



THERAI

Therai.app

Interactively engage in therapy exercises from any device

The Problems

Doing therapy exercises between sessions can greatly improve outcomes...
but doing therapy exercises on your own is hard.

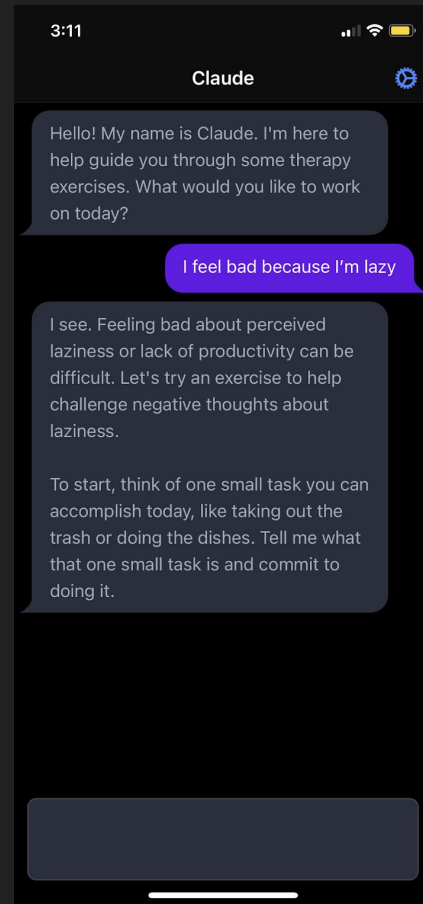
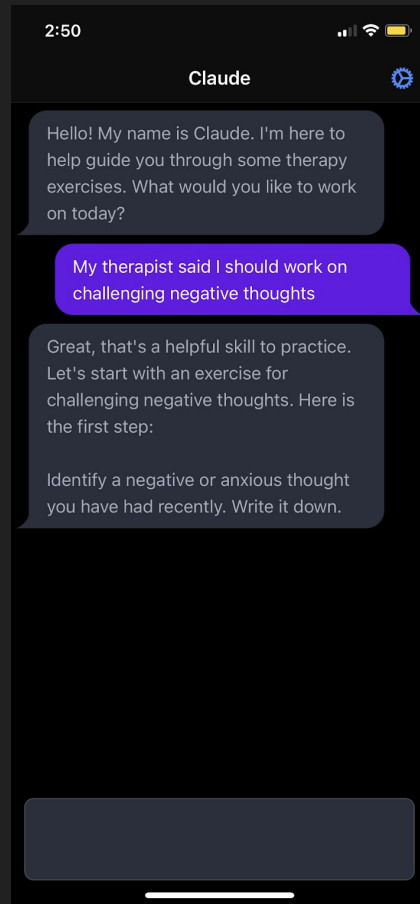
Not everyone can afford or easily access a therapist.

Therai

The app uses a familiar chat interface that works on any device and makes practicing exercises more engaging.

You can share what their therapist told you to work on and Claude will help you work through it.

Alternatively, you can share how you're feeling and Claude will provide suggestions to work on.



Prospects

One major strategy for monetization of a service like Therai would be to **sell to insurance companies that pay for therapy.**

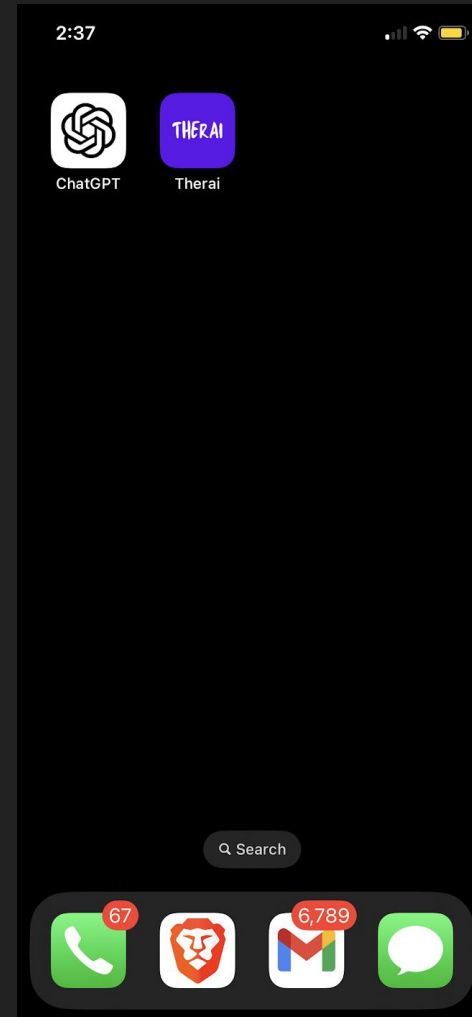
Patients often see therapists over long periods of time for many sessions. If such a service could improve adherence to the therapist's course of treatment, it's possible that it could reduce the number of sessions required, improving results for patients, but also saving the insurance companies money. Of course, more research is necessary.

