

The information on this psychotherapy website/blog is for general informational purposes only and should not be considered a substitute for professional advice, diagnosis, or treatment. The content is based on the knowledge available until September 2021 and may not reflect the most current research or developments in psychotherapy.

The content of this website/blog is not intended to create, and receipt of it does not constitute, a therapeutic relationship between the reader and any therapist or mental health professional affiliated with this website/blog. The information presented here is not exhaustive and may not address individual circumstances or specific mental health concerns.

The authors, contributors, and publishers of this website/blog make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability, or availability of the information, products, services, or related graphics contained on the website/blog. Any reliance you place on such information is strictly at your own risk.

In no event will the authors, contributors, or publishers be liable for any loss or damage, including, without limitation, indirect or consequential loss or damage, or any loss or damage whatsoever arising from the use or misuse of the information provided on this website/blog.

While this website/blog may contain links to other websites, we do not endorse or guarantee the accuracy or authenticity of the information or materials contained in those websites. We have no control over those sites' nature, content, and availability, and the inclusion of any links does not necessarily imply a recommendation or endorsement of the views expressed within them.

It is essential to seek professional advice or assistance from a qualified mental health professional or therapist if you have any questions or concerns regarding your mental health. Always consult with a qualified professional before making any decisions or taking any actions based on the information provided on this website/blog.

Using this website/blog, you acknowledge and agree to the above disclaimer and terms of use.