PsychSim 5: COMPUTER THERAPIST

Name: _____ **Section:** _____

Date: _____

In this activity you will engage in a conversation with a "computer therapist," to simulate some principles of active listening from Carl Roger's client-centered therapy.

Computer Therapy

- Think about your "therapy session" with the computer. What limitations did you notice?

- Can you think of any value that a person could obtain from a "therapy session" like this one? Is it possible that a "computer therapist" might offer some benefits that a person may not get from a session with a human therapist?