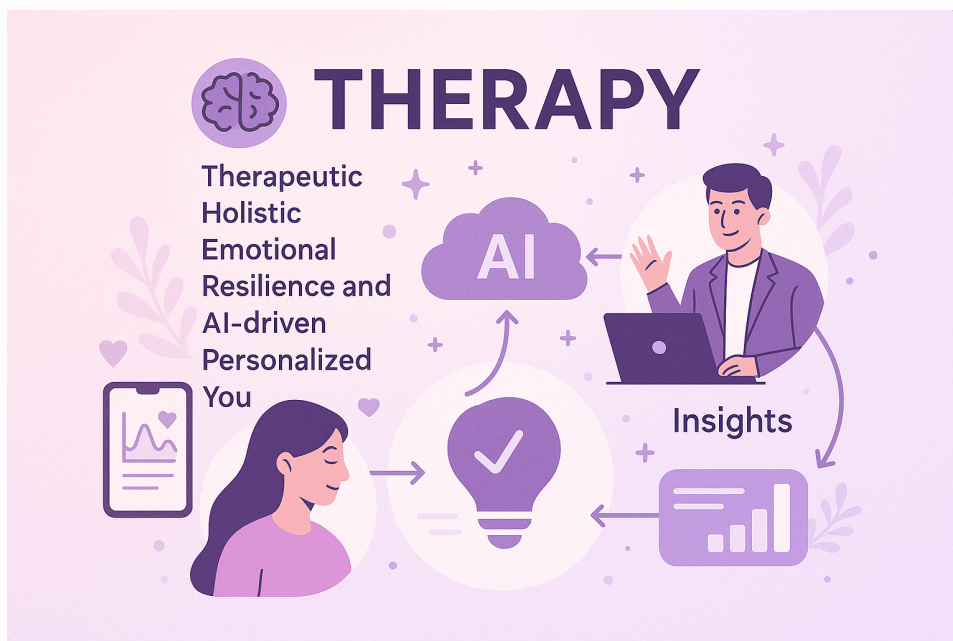# THERAPY

**A Holistic Human-AI Ecosystem
for Mental Health Decision Support**

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*"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."*

Executive Summary

Mental health challenges are rising across the globe, with suicide rates, substance abuse, and emotional dysregulation impacting millions(Ferrari et al., 2022; Organization, 2025) — yet most therapeutic support remains episodic, underfunded, and disconnected from daily lived experience.

THERAPY — *Therapeutic, Holistic, Emotional Resilience and AI-driven Personalized You* — is a proposed digital decision support ecosystem that bridges the gap between therapy sessions. It integrates mood tracking, AI-assisted journaling, secure therapist dashboards, and ethically designed data summarization to:

- Strengthen the therapeutic alliance and improve continuity of care
- Provide therapists with weekly AI-generated emotional trend summaries
- Equip clients with tools for reflection and self-discovery
- Enable earlier identification of high-risk emotional patterns

THERAPY is not a replacement for human connection — it is an augmentation of it. It empowers clinicians to do what they do best, with support from contextual, compassionate, and privacy-respecting AI insights.

Just as therapy enables self-discovery, self-discovery enables us to reverse-engineer our unhealthy thought patterns — and replace them with intentional, healthier strategies.

THERAPY is envisioned as an open-source, modular, and extensible platform that can be piloted in clinical, nonprofit, or academic settings — particularly among populations impacted by trauma, addiction, or systemic barriers to care.

This proposal outlines the purpose, structure, research foundation, and funding opportunities for bringing the THERAPY system to life.

References

Ferrari, A. J., et al. (2022). The epidemiology of substance use disorders in mental health. *The Lancet Psychiatry, 9*(2), 123–134. https://doi.org/10.1016/S2215-0366(21)00001-3

Organization, W. H. (2025, March). Suicide fact sheet. https://www.who.int/news-room/fact-sheets/detail/suicide