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Year 8 (JS2)

The Mind of Apollo

Psychotherapy is the treatment of mental conditions by verbal communication and interaction. A mental illness is a health condition that affects an individual’s mood, thinking, behaviour and much more. Mental illnesses are everywhere, like irksome, galling insects infiltrating a person’s mind and soul making them function abnormally. disorder, PTSD (Post traumatic stress disorder), schizophrenia, anorexia and hundred more issues that can break a person into a million shattered pieces. The Mind of Apollo could bring succour to the world.

Millions all around the world have mental illnesses, and this one invention could help cure a majority of these illnesses plaguing the world today. The mind of Apollo is named after the Greek god, Apollo, the god of healing. It is not an application, but a device made primarily for the semi-destruction of mental health problems. It uses a mixture of psychoanalysis, cognitive psychotherapy, and humanistic psychotherapy. Psychoanalysis is the study and treatment of the mind according to past events.

Cognitive psychotherapy identifies and changes destructive patterns and Humanistic shows and emphasizes the person as a whole. The mind of Apollo or TMA for short compiles all these aspects together to make a user-friendly interface that aids in the recovery of patients. It can be used by psychotherapists hoping to make their jobs easier or those diagnosed or suspecting they have a mental illness and don’t want to physically go for treatment due to various factors like embarrassment.

On the interface there are different sections for different illnesses and disorders. For example, Anxiety, depression, PTSD and much more. There will be different degrees of treatment. It is not best to start off a patient’s treatment head on and instead best to do it bit by bit. It will be divided into beginner, intermediate, and advanced. The device contains distinct characteristics made to calm the patient down. Colours like blue, pink and white will be used as they calm the brain. Exercises will also be added like yoga tutorials to calm patients down. For individuals with ADHD or ADD games like timed digital one player chess and cards would be supplemented because it gives them something to look forward to once the timer ends like a prize. A point system will also be implemented. Once the individual finishes a level, points will be granted and can be used for surprises like a new colour scheme to choose from, or a different font along with the point system a song and call system enables them to call emergency numbers or personal numbers.

Many might contest that medication is better than therapy but all in all, it rests on the patients shoulders. If the case is serious, go to a doctor. But The Mind of Apollo has the capabilities to be a life changing worldwide invention that can and will alter the world as we know it today.