

THERAPY

Meaning: Therapy is a treatment method aimed at helping individuals cope with emotional, psychological, or social challenges through various supportive techniques and interventions.

1. Therapy can provide individuals with the tools they need to navigate life's challenges.
2. Many people find that group therapy offers support and understanding from peers.
3. Cognitive behavioral therapy has proven effective for treating anxiety and depression.
4. Art therapy allows patients to express their emotions through creative outlets.
5. After a difficult year, she decided to seek therapy to help her process her experiences.

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