

Why choose a modern psychoanalytic psychotherapist?

Psychotherapists trained in modern psychoanalytic psychotherapy focus not just on past experiences, but also on the here-and-now of an individual's experiences and relationships. Attachments, separations, and losses beginning in infancy influence one's personality, as do current contexts of living, working, and loving. A contemporary psychoanalytic psychotherapist is interested in mutually exploring your past and present experiences and relationships. He or she participates in a dialogue with you to develop understandings about your life.