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


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.

Nearly 50% of Americans report feeling alone.

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.

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

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