

'My daughter rejected me for six years, thanks to therapy'

Sally Stratton's daughter cut her off after she saw an unregulated therapist.

[Daily Telegraph - 29 February 2020](#)



Ten years ago, my 19-year-old daughter told me that she was regularly visiting a woman, a kind of coach, who was helping her make sense of her young life. She had heard about her through some friends who had been raving about how this person had been helping them realise their capabilities and work through insecurities and anxieties. The woman used dream therapy, visualisation exercises and talking therapy.

I have always trusted my daughter to be very sensible and thought how clever of her to find such an interesting person. Some go to a yoga class and this did not seem too different. Her 'teacher' was charging her £100 an hour but she thought it was worth it. She even explained how she would stay for three hours, but was only ever charged for one. How generous I thought. Big mistake. Over the next two years, unbeknown to me, my daughter was being groomed to cut herself off from family, friends and everything that connected her to her old life.

Sally's daughter accused her mother of serious abuse against her in childhood. After terrible heartache and a lapse of six years, Sally's daughter is talking to her mother and family again but still suffers great trauma from the 'therapy' that she underwent. Sally is lobbying for a change in the law to make coercive 'therapy' of this type a criminal offence. The final sentences of Sally's article are

Recently, my daughter saw an old photograph of herself on the fridge, laughing and looking really happy. Amazed, she said, poignantly, that during her time with her 'teacher', she had been led to believe that she had never had a happy day in her life.

It was heartbreaking to think of the pain and anguish my child has suffered and I am determined that this should never happen to anyone else.