

Legal Notice

Ultrabrief Therapy® is a self-awareness and self-healing method developed by Dr. László Buda, whose main characteristics are speed, depth and effectiveness. It is not a medical or psychotherapeutic intervention, nor an alternative or complementary medical treatment. It does not rely on anatomical or physiological knowledge, completely refrains from using medical or naturopathic diagnoses, and does not deal with recommending or distributing medicines or medicinal products. It does not replace or substitute personal consultations, examinations or treatments with doctors, pharmacists or other healthcare professionals. In the presence of serious and/or urgent physical and/or mental illnesses, it is recommended to seek specialist medical and/or psychotherapeutic care.

The “Ultrabrief Therapy Consultation” is a self-awareness-focused conversation combined with dramatic elements, the aim of which is to help the client gain meaningful insights about themselves, experience relevant emotions, actively rearrange certain areas of their subjective inner world, and mobilize their inner drive towards their goals and personal well-being. The consultation can only be used on a voluntary basis, based on a decision made after adequate information, and under the client’s own responsibility.

An “Ultrabrief Therapy Consultant” is a professional who has successfully completed the relevant training led or supervised by Dr. László Buda. By doing so, they are authorized to practice the Ultrabrief Therapy® method as an official service. Unless they have additional professional qualifications in this field, an UT consultant is not a psychologist, psychiatrist or psychotherapist, but a person who is able to attune empathetically to another person and support them appropriately in their own insights and decisions, and who has acquired sufficient proficiency in effectively applying the approach and tools of Ultrabrief Therapy.