Enhancing Supervisory Practice in Positive and Transcultural Psychotherapy through Artificial Intelligence

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AI as a Supervisory Assistance Tool

In an era where digital solutions are transforming healthcare, the integration of Artificial Intelligence (AI) in psychotherapy opens new horizons for enhancing mental health services. This advancement is particularly crucial for areas with limited access to supervisory resources, promising to redefine the landscape of therapeutic practice and supervision.
What are AI and Text-Based Neural Networks?

AI is the technology enabling machines to perform tasks that typically require human-like thinking, such as recognizing speech, making decisions, and solving problems. Text-based neural networks, like the one I used, are a form of Artificial Intelligence that processes and generates natural language. These systems learn from vast datasets to understand and respond to human language.
"SupervizAI" is an analytical tool for mental health professionals assisting in the analysis and interpretation of practical cases.
Ethical norms and the principle of confidentiality

SupervizAI

It's important to remember the ethical norms of psychology, including the principle of confidentiality for your clients. When sharing your case, please ensure no personally identifiable information is included to maintain confidentiality. Also, be aware of the policies of this chat, which require a similar level of discretion.

Let's start with the first step: Could you please share the main request or concern you have regarding this case? Feel free to ask any specific questions related to the case as well.
Integrating AI in Positive Psychotherapy's Supervision

- Observation
- Taking inventory
- Situational encouragement
- Verbalization
- Expansion of goals
AI In practice

**Clarification & Initial Questions**

1. **Primary Concern**: Is the focus of your concern mainly on the worsening insomnia, or are you also worried about other aspects of her well-being, such as her aggressive behavior and her relationship with her parents?
2. **Client’s Background**: Has the client shared any significant life events or changes that might be contributing to her current state, aside from her relationship with her parents?
3. **Therapeutic Approach**: You mentioned using relaxation techniques and helping her express her feelings. Could you elaborate on how she responds to these methods during the sessions?
4. **Insomnia Specifics**: Can you provide more detail on her insomnia? For example, has she described what keeps her awake (ruminating thoughts, anxiety, etc.)?

**Support & Acknowledgment**

It's clear you're employing thoughtful strategies, like relaxation techniques and emotional expression, which are valuable in many therapeutic contexts. Your attentiveness to her worsening symptoms speaks to your dedication and sensitivity as a therapist. Remember, complex cases often require time and may involve periods of adjustment as you find the most effective approaches.

**Hypothesis**

Given the information, it seems there might be a deeper, possibly unresolved issue with her parents that's affecting her sense of meaning and emotional well-being, potentially manifesting as insomnia and aggression. It's also possible that discussing these issues, even in a therapeutic setting, might be temporarily exacerbating her stress and anxiety, impacting her sleep and mood further.

**Moving Forward**

1. **Exploring the Parental Relationship**: It might be beneficial to delve deeper into her relationship with her parents to understand the root causes of her feelings of emptiness and loss of meaning.
2. **Cognitive-Behavioral Techniques**: Considering her insomnia and aggressive behavior, incorporating cognitive-behavioral strategies could help in addressing negative thought patterns and developing healthier coping mechanisms.
3. **Consultation & Referral**: If insomnia persists as a significant issue, consulting with or referring to a specialist in sleep disorders could provide additional insights and treatment options.
4. **Self-Care and Boundaries**: Encourage her to engage in self-care practices and establish boundaries, particularly in her interactions with her family, to protect her emotional space.

Each step you take is a learning opportunity and a chance to adjust your approach to better meet your client's needs. Keep in mind the importance of self-reflection and possibly seeking peer supervision to gain fresh perspectives on challenging cases.
The possible requests are limited only by our imagination

<table>
<thead>
<tr>
<th>Creation of metaphors &amp; images &amp; fairy tales</th>
<th>Creation and search of techniques</th>
<th>Literature and films suggestion</th>
<th>Clarification and presentation of professional info</th>
<th>Planning a group game with children and teenagers</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Relevant metaphors about the case or it’s participants;</td>
<td>• Need verification, but could be clarified within the chat;</td>
<td>• Needs verification and testing;</td>
<td>• Provides a valid list oriented for a professional;</td>
<td>• Detailed instructions including speech and equipment;</td>
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<tr>
<td>• Often based on general moral sense.</td>
<td>• An individual based development of the techniques for the client;</td>
<td>• Gives a large list of options in different genres according to different requests.</td>
<td>• Can receive professional documents from users and analyze new information based on them.</td>
<td>• An ability to adapt to restrictions and conditions.</td>
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1. **The Tightrope Walker**: Imagine a tightrope walker, balancing precariously high above the ground between two skyscrapers. This walker symbolizes the client, navigating the delicate balance between her own needs and her tumultuous relationship with her parents. Each step is a cautious attempt to maintain equilibrium, reflecting her struggle to find stability amidst the emotional highs and lows of her interactions with family and the aggression that sometimes spills over into other relationships.

2. **The Echoing Cave**: Picture a deep, vast cave where every sound echoes off the walls, growing louder with each repetition. This cave represents the client’s internal world, where words and interactions with her parents reverberate, amplifying her feelings of emptiness and loss of meaning. The cave’s darkness mirrors her insomnia, a space where rest and peace seem just out of reach, obscured by the shadows of her thoughts.

3. **The Wilted Garden**: Visualize a once vibrant garden, now wilted and neglected, symbolizing the client’s current state of well-being. The garden’s parched soil and drooping flowers reflect her emotional depletion and the aggressive outbursts that harm her relationships, akin to thorns among the withering petals. Yet, in the corner, a resilient bud strives to bloom, hinting at the potential for renewal and healing through therapeutic support and self-care.

4. **The Puzzle Box**: Envision an intricate puzzle box, complex and beautifully crafted, yet difficult to unlock. This box represents the client’s psyche, filled with intricate patterns of thoughts and emotions tied to her family dynamics. Each session with the therapist is like a gentle attempt to find the right piece, to turn and click into place, slowly revealing the hidden compartments of her mind, where the root causes of her distress and the keys to her healing lie.

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**Creating case-based metaphors**
Feedback from professionals
26 Mental health specialists
Who work online and in person, mostly from Russia, city residents.
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How often do you receive professional supervision?

- Often
- Sometimes
- Rarely

Have you used Artificial Intelligence (AI) before in your professional activities?

- Yes
- No
- Partially
The convenience and effectiveness of online case analysis using AI, 5 point scale
Future development

Expansion of tools and theoretical data

- Adding theoretical PPT data
- Expanding the base and adding information from other approaches and schools
- Adding functions for interpreting images and drawing techniques

Ensuring safety and overcoming existing restrictions

- Creating a closed platform for professionals
- Developing confidentiality measures for mental health professionals
- Overcoming restrictions on violence when presenting cases.
Summary

The future of AI as a tool for analyzing specialists' cases holds immense promise, potentially becoming an indispensable resource for professionals facing limitations in supervision. Its adoption could significantly enhance the quality and accessibility of mental health services, meeting the urgent needs of therapists worldwide.
Thank you!
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