

AI Therapy Demo

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Artificial Intelligence (AI) is increasingly being used in therapy applications. It can help users manage stress, track emotions, and provide conversational support.

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One of the most common techniques is Cognitive Behavioral Therapy (CBT) delivered via chatbots. These systems can suggest exercises like journaling, breathing techniques, and reframing negative thoughts.

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AI therapy does not replace human therapists, but it can act as a companion between sessions. Data privacy and empathy remain two of the biggest challenges.