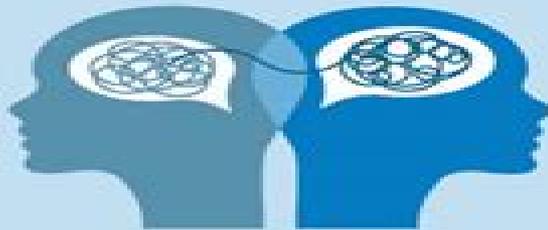


Goals of psychoanalysis

The main goal of psychoanalysis is to help you understand yourself better and grow emotionally by:



Bringing unconscious into conscious



Gaining self-awareness



Finding balance



Resolving inner conflicts

Existential Psychoanalysis

H Kauffman



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