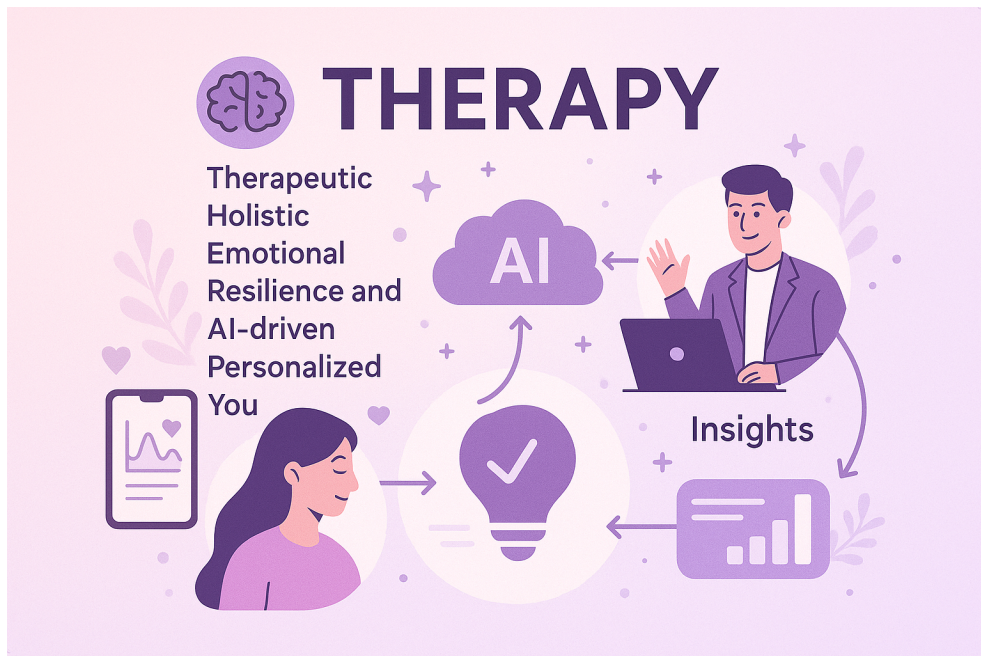


THERAPY

A Holistic Human-AI Ecosystem
for Mental Health Decision Support

Author: Alan Szmyt

Date: June 16, 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.”