



## Unlocks the Past, Informs the Present, Expands the Future

All of us can feel overwhelmed and burdened from time to time as if all the hurts and trauma from our past, the stresses of everyday life, and our goals and dreams for the future have gotten all tangled up paralyzing our mind. This tangle disturbs our relationships, interferes with our personal growth, makes us feel out of control, and creates painful emotions like sadness, anxiety, anger, and fear. This is when seeing a psychoanalyst can have lasting and life-changing benefits. Psychoanalysis is a deeper, more personalized form of talk therapy. And studies show that the benefits last long after treatment ends. In psychoanalysis patients can talk freely and safely share their feelings, dreams, memories, desires, and life stresses. Patterns emerge past traumas perhaps long forgotten. And worries about the future come into awareness as the therapy deepens. You and your analyst will unravel this clustered ball of yarn string by string helping you find relief from emotional distress, improve personal relationships with friends, family, and loved ones, come to terms with the traumatic past, feel understood as a unique individual, and take more pleasure in life. Psychoanalysis unlocks the past, informs the present, expands the future.

Source: <https://www.youtube.com/watch?v=hg3l3Z2DBZk>