

# ZENE Psychology Analysis Report

Multi-Framework Therapeutic Assessment

Report Date	December 31, 2025
Analysis System	ZENE Multi-Framework Psychology Detection
Conversation ID	12345
Total Messages	8
Analysis Version	v2.0 - Multi-Framework Integration

## Executive Summary

This conversation analysis detected patterns from 5 psychological frameworks: CBT, IFS, ATTACHMENT, JUNGIAN, NARRATIVE. The primary therapeutic framework identified was JUNGIAN with an average confidence of 0.92. The conversation consisted of 4 user messages spanning multiple therapeutic domains. This report provides detailed analysis of detected psychological patterns, therapeutic insights, and recommendations for continued support.

## Conversation Overview

### Conversation Statistics:

- Total Messages: 8
- User Messages: 4
- AI Responses: 4
- Conversation Period: 2025-12-31T18:42:01.841624 to 2025-12-31T18:42:01.841641

### Key Themes Discussed:

1.  28
2.  56
3.  84

## Psychological Framework Analysis

## JUNGAN Framework Analysis

Detection Frequency: 1 instances  
Average Confidence: 0.92  
Peak Confidence: 0.92

### Key Elements Detected:

- dream\_symbol: shadow\_figure
- archetype: shadow

**Clinical Interpretation:** Jungian elements suggest rich unconscious material and archetypal content that could support individuation and personal growth.

## NARRATIVE Framework Analysis

Detection Frequency: 1 instances  
Average Confidence: 0.89  
Peak Confidence: 0.89

### Key Elements Detected:

- externalization: problem\_externalization
- preferred\_identity: reauthoring
- unique\_outcome: exception\_story

**Clinical Interpretation:** Narrative patterns indicate opportunities for problem externalization and the development of preferred identity stories.

## ATTACHMENT Framework Analysis

Detection Frequency: 1 instances  
Average Confidence: 0.88  
Peak Confidence: 0.88

### Key Elements Detected:

- attachment\_style: anxious
- relational\_pattern: relationship\_maintenance

**Clinical Interpretation:** Attachment patterns suggest relational dynamics rooted in early attachment experiences that may benefit from attachment-focused interventions.

## CBT Framework Analysis

Detection Frequency: 2 instances  
Average Confidence: 0.80  
Peak Confidence: 0.85

### Key Elements Detected:

- cognitive\_distortion: all\_or\_nothing, catastrophizing

**Clinical Interpretation:** CBT patterns indicate cognitive and behavioral elements that may respond well to structured cognitive restructuring interventions.

## IFS Framework Analysis

Detection Frequency: 2 instances  
Average Confidence: 0.75  
Peak Confidence: 0.80

### Key Elements Detected:

- ifs\_part: exile, manager
- ifs\_self: self\_energy

**Clinical Interpretation:** The presence of IFS patterns suggests active internal parts that may benefit from Self-leadership development and parts integration work.

## Therapeutic Insights

1. Multi-modal presentation detected across cbt, ifs frameworks, indicating complex psychological dynamics requiring integrated therapeutic approach.
2. Multi-modal presentation detected across attachment, cbt frameworks, indicating complex psychological dynamics requiring integrated therapeutic approach.
3. Multi-modal presentation detected across jungian, ifs frameworks, indicating complex psychological dynamics requiring integrated therapeutic approach.
4. Attachment patterns suggest relational dynamics that may benefit from attachment-informed interventions.
5. Cognitive-behavioral patterns indicate opportunities for cognitive restructuring and behavioral interventions.
6. Narrative therapy patterns indicate potential for externalization and story re-authoring approaches.

7. Internal Family Systems patterns suggest active internal parts requiring Self-leadership and parts integration work.
8. Jungian elements suggest rich symbolic content and individuation processes worthy of exploration.

## Therapeutic Recommendations

1. Consider Internal Family Systems (IFS) therapy to explore and integrate internal parts, fostering Self-leadership and internal harmony.
2. Cognitive Behavioral Therapy (CBT) interventions may help address identified cognitive distortions and develop more balanced thinking patterns.
3. Attachment-focused therapy could address relational patterns and support the development of secure attachment strategies.
4. Narrative therapy approaches may help externalize problems and support the re-authoring of preferred life stories.
5. Jungian analytical approaches could explore symbolic content, archetypal patterns, and support individuation processes.
6. Given the multi-framework presentation, an integrative therapeutic approach drawing from multiple modalities may be most beneficial.
7. Regular assessment and monitoring of therapeutic progress using validated psychological measures.
8. Consider collaborative treatment planning to ensure interventions align with client goals and preferences.

## Technical Appendix

### Analysis Methodology:

This report was generated using ZENE's Multi-Framework Psychology Detection System, which employs a two-stage hybrid approach:

1. Pattern Matching: Initial screening using linguistic and semantic patterns
2. LLM Analysis: Deep analysis using large language models for psychological element detection
3. Confidence Scoring: Statistical confidence measures for each detected element
4. Cross-Framework Integration: Analysis of interactions between multiple therapeutic frameworks

### Supported Frameworks:

- IFS (Internal Family Systems): Parts work and Self-leadership
- CBT (Cognitive Behavioral Therapy): Cognitive distortions and behavioral patterns
- Jungian Psychology: Archetypes, dreams, and individuation
- Narrative Therapy: Externalization and story re-authoring
- Attachment Theory: Relational patterns and emotional regulation

**Disclaimer:** This report is generated by an AI system for informational purposes only. It should not replace professional psychological assessment or clinical judgment. All therapeutic decisions should be made in consultation with qualified mental health professionals.