

PISTA Self-Actualization

The PISTA method makes use of the concept of self-actualization, a person-centered therapy that believes in the tendency of all human beings to move forward, grow, and reach their fullest potential. When a person moves towards self-actualization, he or she becomes pro-social and shows concern for others. The person behaves in honest, dependable, and constructive ways.

www.pistatherapy.com



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Self-actualization in PISTA therapy uncovers emotions and helps users take control of their lives by evaluating past events that affect memory and the structure of the mind.



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With support, users can achieve desired results every day. They develop a constructive attitude towards relating to others and reaching the emotional stability needed to manage the events their lives.

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