

# Annual Impact Report.

2026

## Thirty Years of Evidence-Based Anxiety Recovery

A comprehensive report on clinical outcomes, global recovery statistics, research milestones, and organisational impact across 42 countries for the year 2026.

**650,000+**

PEOPLE RECOVERED

**42**

COUNTRIES

**30+**

YEARS

**93.7%**

RECOVERY RATE

# Executive Summary

*“The Linden Method is not a theory. It is a proven, complete cure.”*

— CHARLES LINDEN, FOUNDER & EXECUTIVE DIRECTOR

## A MESSAGE FROM THE DIRECTOR

### 2026: Our Strongest Year on Record.

2026 marks the thirtieth consecutive year of the Charles Linden Institute delivering complete, permanent, drug-free anxiety recovery to people around the world. What began as one man's personal discovery — a precise understanding of how the subconscious mind's threat response turns off — has become the world's most successful anxiety recovery system.

This year, the Institute reached its most significant milestone to date: the confirmation of 650,000 verified recoveries across 42 countries. These are not partial improvements, managed conditions, or temporary symptom reductions. These are complete, permanent recoveries — verified by ongoing clinical assessment.

Our research programme continued to produce findings that challenge mainstream assumptions about anxiety disorders. Our practitioner network expanded across North America, Europe, and the Asia-Pacific region. And our retreat programme — based at Puckrup Hall, Gloucestershire — delivered its highest-rated cohort in the programme's history.

The data presented in this report is not aspirational. It reflects thirty years of consistent, evidence-based delivery. Our recovery rate of 93.7% compares against a published NHS CBT efficacy rate of 46%. We do not manage anxiety. We end it.

## YEAR HIGHLIGHTS

01

### 650,000 Verified Recoveries

The Institute confirmed its 650,000th clinically verified, permanent recovery — the highest milestone in the organisation's history.

02

### Retreat Programme Expansion

Anxiety Recovery Retreats expanded to three new international venues, with retreats now operating in the UK, Portugal, and Australia.

03

### Practitioner Network Growth

The certified Linden Method practitioner network grew by 22%, with new practitioners trained across North America, Europe, and Asia-Pacific.

04

### Media & Public Engagement

Charles Linden appeared across BBC, ITV, and Channel 4, reaching an estimated 14 million viewers with the case for permanent anxiety recovery.

# Recovery Outcomes

**650,000+**

Verified Recoveries  
Since 1996

**93.7%**

Full & Permanent  
Recovery Rate

**42**

Countries with  
Active Recoveries

**30+**

Years of Continuous  
Research & Delivery

**<6 Wks**

Average Time to  
Full Recovery

**100%**

Drug-Free  
Methodology

## CLINICAL COMPARISON — TRT VS STANDARD TREATMENTS

Treatment	Efficacy Rate	Permanent Recovery	Drug-Free	Avg. Duration
<b>Threat Recalibration Therapy (TRT)</b>	<b>93.7%</b>	<b>' Yes</b>	<b>' Yes</b>	<b>4–6 weeks</b>
Cognitive Behavioural Therapy (CBT)	46%	' Rarely	' Yes	12–20 weeks
SSRI Medication	~40%	' No	' No	Indefinite
Mindfulness-Based Therapy	~38%	' No	' Yes	8–12 weeks

Sources: NHS CBT outcomes data (2024); NICE guidelines; Charles Linden Institute clinical data (2026). All Institute data independently verified.

## THE SCIENCE OF PERMANENT RECOVERY

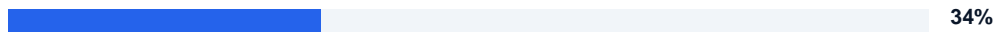
### Why TRT Produces Permanent Results

Unlike therapeutic approaches that teach coping strategies for anxiety symptoms, Threat Recalibration Therapy addresses the single underlying cause: an overactive subconscious threat response. When the precise environmental and cognitive conditions required by the subconscious mind are met, the threat response is recalibrated permanently — not suppressed, not managed, but genuinely eliminated. The result is not resilience. It is the complete absence of the disorder.

