

Mentalyc Unveils Alliance Genie™: First AI Tool to Measure and Strengthen Therapeutic Alliance

Mentalyc's Alliance Genie™ measures therapeutic alliance from sessions, offering real-time insights that boost outcomes and reduce burnout

SAN FRANCISCO, CA, UNITED STATES, September 3, 2025 /EINPresswire.com/

-- [Mentalyc](#), the leading AI scribe platform for mental health professionals, today announced the launch of [Alliance Genie™](#), the first AI-driven tool designed to measure therapeutic alliance directly from session recordings. By analyzing over 30 psychosocial markers—including empathy, engagement, rapport, and client responsiveness—the tool provides clinicians with structured feedback that mirrors the insights of an experienced clinical supervisor.

“

We built Alliance Genie™ to help therapists see their work in new ways—gaining reflection, confidence, and more time for meaningful client connections.”

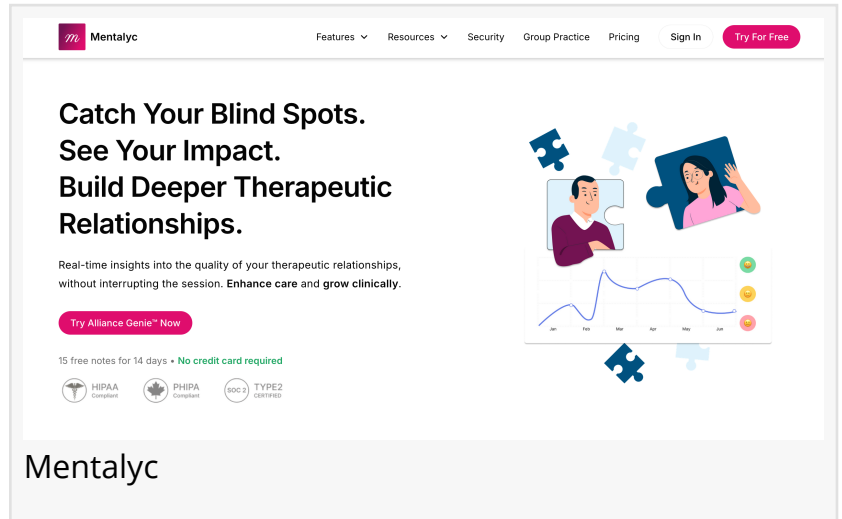
Maria Szandrach

Alliance Genie™ is not about replacing clinicians. Instead, it equips therapists with actionable insights that foster professional growth, sharpen therapeutic skills, and improve patient outcomes.

AI as a Partner, Not a Replacement

The rapid rise of AI in healthcare has sparked debate: will machines replace human expertise? Mentalyc's vision is clear—AI should enhance, not replace, clinicians. With

Alliance Genie™, therapists retain full control while gaining a reflective lens on their sessions. “Alliance Genie™ is like having a seasoned supervisor in the room—quietly observing, taking careful notes, and later sharing insights that help you grow as a clinician. It's guidance without intrusion, structure without rigidity,” said Maria Szandrach, CEO and Co-Founder of Mentalyc. “Our mission has always been to reduce clinician burnout while raising the quality of care. Alliance Genie™ takes us one step further by helping therapists see their sessions in new,



measurable ways.”

The Problem: Burnout and Administrative Overload

Mental health professionals often spend up to 25 minutes per session writing notes, treatment plans, and progress updates. This documentation burden contributes to stress, burnout, and less time for clients.

By automating notes in insurance-ready formats (SOAP, DAP, BIRP and more), Mentalyc already helps therapists reclaim hours every week. Alliance Genie™ extends that value—offering reflective supervision that saves time, supports skill development, and ultimately benefits clients.

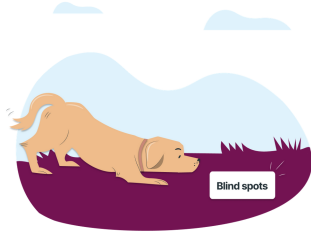
The Science Behind Alliance Genie™

In psychotherapy research, the therapeutic alliance—the degree of trust, rapport, and collaboration between therapist and client—has consistently been identified as the most powerful predictor of therapy success.

