EDUCATIONAL DRUMMING MEDITATION JOURNEYS

MASTER DISCLAIMER AND NOTICE

Last updated: [November 15, 2026]

1. EDUCATIONAL PURPOSE

The Content is provided solely for general educational, informational, contemplative, cultural, and personal-interest purposes.

The purpose of the Content is to provide general education and experiential exposure to drumming, rhythm, meditation, mindfulness, relaxation, visualization, contemplative practices, and related subjects.

The Content is not offered as psychotherapy, counselling, psychological treatment, mental-health treatment, medical treatment, psychiatric treatment, diagnosis, assessment, clinical intervention, or individualized professional advice.

The Content is not intended to constitute, and should not be interpreted as, an extension, continuation, component, substitute, or indirect delivery of the creator's psychotherapy and hypnotherapy practice.

2. IMPORTANT DISTINCTION FROM PSYCHOTHERAPY SERVICES

The creator is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario (CRPO) and a Certified Hypnotherapist with National Guild of Hypnotists (NGH).

The creator's professional registration and qualifications are disclosed for transparency and identification only.

The inclusion of the creator's professional designation does not mean that the Content itself constitutes psychotherapy or hypnotherapy.

These educational materials are separate from psychotherapy and hypnotherapy services and are not intended to create, initiate, maintain, or replace a therapeutic relationship.

The Content should not be understood as psychotherapy or hypnotherapy merely because it is created or presented by a Registered Psychotherapist.

3. NO THERAPIST-CLIENT RELATIONSHIP

Accessing, purchasing, viewing, listening to, subscribing to, commenting on, or participating in the Content does not, by itself, establish a psychotherapist-client relationship or other healthcare-provider relationship between you and the creator.

Participation in a recording or course does not constitute a psychotherapy session.

The creator does not undertake to assess, diagnose, monitor, treat, or provide individualized psychotherapy to participants through these recordings or educational materials.

Any existing psychotherapy relationship with the creator, where applicable, remains governed by the separate arrangements, informed consent process, professional relationship, and documentation applicable to that psychotherapy service.

4. NO INDIVIDUALIZED ASSESSMENT OR TREATMENT

The Content is not individualized to your psychological history, mental-health circumstances, medical history, psychiatric history, trauma history, symptoms, diagnosis, treatment needs, medications, neurological condition, physical condition, personal circumstances, or other individual needs.

The Content does not constitute an individualized assessment, diagnosis, treatment plan, clinical recommendation, or professional opinion concerning you.

Nothing contained in the Content should be interpreted as a recommendation that a particular practice is appropriate for your individual circumstances.

5. NOT A SUBSTITUTE FOR PROFESSIONAL CARE

The Content is not a substitute for psychotherapy, counselling, medical care, psychiatric care, psychological services, or other individualized professional assistance.

If you have a health, psychological, psychiatric, neurological, or other condition for which professional assessment or treatment may be appropriate, consult an appropriately qualified professional who can consider your individual circumstances.

Do not discontinue, modify, postpone, or replace prescribed medication, psychotherapy, counselling, medical treatment, or other professional care based on anything contained in the Content.

6. NO GUARANTEE OR PROMISE OF RESULTS

Individual experiences with meditation, drumming, rhythmic stimulation, relaxation, visualization, mindfulness, and contemplative practices vary.

No particular psychological, emotional, physical, therapeutic, medical, neurological, behavioural, spiritual, energetic, or other result is promised or guaranteed.

The Content does not promise or guarantee that participation will reduce anxiety or depression, resolve trauma, eliminate psychological symptoms, improve sleep, treat PTSD or other mental-health conditions, cure or prevent a medical condition, replace psychotherapy or medical treatment, produce a particular emotional state, produce a particular altered state of consciousness, produce a particular spiritual experience, or produce any other specified outcome.

Any educational discussion of potential effects should not be interpreted as a guarantee that an individual participant will experience those effects.

7. INDIVIDUAL RESPONSES MAY VARY

Meditation and rhythmic practices can affect different people in different ways.

Some individuals may experience relaxation, emotional awareness, increased attention, memories, imagery, changes in mood, or other subjective experiences.

Others may experience discomfort, agitation, anxiety, emotional activation, dizziness, headache, fatigue, sensory discomfort, disorientation, or other unexpected responses.

There is no representation that the Content will be appropriate or beneficial for every individual.