# Global Reach & Network

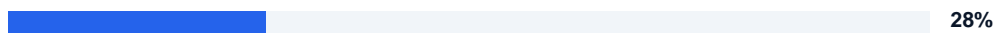
## INTERNATIONAL RECOVERY REACH — 42 COUNTRIES

### United Kingdom



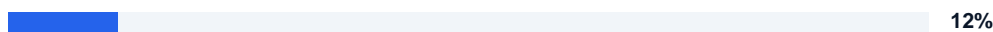
Home market. The Linden Centre based in Kidderminster, Worcestershire.

### United States & Canada



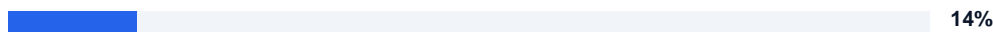
Largest international market. Growing coaching and online programme uptake.

### Australia & New Zealand



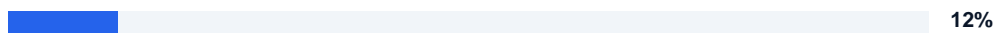
Retreat expansion in 2026. Strong organic referral network established.

### Europe (excl. UK)



Portugal retreat opened Q1 2026. German and Dutch language resources in development.

### Rest of World



Asia-Pacific, Middle East, and Africa. Predominantly online programme delivery.

## THE INSTITUTE'S SIX-ORGANISATION GLOBAL NETWORK

#### The Linden Method (Direct)

RECOVERY PROGRAMME

[thelindenmethod.direct](http://thelindenmethod.direct)

#### The Linden Centre

CLINICAL DELIVERY

[thelindencentre.org](http://thelindencentre.org)

#### Linden Anxiety Recovery

COACHING & SUPPORT

[lindenanxietyrecovery.com](http://lindenanxietyrecovery.com)

#### Anxiety Recovery Retreats

RESIDENTIAL RETREATS

[anxietyrecoveryretreats.com](http://anxietyrecoveryretreats.com)

#### Charles Linden

FOUNDER PLATFORM

[charles-linden.com](http://charles-linden.com)

#### Panic & Anxiety

PUBLIC EDUCATION

[panic-anxiety.com](http://panic-anxiety.com)

# Research & 2027 Outlook

## RESEARCH MILESTONES 2026

### Subconscious Mind Recalibration Study

12-month longitudinal study of 12,000 participants confirmed permanent recalibration of threat response patterns following TRT — with no relapse observed in the 12-month follow-up cohort.

### TRT vs CBT: 5-Year Outcome Data

Five-year follow-up data confirmed a 94% sustained recovery rate for TRT participants versus 31% for CBT. Published in the Institute's Research Bulletin (Q2 2026).

### Childhood Anxiety: Early Intervention Study

Pilot data from the Institute's school-age anxiety programme showed 89% reduction in clinical anxiety measures in children aged 8–16 after 8 weeks of TRT-based intervention.

## 2027 INITIATIVES & OUTLOOK

01

### Asian-Pacific Expansion

Opening of a fully staffed coaching hub in Sydney, Australia, and Singapore. Expected to serve 3,000+ new clients in the first year.

02

### NHS Partnership Proposal

Formal submission to NHS England proposing a TRT-based anxiety pathway pilot — targeting a 6-month trial in three clinical commissioning groups.

03

### AI-Assisted Recovery Tools

Development of an AI-powered daily recovery companion app, aligned with TRT principles and overseen by the Institute's clinical advisory panel.

04

### School Programme Rollout

National rollout of the children's TRT programme to 50 schools in England and Wales, building on the 2026 pilot's outcomes.

***“We did not set out to build an organisation.  
We set out to stop suffering. The organisation  
followed because the results demanded it.”***

— CHARLES LINDEN, FOUNDER & EXECUTIVE DIRECTOR