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ROBOVISOR – PSYCHOTHERAPIST'S SELFSUPERVISION ROBOTIC ASSISTANT IN POSITIVE PSYCHOTHERAPY

Ivan Stanev, Lyudmil Georgiev

Angel Kanchev University of Ruse

Abstract: A Selfsupervision Report Generator in the Positive Psychotherapy session context is presented. A methodology for selfsupervision report generation in 4 steps is described. Definition of semi structured interview and its computer image are defined. The software architecture of selfsupervision Report Generator Robovisor is established including its components Linguistic Processor, Model Validator, Report Generator, and Security Manager.

Keywords: positive psychotherapy, selfsupervision methodology, semistructured report data model, Linguistic Processor, Report Validator, Report Generator, Security Manager.

INTRODUCTION

The <u>main goals of the project</u> are to <u>suggest a methodology</u> based on a computer integrated environment Robovisor (ROBOtised superVISOR) allowing <u>better</u> <u>levels of selfsupervision</u> and improvement of <u>the efficiency of supervision</u>, achieving the <u>access to better structured information</u> as well as <u>assistance in writing reports</u> for the Health Insurance companies.

Selfsupervision Methodology

The Methodology (similarly to the shown in **[10]** and **[11]**) doesn't require any special efforts by the psychotherapist enhances improvement of psychotherapist work creating an automated sequence of intermediate products (blocks shown by ellipses in Figure 1). These products are result of the fulfillment of the following steps of the Methodology:

• <u>Step 1</u>: The <u>Psychotherapist</u> describes the specific session by the Natural language text called further <u>Semistructured Session Report</u>.

• <u>Step 2</u>: Robovisor's <u>Linguistic Processor</u> translates automatically the Report, retrieves the information from the report, and dispossessed into a well defined computer data structure called <u>Session Model</u>.

• <u>Step 3</u>: Robovisor's <u>Model Verifier</u> subsystem controls the completeness and the consistence of the Session Model automatically and requires minimal help from the Psychotherapist asking him refining questions. As a result of this step a <u>Revised Session Model</u> is established.

• <u>Step 4</u>: The Robovisor <u>Report Generator</u> subsystem generates the <u>Session</u> <u>Report</u> and includes in a structured form the data from the specific session and the omissions of the psychotherapist (e.g. uncovered topics, missed appropriate transcultural examples etc.). NFORMATICS



Fig. 1 Robovisor Data Streams

Due to the well defined information structure and the similar characteristic features of the sessions the Methodology allows to create <u>Sessions Model</u> about any specific sequence of sessions revealing some omissions the Psychotherapist is not aware of due to the prolonged process of therapy.

Structuring of the Data

The data required by the Methodology is disposed in three basic organizational units. **Semistructured Session Report**

This is semistructured basic organizational unit. It is composed of Psychotherapist's Essay, Life Events Questionnaire, WIPPF, Peseschkian's Phombus Diagram (see [4], [5], [6], [7], [8], [2]).

Psychotherapist's Essay is semistructured. The data gathered in the session is filled in its five sections (see Figure 2) as natural text.

- Observation / Distancing
- Making an Inventory
- Situational Encouragement
- Verbalization
- Broadening of Goals

Fig. 2 Psychotherapist's Essay Structure

<u>Life Events questionnaire</u> and <u>WIPPF</u> are filled by the client (in some occasions with the help of the therapist).

<u>Peseschkian Phombus Diagram</u> is filled in by the Client with the help of the Psychotherapist. The Psychotherapist enters the data in the computer after the session.

Computer Session Model

Linguistic Processor's task is to process the Semistructured Session report data and to compile it into a Session Model.

Figure 3 shows an example of the Session Model (after [3], [9], and [1]) based on the five basic sections of Semistructured Session Report constructed by structures presenting the data disposed there.



Fig. 3 The Structure of the Positive Psychotherapy Session Model

<u>The data lists</u> attached to the specific <u>Model Elements</u> (e.g $LE_1 - LE_i$, ...) could be retrieved from the Semistructured Report Texts or the Psychotherapist can specify them selecting items from the <u>Elements Libraries</u> (e.g. Libraries of Fairy Tales, Myths, Parables, Sayings, Positive symptom interpretations, Transcultural examples, Standard Language Word forms describing symptoms etc.)

The Psychotherapist adds the new elements to the appropriate Robovisor Library and describes them with key words about the symptoms, the groups the clients belong to (cultural, ethnical, religious, professional), believe system, etc. When necessary the therapist can search the reiterated elements using lists, key words, or other appropriate information retrieval procedures.