A landmark meta-analysis by Horvath & Symonds (1991) found that the quality of alliance explained up to 26% of outcome variance, regardless of therapeutic orientation. More recent studies, such as Flückiger et al. (2018), confirmed that strong alliance is correlated with reduced dropout rates, higher client satisfaction, and improved long-term outcomes. In fact, alliance is considered so critical that the American Psychological Association’s (APA) Task Force on Evidence-Based Relationships (2015) listed it as a central evidence-based practice in psychotherapy.

Despite its importance, alliance has traditionally been difficult to measure in practice. Most clinicians rely on:


Client self-report surveys, such as the Working Alliance Inventory (WAI) or Session Rating Scale



What You'll Love About Alliance Genie™

- ✓ Analyzes therapeutic alliance in depth
- ✓ Spots subtle missed opportunities
- ✓ Shows how the alliance evolves over time
- ✓ Links every insight to real quotes
- ✓ Feels like having a supervisor—on your terms

Mentalyc alliance genie

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Build Deeper Relationships—Intentionally

1. Catch Your Blind Spots


Review a post-session summary with quotes, observations, and guidance — across all the key elements that shape the alliance.

2. Refine Your Approach

Apply what you've learned to adjust your tone, timing, or presence in future sessions.

3. See Your Impact


Track alliance trends over time — so you can recognize what's working and grow with confidence.



Evidence-based techniques



- Observation
- Recommendation

Mentalyc Alliance Genie Features

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Trusted By 30,000+ Mental Health Professionals




★★★★★

"Mentalyc has made my personal and professional life so much easier. Not only does it make note-taking quicker and more effective, but it's also HIPAA-compliant. Instead of catching up on notes, I can now spend my free time taking care of myself and making sure I show up as my best version for my clients. I would highly recommend Mentalyc and their Dictation Feature!"

 **Paige Wilson, LICSW**
Psychotherapist, LICSW - Owner

★★★★★

"Mentalyc has a unique ability to transcribe and summarize the therapeutic process. It helps me reflect and gain an objective perspective after a session. This way, I can create a stronger conceptualization of the client's individualized path to wellness."

 **Daniel Helvetius**
Licensed Professional Counselor, MEd, LPC-S, NCC - Practice Owner

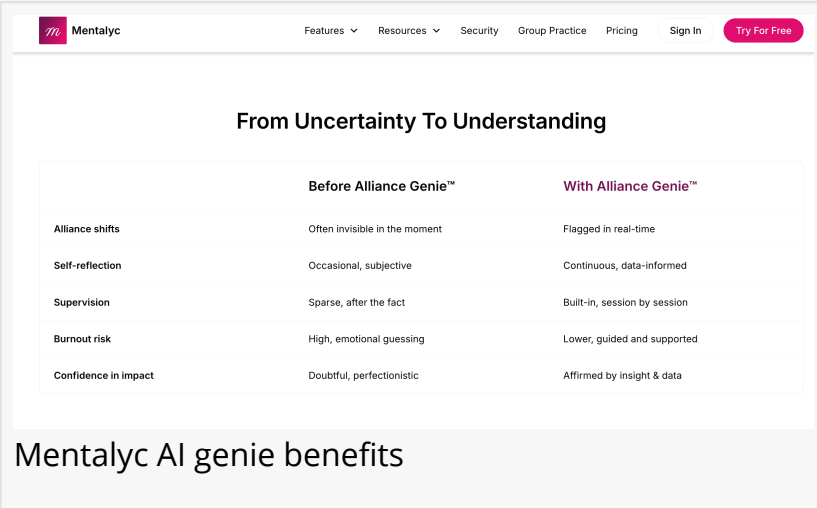
mentalyc reviews

(SRS)

Supervisor observations, often based on limited session samples

Both methods are subjective, resource-intensive, and infrequent—meaning clinicians rarely get timely, session-by-session insights.

Alliance Genie™ bridges this gap by applying natural language processing (NLP) and speech analysis to therapy recordings. The tool identifies psychosocial markers that research has repeatedly associated with alliance quality, including:



The screenshot shows the Mentalyc website with a navigation bar at the top containing links for Features, Resources, Security, Group Practice, Pricing, Sign In, and a Try For Free button. The main content area features a table titled "From Uncertainty To Understanding" comparing the state "Before Alliance Genie™" with "With Alliance Genie™". The table lists five categories: Alliance shifts, Self-reflection, Supervision, Burnout risk, and Confidence in impact. Below the table, the text "Mentalyc AI genie benefits" is displayed.

