brought information on diet and foods that can benefit mental health. Furthermore, he was on call 24/7 via phone, text and email if we needed emergency guidance and we even had several Skype/FaceTime sessions with my wife at times when she was struggling and needed a happy diversion.

Each time Dr. Dan arrived at our residence my wife was always so happy to see him and beamed with joy throughout the sessions with him. He will be missed.

Sincerely,

William Owens