The AI robot therapist will see you now

With artificial intelligence pervading every part of life and chatbots available 24/7, will there still be a place for psychiatrists?

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For The Straits Times

Perspectives

Artificial intelligence and chatbots are increasingly being leveraged in mental health services, providing initial support and triage for patients. While these tools have shown promise, they are not a replacement for human interaction and the emotional support that professionals can provide.

The rise of chatbots

Chatbots are computer programs designed to simulate human conversation. They can be used for a variety of purposes, including providing mental health support. Chatbots can offer initial support to patients, helping them to identify their emotional state, and guiding them towards the appropriate resources.

However, chatbots do not have the same level of empathy or understanding as human therapists. They are programmed to provide a limited range of responses, and are not able to fully understand the nuances of human emotions.

The limitations of chatbots

While chatbots can provide some basic guidance, they cannot offer the same level of personalized support as human therapists. They are not able to understand the complexity of human emotions, or the context in which they occur. They also cannot offer the same level of support for more severe mental health issues.

The need for human involvement

Human therapists are essential in providing the necessary emotional support and guidance for severe mental health issues. They can help patients to understand their emotions, and provide the necessary support to help them recover.

In conclusion

While chatbots can provide some initial support, they should not be used as a replacement for human therapists. The support provided by chatbots should be seen as a complement to the work of human therapists, rather than a replacement.