

Holistic Psychotherapy Center Highlights Human Connection as AI Mental Health Use Grows

As more people turn to AI for emotional support, an Encino therapy practice highlights what only human therapeutic relationships can provide.

ENCINO, CA, UNITED STATES, September 4, 2026 /EINPresswire.com/ -- As artificial intelligence chatbots and algorithm-driven mental health tools become increasingly common sources of emotional support, Holistic Psychotherapy Center is highlighting what these platforms cannot fully provide: the attuned, relational presence of a trained human clinician. The Encino-based integrative practice, led by clinicians with more than 25 years of experience, works with individuals, couples, children, teens, and families and is drawing attention to the clinical and human dimensions of therapy that technology cannot replicate.

Recent research shows that a growing number of people are turning to AI chatbots for emotional support and advice. While these tools may offer accessibility, anonymity, and a convenient place to begin putting feelings into words, clinicians at Holistic Psychotherapy Center emphasize that meaningful therapeutic work involves more than exchanging information. It develops through trust, attunement, compassionate support, and an ongoing relationship in which a clinician can respond to the individual in real time.

The practice's integrative model draws on evidence-based psychotherapy, somatic healing, nervous system regulation, and trauma-informed care to address emotional distress from a whole-person perspective. Clinicians consider not only a client's thoughts and emotions, but also the ways stress, trauma, relationships, and life experiences can affect the body and nervous system. Treatment is personalized around the individual rather than based on generalized responses or a standardized approach.

The growing interest in AI mental health tools has also created broader conversations about what people need when seeking emotional support. Some prospective clients may experiment with apps, chatbots, online resources, or symptom checkers before deciding to speak with a therapist. These tools can sometimes make conversations about mental health feel more approachable, but Holistic Psychotherapy Center encourages people to recognize the distinction between digital information and individualized care from a trained professional.

For people seeking compassionate, experienced support in the San Fernando Valley and beyond,

Holistic Psychotherapy Center focuses on the qualities that remain distinctly human: presence, empathy, clinical judgment, relational attunement, and the ability to understand each client's experiences within the context of their life. The practice sees its role not only as providing therapy, but also as helping people better understand the value of genuine human connection within the healing process.

Holistic Psychotherapy Center offers services in person at its Encino office as well as through secure teletherapy. Prospective clients are encouraged to begin with a free discovery call to learn more about the practice's integrative approach and determine whether it is a good fit for their needs and goals.

A meaningful therapeutic relationship is built on attunement, presence, and trust that develops between two people over time. AI tools may help make mental health information more accessible or give someone a place to begin reflecting on what they are experiencing, but they cannot replace the connection and responsiveness of a trained human clinician. Therapy allows someone to feel seen, heard, and supported by another person who can respond to their emotions, experiences, and needs in real time. That human connection is an essential part of the healing process, and it is what our clinicians bring to their work every day.

About

Holistic Psychotherapy Center is an integrative therapy practice based in Encino, California. Led by Dr. Uri Kenig and Dalia Kenig, M.A., LMFT, the center brings more than 25 years of experience in psychotherapy and holistic healing. The practice works with individuals, couples, children, teens, and families and combines evidence-based psychotherapy, somatic healing, nervous system regulation, trauma-informed care, and other holistic approaches within personalized treatment plans. Holistic Psychotherapy Center provides in-person care in Encino and teletherapy for clients seeking remote support. To learn more or schedule a free discovery call, visit www.myholistictherapy.org or call 818-501-8029.

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