Features

THERAI

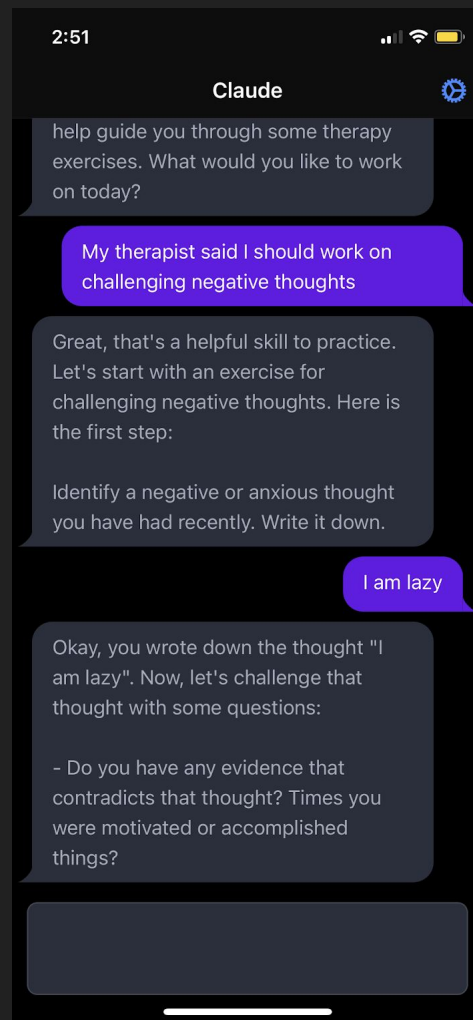
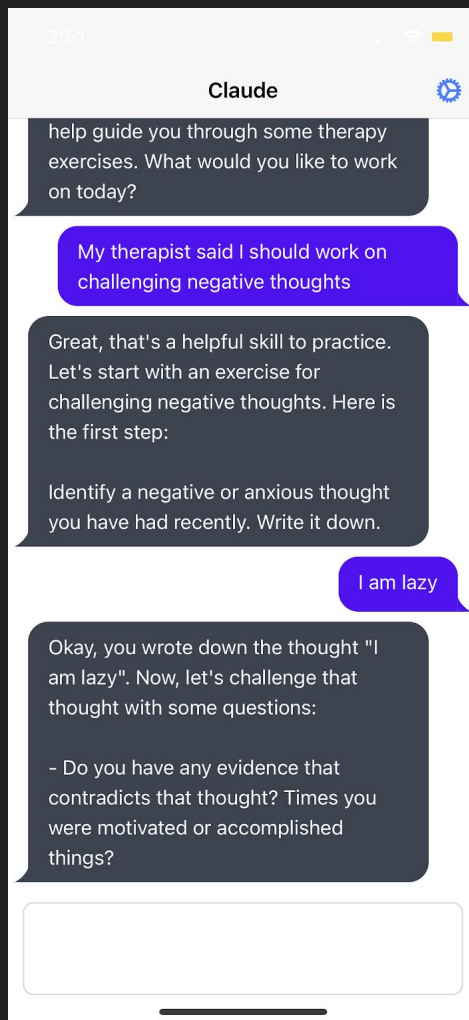
Installable App

Adding the web app to the home screen installs it so that it can be opened in a native full-screen view.



Light & Dark Mode

Based on device settings



Technologies

THERAI

Frontend

- Progressive Web App
- TypeScript and React
- Ionic for native-like components
- Tailwind CSS and Daisy UI for styling
- Deployed on Vercel

Backend

- Anthropic Claude as the AI driving the chatbot
- Server running in Node.js using TypeScript and Express
- Redis to adjust prompt and custom API keys on the fly without requiring code changes or deploys
- LangChain for API ergonomics
- Deployed on Render