



## Disclaimer

The GOGL website, the GOGL programme and GOGL app should not be considered as clinical advice or to replace the advice given to any person by a support agency, therapist or clinician.

All readers should consider accessing professional medical help or other support agencies, if there is concern about personal welfare.

All of the names and some of the case details used in this book, in relation to case examples, have been fictionalised to anonymise the individuals referred to.

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