THE POTENTIAL USE OF ARTIFICIAL INTELLIGENCE IN TREATING BORDERLINE PERSONALITY DISORDER WITH NARRATIVE THERAPY

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Abstract

This paper explores the possibility of AI-based narrative therapy for borderline personality disorder, its potential advantages, drawbacks, and limitations. It is argued that identity disturbance in this condition is strongly connected to self-narratives, and the most important features of narrative therapy, which, in a human-to-human form, is one of the more successful treatment options for BDP, could be adapted to AI. While human oversight cannot and should not be eliminated, AI support would hold forth the prospect of overcoming certain hurdles associated with patient-therapist interaction frequently marring the therapeutic process.

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