

Disclaimer

Clinical Services Disclaimer

Holistic psychotherapy, therapy intensives, and embodied somatic therapy intensives are licensed clinical services provided via secure telehealth through the Jane Clinic Platform. These services are available only to residents of Massachusetts, California, and Arizona, where Melissa Jean Paulson, MSW, LICSW, LCSW, is licensed to practice. Participating in clinical services establishes a therapist-client relationship governed by the clinical policies and consent agreements provided through Jane.

Integrative Health Consulting is an educational and consultative service, not psychotherapy or medical treatment. Melissa does not diagnose, prescribe, or treat medical conditions through this service. HIPAA-compliant documentation and secure record-keeping are maintained to protect the integrity of your health information. Integrative Health Consulting is available worldwide.

Medical Disclaimer

The content on this site is for educational and informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician or qualified healthcare provider with any questions you have about a medical condition, medication, or treatment plan. Never disregard professional medical advice or delay seeking it because of something you have read or heard here.

Consulting & Integrative Support Disclaimer

Spiral Guide offerings, including online courses, seasonal gatherings, Re-Alignment Sessions, Rise & Re-Align Immersives, circle or group spaces (including The Re-Align Circle™ and The Re-Aligned Journey™), and the Sensitivity Re-Alignment Spiral, are designed to support sensitive and strong women through education, reflection, nervous system support, and personal realignment.

These services are not psychotherapy, clinical treatment, or crisis services, and they are not appropriate for acute mental health emergencies. They are intended as integrative support alongside, not in place of, medical, psychological, or psychiatric care. Participation in these offerings does not establish a therapist-client relationship, even if you are a current or former psychotherapy client. If you are currently in therapy or medical treatment, you are encouraged to discuss participation with your providers.

If you are experiencing a mental health crisis, contact local emergency services, call 988 (Suicide and Crisis Lifeline in the United States), or reach out to a licensed mental health professional in your area.

Affiliate Disclosure

At times, this site or my communications may include affiliate links. If you choose to purchase through those links, I may receive a small commission. I only share resources I genuinely believe

are supportive for sensitive and strong women and aligned with the mission of The Re-Aligned Journey™.