

## Major advantages of AI support in therapy sessions

**Avonova, which is the Nordic leading provider of corporate health, is now working with an increasing number of digital solutions and AI to meet the demands of the future. One example can be found in conversation support and CBT (cognitive behavioral therapy), where AI, among other things, saves a significant amount of time for the treating psychologists.**

"It is no longer just about offering digital meetings; we have several AI-driven tools that improve our operations. AI helps us focus more on our patients and less on administrative tasks," says Johanna Bergfalk, a psychologist at Avonova.

For example, Avonova is working with an AI-driven screening tool. Instead of having the psychologists manually administer patients' self-assessments, an AI function is used. The tool compiles all the information and then provides guidance on the choice of treatment programs, as well as flagging any potential acute risks. But AI support does not stop at the initial self-assessment stage.

"The AI tools help us make accurate evaluations that form the foundation of our diagnostics. When we have strong assessments to work on, we can also provide well-founded recommendations on interventions," explains Johanna Bergfalk.

Avonova also uses AI to support automatic journal entries both during digital contacts and at face-to-face meetings, where the AI support and note-taking are carried out via telephone.

"Using data from our treatments presents entirely new opportunities. Already, we save up to 30 minutes per patient contact thanks to our focus on AI support, and AI also creates a better working environment for our staff," Johanna Bergfalk adds.

Braive is the company behind the technology. With its AI platform, the company aims to achieve two changes providing better support to the patient and enhancing the competence of the practitioners.

"More and more, people recognize the importance of measuring and following up on psychological treatment to ensure both quality and results. New technology makes this possible while increasing the accessibility of effective interventions. With individually tailored holistic support, we can support the patient both during and between therapy sessions," explains Michell Hansson, psychologist and head of operations at Braive.

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## About Avonova

Avonova is Nordic's leading provider of occupational health services and is the only Nordic occupational health services provider with a fully integrated hybrid digital/physical delivery model.

Avonova offers a comprehensive range of services to promote well-being and reduce absences, among employees of companies and institutions of all sizes and in all industries. It is leading in preventive evidence based occupational health services in highest impact areas, such as presenteeism, vaccination, and drug testing and rehab.

Avonova has its main offices in Larvik, Norway and Stockholm, Sweden and delivers its services digitally and from 166 locations in Norway and Sweden, by about 1 100 employees – mainly physicians, psychiatrists, nurses, and workplace engineers. For more information, visit [www.avonova.se/no/fi](https://www.avonova.se/no/fi).