

MAPbyLiudmila Disclaimer

Issued by Cocoon Factor Ltd, trading as MAPbyLiudmila

Version date: 23 September 2026

MAPbyLiudmila provides coaching, educational and experiential services and content.

The MAP Method™ and MAPbyLiudmila do not provide psychotherapy, psychiatric care, medical treatment, diagnosis or crisis support, and do not diagnose, treat or cure mental or physical health conditions.

Where a subject involves a diagnosed or suspected mental-health or medical condition, the work may focus on the experiences, emotional responses, beliefs, memories or patterns associated with it. This does not mean that the MAP Method™ diagnoses, treats or cures the condition itself.

MAPbyLiudmila coaching may complement, but does not replace, care from an appropriately qualified medical, mental-health or other specialist professional.

Do not delay seeking professional care, discontinue treatment or change prescribed medication without consulting the qualified professional responsible for your care.

Website content, articles, newsletters, videos, recordings, workshops, events and other MAPbyLiudmila resources are provided for educational and experiential purposes and should not be understood as individual medical, psychological, psychiatric, legal, financial or other specialist advice.

Testimonials, case studies and Client experiences describe individual experiences only and do not guarantee that another person will experience the same outcome.

If you are in immediate danger or experiencing a crisis or emergency, contact the appropriate emergency or specialist service.