

Depth Psychology suggests approaches that explore the subtle, unconscious, and transpersonal qualities of human experience. It may also include the exploration of dreams, complexes, and archetypes. Depth psychotherapy includes psychodynamic-psychotherapy and psychoanalysis. These therapeutic techniques have many similarities and some differences. For example, they focus on uncovering and addressing the roots of one's personality and issues by examining the unconscious processes as they manifest in the client's present behavior. By doing so, the client gains self-awareness and understanding of the influence of the past on present behavior. Through self-realization and introspection the client and psychologist observe one's state of consciousness and examine the psyche.

