

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.

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. AI only improves the output language; detection itself relies on reproducible rules.



Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE turns real micro-decisions into clear, actionable signals with scientific grounding.

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

System guide: <https://www.self-trace.com/HowItWorks>

Entry page: <https://www.self-trace.com/>