Lightning Process Snapshot Survey of clients' experiences

Finch, F. 2010

Abstract: Anecdotal reports of participants' symptoms improving using the Lightning Process for a number of conditions have led to a rise in its popularity. However, little data is available currently on its efficacy, the range of outcomes or perceptions of its valuable for individuals. This survey was designed to consider the utility and participant experiences of the Lightning Process as an approach for a range of conditions. The data from this sample (*N* = 1297, female=78.5%) was collected on the final day of the course. It indicates that 85.4% of participants reported 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. High satisfaction and utility scores (>90%) for the approach were also reported. These findings suggest a randomised controlled trial would be of value into the approach.

Participants:

Surveys were completed by 1297 people (male = 21.5%, female = 78.5%) 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 Chronic fatigue Syndrome/Myalgic Encephalitis (CFS/ME), Chronic Pain, Fatigue, Depression and many others. Details were requested about the specific conditions reported in Table 1.

Table 1: Selected Reported Conditions

	YES	**NO**
ME/CFS?	84.19% 1,092	15.81% 205
Depression?	33.92% 440	66.08% 857
Anxiety?	55.51% 720	44.49% 577
Low self-esteem?	57.29% 743	42.71% 554
Guilt?	43.36% 562	56.64% 734

Results:
Outcomes:
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)*

Responses of the 1281 people answered this question are reported in Table 2.

Table 2: *Did you get the changes you wanted? Score your answer out of 10 (0 = definitely no, 10 = definitely yes)*

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.

Utility:
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?*
Responses of the 789 people who answered this question are reported in Table 3.

Table 3: Utility	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%

Satisfaction:

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*

Responses of the 1294 people who answered this question are reported in Table 4.

Table 4	**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%

Discussion and conclusion

The reported changes, utility and satisfaction scores support the reported anecdotal positive experiences for many, but not all, participants. However, the study has the limitations common to surveys of issues of self-report and self-selection of respondents. Future studies should evaluate the longevity of the changes reported here and include a controlled element. It is hoped this survey encourages further, more robust research to develop the evidence base into this approach.