SELFTRACE for Mental Health

Structured self-observation between sessions, with readable and actionable patterns.



Vertical
Mental health clinics, psychologists, psychotherapy, and clinical support

Focus
SELFTRACE for Mental Health

Core
Scientific + actionable

SELFTRACE helps clients and professionals turn real micro-decisions into observable signals. It does not diagnose: it organizes pattern, context, cost, and alternative so therapeutic work and psychoeducation become more concrete.

Current platform capabilities

- Identity cartography by life areas with history and cumulative reading.
- Identity biography and emotional state to go deeper than the core pattern.
- Holistic diagnosis, contextual behavioral summary, and structured prompts for external AI.
- Apply as case workshop, historical inventory, and dedicated file card.
- Reusable libraries of actors, contexts, and environments to enrich real cases.
- Reports, PDFs, and shareable outputs with host branding.
- Link-based sharing and curated outputs for private or carefully public contexts.

What makes this valuable

- Detects behavioral tendencies inside short, emotionally plausible situations.
- Delivers pattern readout, short-term protection, accumulated cost, and micro-alternative.
- Builds history, coherence between patterns, and traceability across epochs.

Use cases

- Between-session follow-up and clearer clinical conversations.
- Psychoeducation around avoidance, rumination, overadaptation, and flexibility.
- Progress visualization without turning the person into a fixed identity.

Relevant benefits for this sector

- More clarity about what the client actually does under tension.
- Less ambiguity when reviewing relapse, blocks, or repeated cost.
- Better continuity from one session to the next.

Sharing notes

- Fits private practice, psychoeducational programs, and complementary follow-up.
- Works as an observation layer, not a replacement for professional judgment.
- Enables pattern-and-context conversations instead of vague labels.

Scientific and operational basis

SELFTRACE combines deterministic pattern reading grounded in psychological flexibility, traits, and attachment theory. External AI can expand language, reflection, or coaching; the core detection still relies on reproducible rules and now also translates into cross-cutting reports and applied case files.



Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE combines cartography, biography, emotional state, contextual behavioral summary, applied case files, shareable reports, and external AI support inside a deep and actionable experience.

Registration / access: https://self-trace.com/Identity/Account/Register

System guide: https://self-trace.com/HowItWorks

Entry page: https://self-trace.com/