8. TRAUMA AND EMOTIONAL ACTIVATION

The Content is not trauma therapy.

It is not designed to diagnose, treat, process, resolve, uncover, retrieve, or integrate traumatic memories.

Meditation, repetitive rhythm, sound, visualization, and inward attention may, for some individuals, bring awareness to memories, emotions, bodily sensations, or other internal experiences.

If participation causes significant emotional distress, psychological discomfort, disorientation, or other concerning reactions, stop the recording and seek appropriate professional assistance where necessary.

The Content should not be used to deliberately attempt to recover or reconstruct traumatic memories or alleged memories from previous lives.

9. SPIRITUAL, SYMBOLIC, CULTURAL, AND CONTEMPLATIVE CONTENT

Some Content may explore spiritual, cultural, symbolic, archetypal, contemplative, philosophical, or metaphysical concepts.

Such material is presented for educational, exploratory, cultural, or personal-reflection purposes.

Statements concerning spirituality, consciousness, energy, symbolism, archetypes, spiritual healing, altered states, or metaphysical concepts should not automatically be interpreted as scientifically established medical or psychological facts.

No particular religious, spiritual, philosophical, or metaphysical belief is required to participate.

10. SCIENTIFIC AND EVIDENTIARY LIMITATIONS

Where scientific, psychological, medical, neurological, or other research is discussed, the information is presented for general educational purposes.

Research concerning meditation, music, drumming, rhythmic stimulation, mindfulness, consciousness, relaxation, altered states, and related practices may vary in methodology, quality, population, and conclusions.

Research findings should not be interpreted as evidence that a particular recording will produce the same result in an individual participant.

Where evidence is preliminary, limited, mixed, theoretical, or evolving, it should be understood in that context.

11. PHYSICAL AND AUDITORY SAFETY

The Content may involve repetitive or sustained auditory stimulation.

Use an appropriate listening volume and avoid excessively loud audio.

Do not listen while driving, operating machinery, cycling in traffic, swimming, performing activities requiring continuous attention, or engaging in any activity where distraction or altered attention could create a safety risk.

If you experience significant dizziness, nausea, headache, hearing discomfort, sensory overload, or other concerning physical symptoms, discontinue participation.

If you have a medical, neurological, hearing, or other condition that may be affected by auditory or rhythmic stimulation, obtain appropriate professional advice before participating where appropriate.

12. CRISIS AND EMERGENCY SITUATIONS

These recordings and courses are not crisis-intervention services and are not emergency services.

The creator does not provide emergency monitoring or crisis response through YouTube, online courses, comments, social media, email, or other communications associated with the Content.

If you are experiencing an immediate medical or psychiatric emergency, are at imminent risk of harming yourself or another person, or require urgent assistance, stop using the Content and contact the appropriate emergency, crisis, hospital, medical, or other professional service available in your jurisdiction.

Do not rely on the Content or communications associated with it for emergency assistance.

13. COMMENTS, QUESTIONS, AND DIRECT MESSAGES

Comments, questions, reviews, emails, direct messages, discussion boards, or other interactions associated with the Content do not automatically establish a psychotherapy or healthcare relationship.

The creator may not respond to individual communications and cannot provide individualized psychotherapy, diagnosis, medical advice, psychiatric advice, or clinical assessment through public comments or general online communications.

Please do not disclose confidential, sensitive, medical, psychological, or personally identifying information in public comments or discussion areas.

14. PRIVACY

YouTube, course platforms, websites, social-media platforms, payment processors, analytics providers, and other third-party services may collect, store, process, or disclose information in accordance with their own terms and privacy policies.

Public comments and other publicly accessible interactions should not be considered confidential.

The creator cannot guarantee the privacy, security, confidentiality, availability, or permanence of information submitted to third-party platforms.

Please review the privacy policies and terms applicable to the platform you are using.

15. PAID COURSES

Where the Content is provided as part of a paid educational course, the purchase or enrollment provides access to educational content only.

Payment for a course does not constitute payment for psychotherapy, counselling, clinical assessment, diagnosis, treatment, or individualized mental-health services.

Course fees should not be represented as psychotherapy fees unless a separate psychotherapy service is expressly being provided under a separate professional arrangement.

Enrollment in an educational course does not establish a psychotherapist-client relationship.

16. COURSE PARTICIPATION IS NOT CLINICAL SUPERVISION

Participation in a course does not mean that the creator is clinically assessing, supervising, monitoring, or treating participants.

