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Comparing Humanistic-Existential Psychotherapy with Other Approaches Psychotherapy is an example of treatment that is palled when handling patients who are experiencing psychological problems. Psychotherapy helps with doing away with distressing symptoms to assist a patient to function better and enhance their overall well-being and their process of recovery. Psychotherapy is used to handle issues such as coping difficulties, the effect of trauma on an individual, medical issues, grief, and mental health illness (Locher, Meier, & Gaab, 2019). This report aims at looking into the comparison between humanistic-existential therapy with cognitive behaviour therapy. 2 Additionally, the paper aims at determining the reason why humanistic-existential psychotherapy was used in a video.

3 Humanistic-existential therapy is a term used to refer to a psychotherapy treatment that concentrates on the human condition. This type of therapy encourages human abilities

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