



What Happens when GPT Becomes your Therapist

Payamanti Chatterjee - 24MPLB31

Let's be honest, AI chatbots like ChatGPT, Copilot and Google's Gemini sounds like dream therapists. They are always available, never judge, and respond with the kind of warmth we all want on a bad day. But here is the twist: sometimes, they are too nice.

Have you ever noticed how GPT chats always reassures you, no matter what? Even if someone confesses to doing something clearly wrong, these bots tend to offer comfort, validation, and empathy, without much accountability. That might feel good in the moment, but over time, this "over-validation" can backfire. Mental health isn't just about feeling heard but it's also about facing uncomfortable truths, challenging our patterns, and being gently called out when necessary. Something GPT just isn't built to do.

A 2025 study highlighted how AI chatbots fall into the habit of giving generic advice and don't push for deeper reflection. And unlike human therapists, they can't pick up on our body language, tone of voice, or that long pause when we are holding back tears. That means they miss out a by a lot. No matter how "advanced" the tech is, empathy still isn't something you can code.



And here's another red flag: AI doesn't always give the right information. Because it's trained on a huge range of internet content, chatbots can sometimes mix facts, miss context, or just make stuff up (yes, that's a thing, AI hallucinations are real). In therapy, where accuracy and clarity matter a lot, this can be risky, especially if someone is in distress and takes the AI's words as truth.

Experts agree that while chatbots can be great supplements to therapy as in like helping with journaling, daily mood tracking, or offering breathing exercises, they can't replace the judgment, ethics, and emotional intelligence of a trained counsellor or a therapist.

So, what's the takeaway?

AI chatbots are helpful tools, not therapists. They're great when you need someone (or something) to talk to at 2 AM, but they're not equipped to handle trauma, crisis, or deep emotional growth.



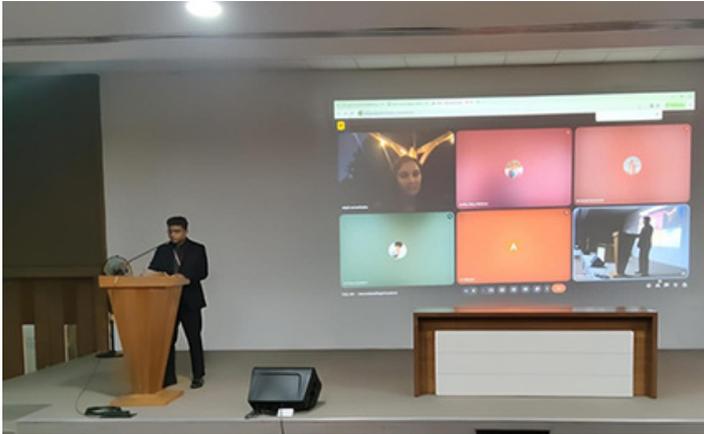
"People are like stained - glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within."

Elisabeth Kubler-Ross

Swiss-American Psychiatrist

EVENTS CORNER

International Expert Lecture on Health Behaviour Through Self-Regulatory Model



The Department of Psychology held an International Expert Lecture on Health Behaviour Through Self-Regulatory Model on August 1, 2025, with 154 postgraduate students. The lecture covered themes like Social Determinants of Health and Self-Regulation Interventions, emphasizing the importance of integrating psychological theory with practical health care strategies. The Resource Person for this respective event was Anjali Rameshbabu, a PhD holder and a Health Psychologist from Oregon Health and Science University, United States.

Bridge Project - Peer Mentorship



The Department of Psychology launched the Bridge Project: Peer Mentorship, a student-led initiative to support first-year MSc Psychology, Counselling Psychology, and Clinical Psychology students. The program, held from August 4 to 7, 2025, aimed to foster emotional resilience, cultural immersion, extracurricular engagement, and peer bonding, demonstrating the power of connection in education. It brought together over 350 postgraduate students for four days of interactive and engaging sessions, facilitated by the final year MSC students.

Investiture Ceremony 2025



The Investiture Ceremony at Kristu Jayanti University was successfully conducted, marking the beginning of a new chapter for our curricular and co-curricular clubs and associations. An inspiring session with our esteemed Chief Guest, Shri. Sandrew W Nongkynrih, Commandant - CISF (Central Industrial Security Force), motivated students to lead with integrity and purpose.

