

Benefits | Why Psychotherapy

Many people who experience feelings of emptiness or meaninglessness in their lives or who are seeking a greater sense of fulfillment may be helped by psychotherapy.

Psychotherapy provides an effective treatment for people with serious psychological and psychosomatic disorders. People may seek help for specific reasons such as early childhood trauma, eating disorders, suicidal ideation, post-traumatic stress disorder, obsessional behaviour or phobic anxieties. At other times help is sought because of more general underlying feelings of depression or anxieties, difficulties in concentrating, dissatisfaction in work or inability to form satisfactory relationships. However, the value of psychotherapy is not limited to those with mental health problems.

When the soul needs help, psychotherapy may be the solution.