

Dear CBT,

I contacted CBT over a year ago when my son was a senior in high school and had been a bedwetter all his life. Like other parents, we too had tried a number of different approaches, including DDAVP early on, but nothing worked. Our four children were all bedwetters--two ended early between ages 5-7, and one not until age 14. Sadly, our son was the extreme case.

Desperate to find a solution, I came across the CBT website, read all the information and many testimonials, then had my phone consultation. I was so relieved to find a well-established program with such a high international success rate for bedwetters of all ages that did not involve medications, invasive procedures, doctor visits, or psychobabble. The greatest revelation was learning this condition is actually a sleep disorder, which made perfect sense. And the greatest encouragement was that it could be treated quite naturally and effectively.

While our hope was to complete the program within 6-9 months, such a long-term problem actually took my son 15 months. However, through much perseverance and diligence to follow the treatment and exercises, he just successfully graduated the course—three months before his 19th birthday! This was a huge milestone, and we are so thankful for CBT and the consistent support and encouragement from our counselor Claudia. We will highly recommend this program to anyone facing the same problem.

A Grateful Mother, St. Petersburg, FL, March 2014