The Positive Psychotherapist working with Robovisor will have the opportunity to send all his entries from Elements Libraries to the Positive Psychotherapy Centre. The supervisors will verify the received entries, generalize them in new Elements Libraries set, and return this set to the therapists.

The established session model may be used for sequences of sessions by list extension where the new elements are included with out changing the model structure.

Session Report

The Report Generator generates the data from the session model into any format required by the Psychotherapist or Supervisor, or presented into electronic or paper form.

Robovisor's Architecture

Robovisor Architecture shown in Figure 4.

The system is designed to be used by the Psychotherapist as well as by the Supervisor. The system exists in two options – via Internet or as PC Local Installation.

The confidentiality of information requires crypting so the <u>Security Manager</u> provides restricted access according to specific access rules defined by the Psychotherapist.



Fig. 4 Robovisor's Architecture

The <u>Linguistic processor</u> (described in details in [12]) proceeds the Semistructured Session Report natural language texts. This module provides morphological, syntax, and semantic analysis of the input information. It provides the first level of semantic control of input information, admitting only well-defined syntax and semantic natural language constructs to be proceeded. The <u>Linguistic Processor Database</u> is constructed by a Combinatorial dictionary, Grammatical Rules for speech constructs recognition, full set of well-defined syntax sentence structures, a package of semantic characteristics of Combinatorial dictionary entries, syntax – semantic tables of permitted combinations between syntax and semantic structures and other useful data. The Linguistic Processor fills in the data recognized in the natural language essay text into the proper session model elements.

The <u>Model Verifier</u> checks the recorded in the Session Model data correctness and completeness. It manages the interaction between the Psychotherapist and Robovisor in case the afore mentioned data is incomplete or incorrect. The <u>Model Verifier Database</u> is constructed by the Session Models, and models interpretation rules designed by the supervisors with high level of expertise.

The **<u>Report Generator</u>** generates Session Reports or Therapy Reports according a preliminary defined pattern, or another pattern defined by the therapists for the specific session/s.

The **<u>Reports Visualiser</u>** manages the presentation of the information to the user in the form of a Web site, CD, PC screen or paper print.

CONCLUSIONS

An already developed prototype of Robovisor is used for the checking of the efficiency of the methodology. The tests of the Bulgarian Linguistic Processor are fulfilled successfully. The English Linguistic Processor is in an experimental stage. A Model Verifier is developed and its behavior is under evaluation. The Report Generator and Visualiser are in the last phase of development.

An analysis of the fulfilled tests permits the following conclusions to be done:

•The preliminary preparation of Robovisor (and especially the creation of Combinatorial Dictionary, and other elements of the Linguistic Processor Database is a task that requires a special attention, and a lot of efforts from Computer Scientists, Linguists, and Positive Psychotherapists for the preparation and checking of the information completeness.

• The Model Verifier Database is constructed by relatively simple (in comparison with the Linguistic Processor Database), easier for creation and testing rules. These rules permit the establishment of a well-structured and low-level modified Database.

• After the Databases of Linguistic Processor and Model Verifier are created the Session Model generation is a simple task, and does not require any special (outside the Problem Domain Area) knowledge from the Psychotherapist and the Supervisor.

• The activities related to the support of Robovisor are easier than the activities for the support of any electronic Psychotherapist's archive.

• After a short introductory period of work with Robovisor a centralized dissemination of the Robovisor Libraries can be introduced.

The performance of some further development and evaluation concerning the Session Model structure, English Linguistic Processor, and Robovisor Elements Libraries permits the achievement of the required from the described methodology and prototype goals – i.e. to improve the quality of the personal psychotherapeutic archive, to enhance selfsupervision, and help the Positive Psychotherapist to improve the efficiency of his work.

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ROBOVISOR – РОБОТИЗИРАН АСИСТЕНТ НА ПСИХОТЕРАПЕВТА ЗА САМОСУПЕРВИЗИЯ СЛЕД СЕСИИ ПО ПОЗИТИВНА ПСИХОТЕРАПИЯ

Иван Станев, Людмил Георгиев

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Резюме: Описано е едно решение, което позволява автоматизирано генериране на отчети за самосупервизия на терапевта, който провежда сесии и цикли от сесии с пациенти в Позитивната психотерапия. Предложена е методика за тази супервизия, реализирана в 4 стъпки. Дефинирано е полуструктурирано интервю и неговия структурен машинен еквивалент. Предложена е архитектурата на софтуерния продукт Robowizor, която включва лингвистичен процесор, валидатор на модели, генератор на самооценки, както и мениджър по сигурността.

Ключови думи: позитивна психотерапия, методика за самосупервизия, машинен модел на самооценка, лингвистичен процесор, валидатор на отчети, генератор на отчети, мениджър по сигурността.

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