Psychoanalysis is a therapeutic approach that helps people understand how their past experiences influence their present lives and behaviors. It is based on the idea that much of mental activity is unconscious, and that people can learn about themselves by talking directly with a trained professional.

Psychoanalysis can help people: Understand the root of their problems, Make better life choices, Heal from past and present traumas, and Develop more satisfying relationships.

Psychoanalysts use a variety of techniques to help patients gain insight into their unconscious thoughts and feelings, including:

- Unstructured dialogue

- Identifying recurring themes

- Linking feelings and perceptions to past experiences

- Drawing attention to unacceptable feelings

- Pointing out ways of avoiding unacceptable feelings

- Focusing on the therapeutic relationship