



TherAssist

AI Driven Therapist Development Platform

9 Ways AI Has Improved Our Practice

- 1) **Suicide Risk:** Have an additional set of ears listening for different risk factors and signs that clients may be exhibiting suicide risk behaviors, as well as severity rating.
- 2) **Self-Compassion:** Identify over time whether the degree to which the patient is exhibiting self-compassion in sessions to help evaluate longitudinal progress on this highly protective factor.
- 3) **Internal Focus of Session:** Evaluating the proportion of session that the client was focused on their feelings, thoughts, patterns, metaphors, and body sensations. Additionally, showing us specific client dialog demonstrating their internal focus with an explanation.
- 4) **Client Experiencing Feelings:** Of particular value for those doing experiential therapies, this tracks the amount of the session the client spent being internally focused on their feelings, body sensations, action words related to feelings and more.
- 5) **Motivation:** Evaluating over time, the clients motivation to change with dialog references.
- 6) **Therapist's Stance:** Evaluating the degree to which the therapist was able to embody the following three evidence-based qualities: supportive, psychoeducational, and challenging with provided references.
- 7) **Process Orientation:** Track the degree to which the therapist maintained focus on the process of therapy, such as progress, barriers to progress, the present, and client/patient relationship.
- 8) **Stages of Change:** Track and estimate the client' stage of change based on patient comments in session.
- 9) **Experiential Impact:** Evaluates the therapist's use of: the present tense, metaphors or similes, parts language, role play, asking about or referring to the client's body sensations, or imagery to identify our degree of model adherence.