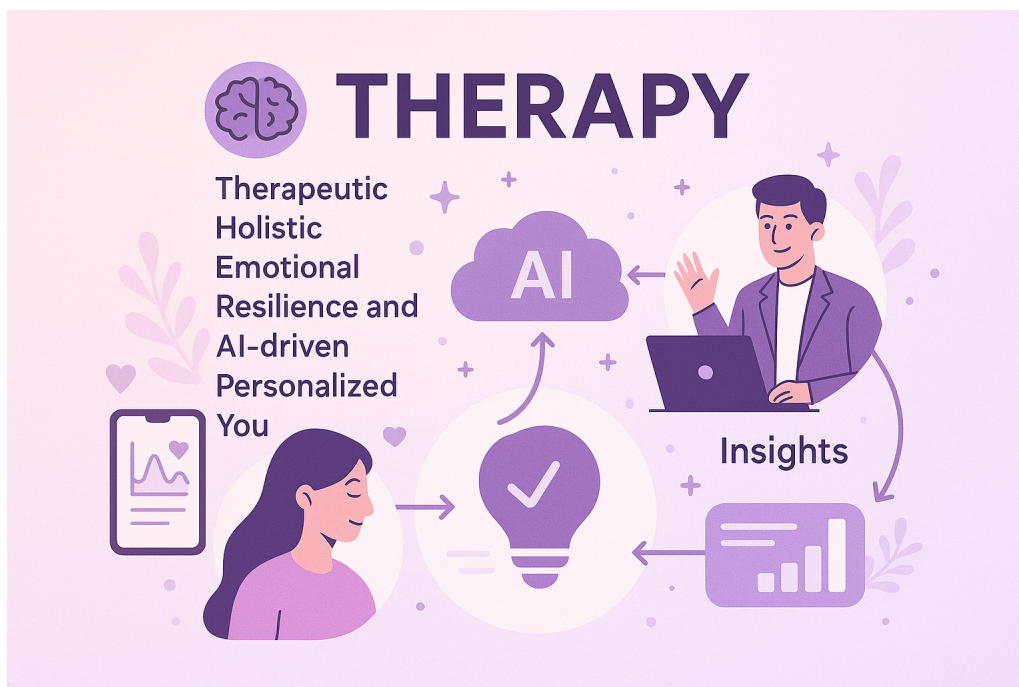# THERAPY:

A Holistic Human-AI Ecosystem for Mental Health Decision Support

Author: Alan Szmyt

Date: June 13, 2025

"Therapy is not just a space for support — it is a mechanism for self-discovery.

Through self-discovery, individuals gain the ability to reverse-engineer their own unhealthy thought patterns.
This awareness becomes the blueprint for replacing those patterns with deliberate, constructive practices and strategies."