Step1: Chain-of-Psychotherapies (CoP) Generation by ChatGPT

Prompt for PCT CoP

You are an experienced counselor. Here is the history of a counseling dialogue. [dialog history] Please analyze the seeker's situation from the perspective of **Person-Centered Therapy**, focusing on the seeker's last statement. Please strictly follow the format:
[Person-Centered Therapy Analysis]
Emotion: <text>
Self-Awareness: <text>

ChatGPT

Generated PCT CoP

[Person-Centered Therapy Analysis]
* *Emotion*: Anxious
* *Self-awareness:* possible concerns about their academic progress and future prospects.

Prompt for CBT CoP → Generated CBT CoP

Prompt for SFBT CoP → Generated SFBT CoP

Step 2: Supervised Fine-tuning (SFT) with mixed CoP

Prompt for SFT

Prompt for SFT

You will play the role of a mental health counselor. Your task is to generate a response to the seeker's last utterance.

Mixed Responses using different CoP for SFT

| PCT CoP | CBT CoP | SFBT CoP |
| Ground Truth | Ground Truth | Ground Truth |

Tuning LLM with mixed data