

## Blog Disclaimers:

Disclaimer: Information provided through Dochas Psychological Services blogs or vlogs are meant for educational purposes only. They are NOT medical or mental health advice. I (Kim Long) am a Registered Psychologist, but I am not **your personal** psychologist. This means the information is general and therefore **NOT** therapy. So... I make no promises about any results or outcomes. This holds true for any practitioner from Dochas who is posting on our channel or website.

Please seek medical assistance before acting on anything mentioned in the videos/blogs. The information provided is accurate and true to the best of my knowledge, but there may be omissions, errors, or mistakes. The content is absolutely not a substitute for professional advice nor does it reflect the opinions of the College of Alberta Psychologists, Psychologists' Association of Alberta, or the Canadian Counselling and Psychotherapy Association. Please, please, please consult with a professional before taking any sort of action!

These videos are copyright protected, meaning I'd appreciate it if you contacted me to let me know if you want to use them somewhere and what for. Send Kim Long an email at [klong@dochaspsych.com](mailto:klong@dochaspsych.com) and we can discuss it.

Because psychologists aren't supposed to collect testimonials and because I cannot see everyone's amazing comments and discussions, comments have been disabled.

This site uses cookies to make coming back easier. Otherwise, no information is collected or asked for. I do not give the information in the cookies away and I do not represent any other site. You can certainly opt out of visiting us at any time and feel free to delete the cookies after you've been to the site. Updates to the site will be made occasionally and we won't be advising anyone of these updates. If you have any questions or concerns, please contact Kim Long at [klong@dochaspsych.com](mailto:klong@dochaspsych.com). I will be sure to either figure out the issue myself or forward it to my tech team because they are much better at these things than I am.