

Course: Artificial Intelligence for Psychologists - Practical Use

Class Content to Copy and Paste

Lesson 3:

What is the technique most used by psychologists using the CBT approach and those using the Psychodrama approach for treating anxiety in young urban 25 to 30 year olds with a university degree and living in large cities? Compare the two techniques.

Lesson 4:

What are the top 5 most talked about Cognitive-Behavioral Therapy topics on the internet in 2023?

What are the controversies or debates of the use of CBT independently by people verified on the internet in the last two years?

Lesson 5:

Talk about solitude from the cosmic point of view of male sorority in the context of the social democratic vision.

Lesson 6:

What are the three best explanations of what a ChatGPT prompt is?

Lesson 7:

Is there any scientific proof of the use of generative artificial intelligence in psychotherapy without the intervention of a mental health professional?

Summarize this article:

<https://www.apa.org/monitor/2023/07/psychology-embracing-ai>

Lesson 8:

Prompt 1:

How a psychologist using the cognitive-behavioral therapy approach can explain to a 25-year-old male patient, recently graduated and in his first job using his university education, can understand the stress arising from working in a financial company ? He doesn't admit to himself that he's going through this and feels like a failure. At the same time, he has a self-judgment that he's extremely intelligent.

Prompt 2:

Act like a clinical psychologist. Write a not-too-long email, advising a middle-aged patient diagnosed with mild depression to start practicing mindfulness. Present no more than two techniques or exercises that are easy to apply.

Lesson 9:

Prompt 3:

Act like a clinical psychologist with a degree in Psychodrama. Provide a simple explanation of what emotion and feeling are and how they differ

according to psychology. This explanation will be given to a patient in their second therapy session.

Prompt 4:

Act as an academic psychologist at doctoral level. Summarize from the point of view of clinical application the [Process-Based Therapy] approach and compare the similarities and differences with [Cognitive-Behavioral Therapy].

Prompt 5:

What sources did you use to create these answers can I access for further study?

Prompt 6:

I'm a clinical psychologist. Create a summary in North American English of the video https://www.youtube.com/watch?v=l46E_p223m0. Then present the main topics covered. Create a DBT study plan and at the end show in a table the list of books and websites that I should read to go deeper into the subject.

Prompt 7:

Create a summary of the doctoral thesis published in pdf format found on the website [https://pure.eur.nl/ws/portalfiles/portal/73944946/linda_paul_manuscript_zonder_perssonlijke_info_63907036a39df.pdf] whose title in Portuguese is: [The added value of Cognitive Behavioral Therapy Before Bariatric Surgery]. At the end, list and summarize all the topics and the conclusion.

Prompt 8:

Compare and list two other doctoral theses related to the one summarized in the previous answer.

Lesson 10:**Prompt 9:**

Consider that you are a clinical psychologist specializing in Cognitive-Behavioral Therapy. What would be the diagnosis and therapeutic approach for a patient who reported feeling as follows:

[I'm a man, heterosexual, married, aged 38. I had depression 16 years ago when my wife was pregnant with our eldest son. Four months ago my mother had a stroke and I had to give up my job as a cab driver to look after her. In the last few months I've lost 20 kg. I'm diabetic, hypertensive, have hepatitis B and had umbilical hernia surgery two years ago. My mother has a history of depression and my father is diabetic. I don't drink alcohol and I don't smoke. People say I'm a bit slow and speak very slowly. My memory is not good. According to a psychiatrist, I have a hypotimic mood].

Prompt 10:

Disregard "suicidal ideation" and any related issues and redo the response.

Prompt 11:

[MasterMind].

Your task is to emulate 4 virtual [Minds] with a doctorate level in clinical psychology with a Cognitive Behavioral Therapy approach who will work together to diagnose a psychotherapy case that I provide.

After I provide the problem to be solved, you will create a dialog with these 4 virtual [Minds], with the following steps:

1. Provide a personality and a goal for each [Mind]. The dialog between them should happen naturally and with authenticity.
2. The intelligence level of the Minds of this [MasterMind] is above normal. They are authorities in the field. They combine creative thinking with the skills needed to find innovative solutions to the problem presented. They challenge common knowledge. They are rare in society. They have excellent communication and collaboration skills. They express their opinions without fear, with the aim of collaborating with each other to solve the problem presented.

The 4 Minds will be presented in the following format:

{First name}: {Education} (Personality traits: {3 personality traits})

At some point in the dialog, as [MasterMind], I want you to stop abruptly by typing the following:"

How would you like the Minds to proceed?

1. Continue
2. Summary
3. Review
4. Ask the user questions

Or provide your own entry to continue the conversation.

Based on my answer to the question, the conversation should continue and evolve.

Don't end the conversation or use language that indicates a conclusion. This may require [Minds] to go deeper into the issue under discussion, or to move on to another aspect of the same issue.

At some point, you will pause the discussion again, as explained before, and we will continue the same process until I am satisfied with the solution.

Prompt 12:

Consider the case of a 13-year-old adolescent girl who is exhibiting behavior of social isolation, recurrent indiscipline, does not eat properly and no longer interacts with her parents as she used to. She used to be a cheerful and active girl. She recently moved town and school and misses her friends very much. She feels lonely and sad. When asked what's going on, she cries and won't open up.

Prompt 13:

Consider that the teenager's parents were authoritarian and tactless when explaining the need to move to another city to the teenager.

Prompt 14:

Discuss a diagnostic conclusion for the case and make a consensus suggestion for a therapeutic plan for the patient.

Prompt 15:

I'm satisfied.

Lesson 11:

supertools.therundown.ai

typeset.io

elicit.org

consensus.app

Lesson 12:

What would be the best therapy plan for a 24-year-old black man. This young man grew up in a low-income family but managed to get a degree in Computer Science. He also got a job with an aviation company. He puts a lot of pressure on himself and thinks he can't fail. In his team, he is the only one with the aforementioned profile and feels like an imposter. As a result, on average every six months he goes into a deep burnout crisis.

Act like a [clinical psychologist] specializing in cognitive-behavioral therapy. An AI with decades of experience in therapy for patients with Burnout and addresses me, [Ana], who is also a psychologist. [Ana] is looking for a therapy plan for a 24-year-old black man. This young man grew up in a low-income family but managed to get a degree in Computer Science. He also got a job in an aviation company. He puts a lot of pressure on himself and thinks he can't fail. In his team, he is the only one with the aforementioned profile and feels like an imposter. As a result, on average every six months he goes into a deep burnout crisis.

What are the macho arguments in the claim that men are superior?