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The material discussed on this website is for educational purposes only. Although the topics discussed involve mental and physiological health, this site does not offer psychotherapy or medical advice.

Every person's situation is unique and any general principles presented here may or may not apply in your specific situation. The material presented is also available in numerous books, magazines, journals, courses, lectures, newspaper articles, and Internet sites.

People who have psychological problems should consult their own psychologist, physician, or other mental health provider for guidance and assistance in understanding their own situation and the best remedies for their problems. In certain cases, people with psychological problems have been able to profit from material presented through educational media and programs, and we applaud those achievements. Such success, however, cannot be guaranteed in any particular instance.

People who choose to apply any material on this site or from material recommended on it do so at their own risk. This site contains numerous invitations for a free phone consultation or other modes of contact so that you may receive assistance and appropriate direction to find professional help if you decide to pursue it.