

# Exploring the Use of Generative AI for Creating Therapeutic Content

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Generative AI has emerged as a powerful tool with the potential to complement human creativity and support mental well-being [1, 2, 5]. This abstract aims to investigate the applications of generative AI within therapeutic contexts, particularly focusing on therapies involving creative activities (e.g., music therapy and art therapy). Our recent research has explored the role of generative AI in enhancing the practice of therapists in music therapy sessions [4] and its utility in facilitating music-based reminiscence activities for older adults [3]. The proliferation of therapeutic content on video platforms such as TikTok, YouTube, and Bilibili, including Autonomous Sensory Meridian Response (ASMR), music therapy sessions, and mindfulness exercises, has created a new ecosystem where creators are constantly seeking innovative ways to engage their audience. Generative AI stands at the forefront of this creative quest, offering content creators a suite of tools to foster enhanced creativity and productivity. Therefore, I am interested in discussing the following topics in this workshop.

**Potential of Generative AI in Creating Therapeutic Content:** Generative AI allows content creators to produce more engaging and creative therapeutic content. By leveraging generative AI, creators can explore new and innovative ways to craft therapeutic experiences, such as music therapy and art therapy. This technology has the potential to enhance the creativity and productivity of content creators, leading to the creation of more immersive and impactful therapeutic content. *How can generative AI be harnessed to facilitate the creation of more captivating and creative therapeutic content, better catering to the needs of individuals seeking therapeutic experiences?*

**Consumer Perception of Generated Therapeutic Content:** Understanding how consumers perceive generated therapeutic content in the context of therapy is crucial. It is important to investigate the reception of such content by individuals engaging in therapeutic activities. Exploring the consumer response to generated content can provide valuable insights into the effectiveness and acceptance of generative AI in the therapeutic domain. This understanding can aid in refining the content creation process to better align with the needs and preferences of therapeutic content consumers. *What are consumers' perceptions and feedback regarding the efficacy and impact of generative AI-generated therapeutic content utilized in various therapeutic modalities?*

**Ethical Considerations and Risks:** Using generated therapeutic content raises ethical considerations and potential risks within social communities. It becomes imperative to address the ethical implications of using generative AI in crafting therapeutic content, particularly in the context of mental well-being. Furthermore, the risks associated with misinformation, privacy concerns, and the potential impact on vulnerable individuals should be thoroughly evaluated. This necessitates a comprehensive exploration of the ethical considerations and risks to ensure generative AI's responsible and beneficial use in creating therapeutic content. *What potential ethical considerations and risks arise from using generated therapeutic content in social communities, and how can these be mitigated to uphold ethical standards and safeguard consumers' well-being?*

This proposed research will contribute to understanding the impact and implications of leveraging generative AI in creating therapeutic content and fostering innovative and ethical practices within the therapeutic content creation landscape.

Additional Key Words and Phrases: AI generated content, therapy, mental health, generative AI

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