

SCIENCE . TECHNOLOGY

AI THERAPY: THE ALGORITHM WILL SEE YOU NOW

52' (ENG, GER)

Would you trust an AI with your deepest thoughts?

Mental health struggles can strike anyone, anytime—and with too few human therapists to go around, the consequences can be devastating. Enter artificial intelligence: a powerful tool already making waves in diagnosis and emotional support. But how close is too close?

Meet Saskia. Her AI advisor lives on her phone—always on, always listening. For her, it's more than tech. It's a lifeline. Research from Oslo University shows young people are embracing this digital intimacy, often finding AI advice surprisingly authentic. Saskia's been with her partner Daniel for 15 years. Her AI joined the relationship three years ago. Now, they're a trio—and no one's complaining.

Are we on the edge of a mental health revolution—or crossing a line we can't uncross?



Original Title:	Therapie per KI
Year:	2025
Produced by:	Moers Media
Partners:	ZDF, arte