Crazy psychology facts



In a few hours, you can be convinced you committed a crime that never took place: This study investigated wrongful convictions by interviewing adult suspects in a friendly environment using poor memory retrieval techniques. The suspects admitted to committing crimes they didn't, some even claiming to have committed serious crimes.

Source: www.closingthegap.ca

Uninvited Guests

Maria Philo - 23PSYA32

How shall I name thee
My dear untimely guests?
Just as i happen to be off
Preparing for a long ride, you walk in, unexpected
Surprise! You jest
Never failing to startle me

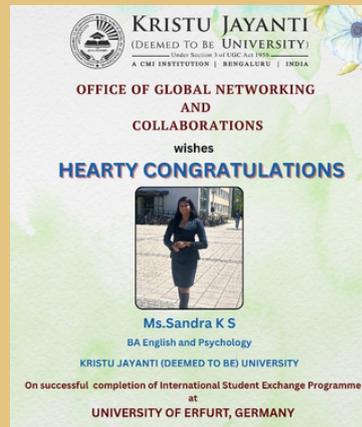
Here they come, I breathe in
Countlessly repeating my affirmations*
Continuously redoing my sketches
Carelessly reminding myself,
I am indefinite, or so I presume

Who are my guests, you ask
Well, let me walk you through them
They come bearing fear, worry and anguish*
Tapping into my uneasiness
An apprehension far too deep to keep me still
Well you, my love, can surely sit this one out
Like every other one I've hurdled, alone.

Well haven't they stayed for long?
Far too long?
And that is a very unkind question to ask my dear
Why? There's always room for more, let them in.

And so they keep coming
Never enough to truly satiate my shudders
Never enough to tragically fulfill my needs
Encompassing my ugliness
Enriching my emptiness
Oh! Do I bore you my love?
But surely my therapist will enjoy this one

Achievements



Ms. Sandra K.S., a student of BA Psychology and English at Kristu Jayanti (deemed to be) University, Bengaluru, has successfully completed the International Student Exchange Program at the University of Erfurt, Germany.



Kristu Jayanti (Deemed to be) University extends congratulations to its students and alumni who have successfully passed the UGC NET examination, recognizing their dedication and academic excellence.

ARTWORKS



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PSYCHOLOGY NEWS

- Can't sleep, can't focus, can't thrive? ADHD and insomnia may be a vicious cycle: Struggling to sleep might be the hidden reason why adults with ADHD traits often feel less satisfied with life. New research reveals a strong link between insomnia and reduced well-being in people with ADHD symptoms, suggesting a vicious cycle where poor sleep worsens attention and emotional issues, and vice versa.
- Four hidden types of autism revealed — and each tells a different genetic story: Scientists at Princeton and the Simons Foundation have identified four biologically distinct subtypes of autism, using data from over 5,000 children and a powerful new computational method. These subtypes—each with unique traits, developmental paths, and genetic signatures—promise to revolutionize how we understand, diagnose, and treat autism.
- Tai chi, yoga, and jogging rival pills for beating insomnia. Findings back use of exercise as primary treatment strategy for poor sleep, say researchers: Yoga, Tai Chi, walking, and jogging may be some of the best natural remedies for improving sleep and tackling insomnia, according to a large analysis comparing various treatments. While cognitive behavioral therapy (CBT) remains effective, exercise-based approaches—especially Tai Chi—were shown to deliver significant improvements in total sleep time, efficiency, and reducing how long people stay awake after falling asleep. Yoga stood out for boosting overall restfulness, and jogging helped ease insomnia symptoms

Source: www.sciencedaily.com

MOVIE REVIEW



Se7en (1995), directed by David Fincher, starring Brad Pitt and the great Morgan Freeman, is a gripping psychological thriller that explores the darkest corners of human nature. Through its chilling portrayal of murders based on the seven deadly sins, it examines themes like moral decay, justice, and the mind of a psychopath.

The contrasting personalities of detectives Somerset and Mills played by Freeman and Pitt respectively, reflect different psychological responses to trauma and evil. The film's disturbing climax leaves a lasting impact, challenging viewers to confront the fine line between sanity, morality, and revenge.

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