# Interpersonal Therapy



# Pros

# A great choice if you:

- Want to address your current relationships
- Enjoy a structured therapy plan where you know what to expect
- Value empathetic and collaborative communication from a therapist

# Cons

# May not be the right fit if you:

- Want a longer therapy timeline
- Want more freedom to discuss a variety of topics in therapy
- Aren't interested in focusing your discussions on your relationships with other people

# Alternatives

- Psychodynamic Psychotherapy
- Existential Therapy
- Adlerian Therapy

# **Therapy Techniques Pro**

**Patrick Vollmar** 

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