	Before Alliance Genie™	With Alliance Genie™
Alliance shifts	Often invisible in the moment	Flagged in real-time
Self-reflection	Occasional, subjective	Continuous, data-informed
Supervision	Sparse, after the fact	Built-in, session by session
Burnout risk	High, emotional guessing	Lower, guided and supported
Confidence in impact	Doubtful, perfectionistic	Affirmed by insight & data

Mentalyc AI genie benefits

Engagement – Turn-taking, responsiveness, and conversational synchrony, which studies link to higher treatment adherence (Baldwin, Wampold & Imel, 2007).

Empathy – Reflective listening and validation statements, long shown to strengthen client trust (Elliott, Bohart, Watson & Greenberg, 2011).

Balance – Equal dialogue participation, echoing research that overly therapist-led sessions risk disengagement (Ackerman & Hilsenroth, 2003).

Emotional Tone – Variations in vocal tone, pace, and affect that correlate with openness, safety, and therapeutic depth (Imel et al., 2014).

Unlike human observation, Alliance Genie™ provides consistent, unbiased, and ongoing feedback across every session. Over time, therapists can track alliance trends—whether rapport is strengthening, plateauing, or declining—and adjust their interventions accordingly. This transforms alliance measurement from a subjective, occasional exercise into a data-driven, continuous process that benefits both therapist development and client outcomes.

From Supervision to Self-Supervision

In traditional practice, therapists rely on supervisors or peer groups for feedback. While valuable, these sessions are infrequent, expensive, and limited in scope. Alliance Genie™ brings a new model: real-time, data-backed supervision available after every session. Clinicians gain private, unbiased reflections on their work, helping them grow without fear of judgment.

Features of Mentalyc's AI Platform

Mentalyc's AI platform revolutionizes mental health documentation and supervision, empowering clinicians with a clinician-designed toolkit that combines automation, insight, and security for truly elevated care.

Alliance Genie™ Supervision

Experience real-time, AI-enhanced reflection with Alliance Genie™. This feature analyzes session dynamics, offering feedback on clinical alliance and missed opportunities via metrics and direct quotes, helping therapists nurture deeper client relationships and ongoing professional growth.

Automated Therapy Notes

Streamline your workflow with automated progress notes built on advanced NLP. Mentalyc generates customizable, insurance-ready documentation from session audio or summaries, saving hours, reducing burnout, and ensuring clinical accuracy across all major note formats and client types.

Treatment Planning & Progress Tracking

Create and manage smart, evidence-based treatment plans with Mentalyc's AI-driven goal recommendations and progress indicators. Track outcomes through visual dashboards, with every detail built to meet clinical, compliance, and insurance benchmarks for all therapy modalities.

HIPAA-Compliant Security

Trust your data with Mentalyc's end-to-end encrypted, SOC 2 Type II compliant infrastructure. Therapists maintain control over information with easy deletion and anonymization options, supporting privacy and compliance with downloadable legal templates and U.S.-based secure hosting.

Clinician-Centric Design

Born from collaboration with thousands of providers, Mentalyc delivers features that solve the real pain points of clinical practice. Intuitive dashboards, adaptive transcription, flexible templates, and real-time collaboration put the provider's well-being and workflow efficiency first, with ongoing improvements driven by user feedback.

Mentalyc stands at the intersection of cutting-edge AI and human-centered design—helping therapists spend less time on paperwork and more time transforming lives. If you're a psychologist and looking to know more about [mentalyc's price](#) then check out here.

Impact: More Time for Clients, Better Outcomes

Therapists using Mentalyc report saving up to two-thirds of their documentation time. With Alliance Genie™, they also report feeling more present and confident in sessions, knowing they'll have reflective insights afterward. This shift is more than convenience—it directly benefits clients. With therapists spending less time on paperwork and more on human connection, the therapeutic alliance strengthens, and outcomes improve.

A Responsible Approach to AI in Therapy

Mentalyc emphasizes that its technology does not diagnose or replace therapists. Instead, it functions as a supportive partner, respecting the ethical and human dimensions of mental health care.

"We built Alliance Genie™ because therapists deserve tools that make their work lighter and their practice deeper," said Maria Szandrach. "It's time to stop asking whether AI will replace clinicians, and start using AI to make clinicians stronger."

Availability. Alliance Genie™ is now available to all licensed Mentalyc users. New therapists can access it through Mentalyc's 14-day free trial at mentalyc.com

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