

Therapy & Coaching Disclaimer

Organisation: The Martial Arts Mental Health and Wellbeing Company

Trading Name: The Holistic Dojo

Director: Kerry Tidman

Contact Email: kerry@theholisticdojo.co.uk

Policy Date: June 2025

Review Date: June 2026

1. The Heart of Our Practice

The Holistic Dojo is a space rooted in compassion, courage, and reclamation. We offer therapeutic and coaching services that centre psychological safety, identity, and healing - especially for Deaf, disabled, neurodivergent, and care-experienced people.

Our work blends evidence-based tools (such as Acceptance & Commitment Therapy) with Eastern wisdom, Kintsugi philosophy, and lived experience. We honour your wholeness, your story, and your pace.

2. What This Is Not

Our services are not a substitute for:

- Emergency or crisis support
- Psychiatric diagnosis or medication
- Legal, financial, or medical advice

If you're in immediate danger or experiencing a mental health crisis, please contact emergency services (999), Samaritans (116 123), or Shout (text SHOUT to 85258).

3. How We Work

Therapy and coaching at The Holistic Dojo are non-directive, trauma-informed, and person-centred. You are always in control of what you share.

We do not pathologise your identity. We are here to walk beside you - not to 'fix' or analyse you.

Coaching is focused on empowerment and identity, not treatment. Counselling sessions may involve gentle reflection, grounding techniques, and therapeutic tools, but no clinical diagnoses are given.

4. Your Responsibility

We invite clients to take responsibility for their wellbeing between sessions. We support you to build tools for emotional safety and clarity, but we cannot guarantee specific outcomes.

5. Accessibility & Inclusion

We strive to offer sessions that are inclusive and accessible, including captioning and flexible communication. We respect all communication preferences and provide a psychologically safe environment for all identities.

6. Consent and Boundaries

By engaging with our services, you acknowledge and accept these boundaries. You can withdraw at any time and are encouraged to ask questions or raise concerns throughout our work together.

Signed: Kerry Tidman

Director, The Holistic Dojo

Date: June 2025