

Pros

A great choice if you're looking to:

- Build self-confidence and independence
- Build a strong, trusting relationship with your therapist
- Speak about and reflect on your experiences and challenges

Cons

May not be the right fit if you're:

- Experiencing high levels of stress or anxiety
- Looking for direct guidance from your therapist
- You are looking to set and measure specific goals during therapy

Alternatives

- Dialectical Behaviour Therapy
- Cognitive Behavioural Therapy
- Exposure and Response Prevention

Personcentred Therapy

K Morrison



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