

**Klinik Psikoloji ve Psikoterapide
YAPAY ZEKÂ
Kuram, Uygulama, Eleştiri**

Psk. Dr. Zübeyit GÜN



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ÖNSÖZ

Bu kitabı yazmaya başladığımda aklımdaki soru, yapay zekânın klinik psikoloji ve psikoterapide neler yapabileceğinden ibaret değildi. Daha çok, yapabildiklerinin insan hakkında ne düşündüğümüzü nasıl değiştireceğiyle ilgileniyordum. Çünkü her teknoloji, sunduğu imkânlarla birlikte kendi insan anlayışını da getirir; neyi görünür kılacağını belirlerken neyin gözden kaybolabileceğine de karar verir.

Yapay zekâ insanın dilini çözümleyebilir, davranışlarındaki örüntüleri belirleyebilir ve henüz gerçekleşmemiş bir ruhsal değişime ilişkin tahminde bulunabilir. Bunların her biri klinik açıdan değerlidir. Ancak sistem bir sonuç ürettiğinde mesele sona ermez; asıl soru orada başlar: Bu sonuç, bu insanın yaşamında ne anlama gelmektedir? Çünkü insan söylediğinden fazlasını yaşar; bildiğinin dışında arzular, unuttuğunu tekrar eder ve kimi zaman kendisini en çok, saklamaya çalıştığı yerde gösterir. Psikoterapi, tam da bilgi ile anlam arasındaki boşluğu kapatmaya çalışır.

Yapay zekânın klinik alana girişi bu nedenle teknik bir yeniliğin çok ötesindedir. Klinik psikolojiyi neyi bilgi saydığıyla, psikoterapiyi ise kendisine özgü olanın ne olduğuyla yeniden karşılaştırmaktadır. Dikkat, yorum, empati, klinik yargı ve terapötik ilişki artık yalnızca nasıl kullanıldıkları bakımından değil, ne ölçüde devredilebilecekleri bakımından da düşünölmek zorundadır. Daha çok verinin daha derin bir kavrayış sağlayacağı varsayımı da yeniden sorgulanmalıdır; çünkü veri insan hakkında konuşur, fakat insanın yerine konuşamaz.

Bu kitap, yapay zekâyı yüceltmek ya da reddetmek için değil, açtığı imkânlarla doğurduğu kayıpları aynı düşüncenin içinde tutabilmek için yazıldı. Teknoloji ruh sağlığı uzmanının dikkatini genişletebilir, desteğe ulaşamayan insanlar için yeni yollar açabilir ve klinik bilgiyi zenginleştirebilir. Bütün bunları yaparken insanı kendi verilerine indirgememesi, onun belirsizliğine, biricikliğine ve söz hakkına yer bırakması gerekir.

İnsanı daha çok bilmek ile onu daha iyi anlamak aynı şey değildir. Bu kitabın meselesi, tam da aradaki bu mesafedir.

Zübeyit GÜN

İzmir, 2026

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