

Agape Women's Support

The ÁtmaQatarse Method

A psychodynamic approach with active guidance

The **ÁtmaQatarse Method** is a structured therapeutic approach grounded in **psychodynamic and psychoanalytic principles**, combined with **active clinical guidance**.

This means we work not only with what you feel today, but with:

- the **unconscious patterns** behind your experiences
- the **repetitions** that keep returning in your life
- and the **origins** of emotional conflict

How it works

In each session, we follow a clear process:

1. **Understanding the pattern**

We explore what is happening in your life and identify repeating emotional or relational dynamics.

2. **Going deeper (psychodynamic work)**

We look beyond the surface to understand where this pattern comes from — often rooted in past experiences and unconscious processes.

3. **Breaking defenses**

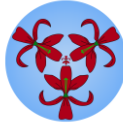
We identify the ways the mind protects itself (what we call *Egides*) — the stories or justifications that keep you stuck.

4. **Direct therapeutic intervention**

Unlike traditional approaches that remain only in reflection, I actively guide you with clear and precise interventions to help you see what is usually avoided.

5. **Action and integration**

You leave each session with **specific, simple actions** to apply in your daily life — because real change happens through practice, not only insight.



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What makes this approach different

- It is **psychodynamic**: we work with the unconscious, not just symptoms
- It is **active**: you are guided, not left alone in reflection
- It is **structured**: each session follows a clear process
- It connects **insight with action**, so change becomes real

Who is this for

This approach is for you if:

- You notice patterns repeating in your life
- You want to understand yourself more deeply
- You are ready to take responsibility for change
- You are looking for more than temporary relief

**The goal is not just to understand your story —
But to **change the way you live it.****

Best Wishes!