These courses are not designed to act as, or replace, therapy of any kind. The courses provide you with a set of tools to help you create a greater sense of wellbeing. Having said that, it is possible that different emotions and sensations may arise as you develop your practice and, as part of your learning, you will be taught ways to approach such responses. Students are reminded that they are responsible for their own health at all times and are not expected to do anything which makes them feel uncomfortable.