

## Pros

**A great choice if:**

- You're interested in exploring childhood experiences
- You have unresolved feelings about past relationships
- You place a high value on a deep relationship with your therapist

## Cons

**May not be the right fit if you:**

- Prefer a clear and structured therapy process
- Like to measure your progress with specific goals and outcomes
- Prefer specific exercises or action items throughout the therapy process

## Alternatives

- Acceptance and Commitment Therapy
- Exposure and Response Prevention
- Cognitive Behavioural Therapy

# The Pros And Cons Of Psychodynamic Therapy

**S Ashworth**



## **The Pros And Cons Of Psychodynamic Therapy:**

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