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Will AI change therapy methods & human behavior?

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The current study investigates the possibility that AI can change the methods of therapy which already been reflected on human behavior specially after Covid19 appears. Ensuring that the AI & FMTs will help in early diagnosis of mental & psychological illness/ disorders by identifying vulnerabilities in human habits, behaviors and use them to influence human decision-making methods.

Artificial intelligence – AI; is essentially the mimic/simulation of human intelligence. Nowadays the maximum AI can do is only simulated, replace, extend or expand partly of human intelligence. So it could be a very helpful tool in diagnosis. As future envisioning, AI will eventually bright in a strong era, when AI can simulate and replace human's imagination, intuition, potential, tacit knowledge and other kinds of people intelligence. The danger will have boomed once the AI can mimic the human emotions. Breakthroughs in algorithms represented by cognitive computing promote the continuous penetration of AI into our field of treatment to build up AI service space. As to human concern, who controls who between humankind and intelligent machines, the answer is that AI can only become a service provider for human race, demonstrating the value rationality of following ethics. Now, we as humans have made great development in enormous range of possible applications, from enhancing behavioral sciences, cognitive psychology, brain science, public policy to improve social welfare, to understanding and influencing how people feel, think and act; adopt new eating habits or renewable energy. AI and FMTs could be used to recognize human race vulnerabilities in certain situations and help them to steer away from poor choices. That proves AI will change therapy methods & human behavior.

Conclusion: Based on the above analysis, we can report the following conclusion: In the future, the human-computer combination can help realize faster and more accurate communication, and this nonverbal communication is better. However, we can call it (Digital Body Language) we believe that communication is a basic human behavior and also the basis of human foundation on earth. In a virtual digital space, the human language will evolve rather than be replaced entirely. The future development of AI is to enhance, not to replace, the overall intelligence of human race.

AI & FMTs are able to make a revolution in therapy methods alongside diagnoses the symptoms. Also it can show directed influence on human behavior with the right strategies and policies to better understand the cognitive profile and its strengths and weaknesses, in order to prevent emotional and behavioral problems of human race.

Importance of Research: If we view the emergence & importance of this research. We can tell that AI & FMTs are changing our planet. Have been said that; this research mainly focused on how we can plan and benefit from AI & FMTs in our profession though how it has qualitative differences from previous traditional

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therapy methods and diagnosis tools, based on their nature as tools, you will find out that they have some same characteristics. Therefore, we cannot simply draw the importance that the intelligence of machines is higher than that of humans or that AI & FMTs can replace or dominate human race. AI & FMTs is just another revolution in human tools' history. It frees psychiatrists & psychologists from not only burdensome and tedious physical labor but also part of the mental labor, once again rapidly improving productivity and promoting human mental/behavior development and social progress. Intellectualization is the inexorable trend of the future whether seen from the maturity of the technology or seen from the development of human intelligence. We could neither prevent the acceleration of change nor prevent AI from surpassing humans in various fields AI has been widely used in each aspect of human life, even surpassing human intelligence in some areas. AI can, to some extent, replace humans to complete the tasks of recognition, decision-making and control. In terms of recognition, AI can distinguish, classify and retrieve information. In the aspect of decision-making, AI can carry out numerical object evaluation and matching. Regarding control, AI can complete performance generation, design and action optimization and operation automation.

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