Completion of a course or meditation journey does not constitute psychotherapy treatment, clinical treatment, clinical supervision, professional accreditation, professional certification, or authorization to practise psychotherapy or another regulated profession.

Unless expressly stated otherwise, completion of the Content provides educational participation only.

17. PROFESSIONAL CREDENTIALS

The creator may identify themselves as a Registered Psychotherapist and Certified Hypnotherapist, and may describe relevant education, training, professional experience, or qualifications.

Such information is provided for transparency and identification.

It should not be interpreted as representing that CRPO has approved, endorsed, certified, evaluated, or recommended the particular meditation recording, course, product, or educational program.

The creator does not represent that CRPO has endorsed or approved the Content.

18. ADVERTISING AND REPRESENTATIONS

The Content and any associated promotional material are intended to accurately describe the nature and purpose of the educational material.

No statement is intended to create false, misleading, exaggerated, or unjustified expectations concerning outcomes.

Descriptions of meditation, drumming, relaxation, mindfulness, spirituality, psychological concepts, or related subjects should not be interpreted as promises of therapeutic success.

Where the creator's psychotherapy practice is mentioned, it should remain clearly distinguishable from the educational products and services described in this Content.

19. TESTIMONIALS AND PARTICIPANT EXPERIENCES

Individual experiences shared by participants, students, viewers, or other individuals are personal experiences and are not guarantees of what another person will experience.

A participant's reported experience should not be interpreted as evidence that the Content will produce the same outcome for another individual.

Any testimonials or endorsements, if used in connection with the creator's professional practice, will be handled in accordance with applicable professional, advertising, consumer-protection, and platform requirements.

20. THIRD-PARTY PLATFORMS

The Content may be provided through YouTube, course-hosting platforms, websites, social-media platforms, payment services, or other third-party providers.

The creator does not control the policies, security, algorithms, advertising, recommendations, comments, availability, or practices of those third parties.

Use of such platforms remains subject to their respective terms and policies.

21. INTERNATIONAL ACCESS

The Content may be accessible internationally.

The creator is based in Ontario, Canada, and the Content is not represented as providing regulated psychotherapy, counselling, psychology, healthcare, or other professional services in every jurisdiction in which it may be accessed.

Professional regulation, healthcare laws, advertising requirements, privacy laws, consumer-protection laws, and rules concerning online services differ between jurisdictions.

Nothing in the Content represents that the creator is licensed, registered, or authorized to practise a regulated profession in the viewer's jurisdiction.

International viewers are responsible for considering the laws and requirements applicable in their own jurisdiction.

22. NO UNIVERSAL SUITABILITY

No meditation, drumming, rhythmic, visualization, relaxation, or contemplative practice is suitable for every person.

Participation is voluntary.

You are responsible for deciding whether participation is appropriate for your circumstances and for discontinuing participation if the experience causes significant discomfort or distress.

23. LIMITATION OF REPRESENTATIONS

Reasonable efforts may be made to provide accurate educational information. However, the creator does not warrant that all information is complete, current, universally applicable, or free from error.

Scientific knowledge, professional standards, laws, regulations, and best practices may change.

The Content should therefore not be relied upon as a definitive statement of current medical science, psychological research, professional standards, or law.

24. LEGAL RIGHTS PRESERVED

Nothing in this disclaimer is intended to exclude, restrict, waive, or limit any right, remedy, duty, obligation, professional requirement, statutory protection, consumer protection, or other legal protection that cannot lawfully be excluded, restricted, waived, or limited.

If any provision of this disclaimer is found to be invalid or unenforceable in a particular jurisdiction, the remaining provisions shall continue to apply to the extent permitted by applicable law.

25. ACKNOWLEDGEMENT

By accessing, purchasing, viewing, listening to, or participating in the Content, you acknowledge that you understand that:

1. **the Content is educational and informational;**
2. **the Content is not psychotherapy or counselling;**
3. **the Content does not constitute medical or psychiatric care;**
4. **participation does not, by itself, establish a psychotherapist-client relationship;**
5. **the Content is not individualized to your circumstances;**
6. **no particular outcome is promised or guaranteed;**
7. **participation is voluntary;**
8. **individual responses may vary;**
9. **the Content is not a crisis or emergency service; and**
10. **you remain responsible for obtaining appropriate professional assistance when required.**

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