

Psychoanalysis is your journey... to unlock the past, inform the present, and expand the future.

RESEARCH SHOWS
PSYCHOANALYTIC
THERAPIES ARE
EFFECTIVE...

...AND PROVIDE
LIFELONG
RESULTS

40 million U.S. adults experience
severe anxiety *Only 37% receive treatment*

Over 24 million U.S. adults and
50% of children & teenagers
are **struggling** and are **not**
getting the help they need

30% of high school
students report **feeling**
sad or hopeless for
prolonged periods

2 out of 5 Americans
feel their relationships
are **not meaningful**

In the U.S., 85%
suffer with **low**
self-esteem

Nearly 50% of
Americans report
feeling alone

**TALKING
ABOUT YOUR
PROBLEMS
HELPS.**

APSAA
AMERICAN
PSYCHOANALYTIC
ASSOCIATION

**APsaA offers low fee clinics
across the country. To find help
near you, visit apsa.org today.**

Get on the path today

Psychoanalytic-based treatments
are a deeper, more individualized type
of talk therapy proven to help you:

Feel understood as a unique individual

Improve personal relationships

Get relief from painful emotional symptoms

Gain greater control of your life

Change lifelong ways of coping

Stop self-destructive behavior