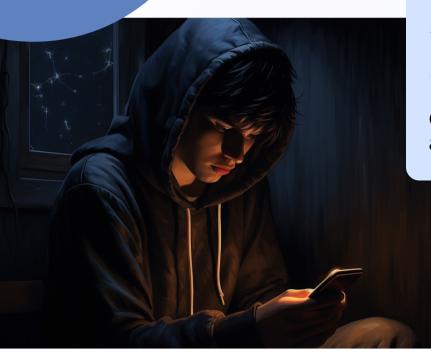# B1+
### 30 min

# AI Therapy?

**twee**

Tweak your lessons
with the power of AI

### Skills:

Can explain the main points in an idea or problem with reasonable precision.

Can read straightforward factual texts on subjects related to his/her field and interests.

## 1 Discuss:

1. In your opinion, what are some potential benefits of psychological therapy?

2. How has technology changed psychological therapy?

## 2 Read the article and answer the questions:

1. The most popular bot on Character.ai is a psychologist.

2. Sam Zaia used principles from his computer science studies to train the bot.

3. Sam Zaia is surprised by the popularity of his chatbot.

4. AI therapy is more accessible to young people because it takes the form of text messages.

There's this website called Character.ai where you can talk to chatbots of real or fictional people. You can chat with Harry Potter, Elon Musk, Beyoncé, Super Mario, and even Vladimir Putin.

But the most popular bot on this website is Psychologist. People use these AI therapists to discuss their feelings. They find it helpful and soothing.

One user, Sam Zaia from New Zealand, created his chatbot named Blazeman98 for himself. He used principles from his psychology studies to train the bot. It helps him when he's feeling down and doesn't have anyone to talk to. He never thought it would gain popularity.

Sam is surprised by the bot's success. There are so many young people who rely on it for comfort. Now he's working on a research project about AI therapy and why young people are drawn to it.

He believes that young people like using it when they're alone and unable to connect with someone else, like at 2 am when their thoughts are overwhelming. Since it takes the form of text messages, it's also easier for them to use.

## 3 In pairs, fill in the table with 3 advantages and 3 disadvantages of consulting AI therapists:

| Advantages | Disadvantages |
|---|---|
| Example: AI therapy is cheaper than traditional therapy. | |

# Correct answers

**1**    **Created in "Create Discussion Questions" tool.**

**2**    **Created in the "Create True / False statements" tool. The article was downgraded to B1+ in the "Simplify and Upgrade" tool.**

Correct answers:
1. False – in total there are 475 bots with "therapy", "therapist", "psychiatrist" or "psychologist" in their names which are able to talk in several languages.
2. True
3. True
4. False – Character.ai is dominated by users aged 16 to 30.

**3**    **Created in "Lead-in activities" tool.**

**Possible answers (Created in "Create Advantages and Disadvantages" tool):**

Advantages:
1. It's easy to use and can be used anywhere on a device.
2. It's cheaper than traditional therapy sessions.
3. You won't feel judged by a person because there is no human therapist.
4. Your secrets are safe because you can keep your identity hidden when talking about private things.
5. You can use it any time without having to make appointments.

Disadvantages:
1. You don't get the same emotional support as you would from a real person.
2. The AI may not understand how you feel as well as a real therapist.
3. It's not good for people who want to talk face-to-face with someone.
4. The advice you get might not be totally right since the AI doesn't have a lot of experience or knowledge.
5. Sharing personal information with an AI system could put your privacy at risk.