Matt Hemsley
Integrative Therapist

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Disclaimer

The scope and limits of integrative therapy.

Integrative therapy is a process-focused, complementary approach designed to support personal growth, mindset enhancement, stress reduction, and behavioural change. It is not intended to replace professional medical advice, diagnosis, or treatment.

I maintain strict professional limits and do not act as a medical practitioner. I do not diagnose, treat, or offer cures for physical, clinical, or psychiatric conditions that fall under the remit of medically qualified professionals, as outlined in the UK CAP Code.

If you are currently experiencing a severe mental health disorder, chronic pain, or any other diagnosed medical condition, you should consult your GP or another qualified healthcare professional prior to starting treatment.

My work centres on outcome-focused therapy that builds on your strengths and resources. Although the solution-focused approach supports empowerment and self-efficacy, results can differ between individuals, based on individual psychological factors and personal engagement. I do not guarantee success or claim permanent clinical cures.