



Interlude

The space between sessions

And therapy continues...

Team 4 · Ketan Vaidya · Lakshmi Santhosh · Ritika Sarna





PROBLEM & INSIGHT

Therapy works. The 167 hours between sessions don't

A single 1-hour session is surrounded by 167 hours of silence with no structure, no support, no data flowing back to the clinician. The therapeutic relationship is only as strong as what happens in between.

167hrs

Unsupported time

Between every session - no guidance, no check-in, no record

<30%

Homework completion

Fewer than 1 in 3 clients complete assigned therapeutic exercises

10 min

Lost per session

Spent just catching up – time that could go to real clinical work

OUR SOLUTION

Interlude

A reflection platform that makes therapists more effective, not one that tries to replace them.

Practitioner-Gated

No invite code from a therapist, no access. Safety is architecture, not a disclaimer.

Scaffold, Not Chatbot

AI asks open questions and mirrors the client's words. It never interprets, diagnoses, or advises.

Two-Sided Value

Clients get structured reflection. Practitioners receive an AI-generated pre-session brief from real data.

Built on Lovable + Claude API in 6 hours.



interlude

The space between sessions.



I'm a Client

Access your reflection space




**I'm a
Practitioner**

View your client dashboard

Interlude helps you reflect. It doesn't give advice — that's what your sessions with your practitioner are for.


What Maya sees?

Age: 29, Marketing manager, Working on workplace anxiety with Dr. Kim




Dashboard

Greeting, affirmation, session count, next session date, mood tracker and a self reflector that is worth remembering!



Thought Record

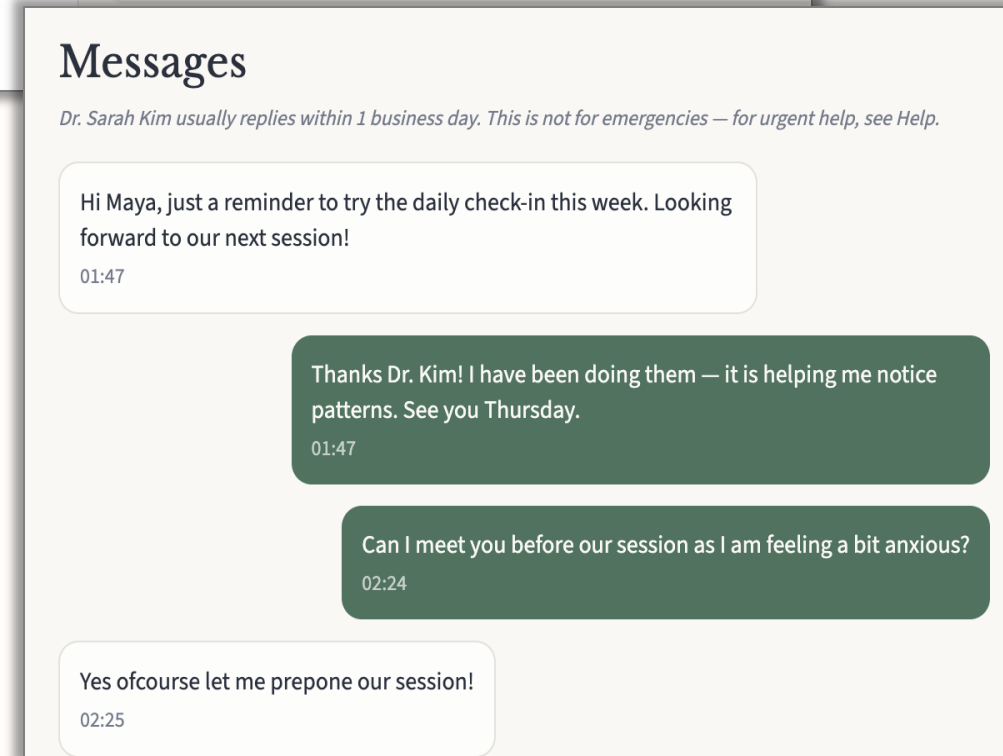
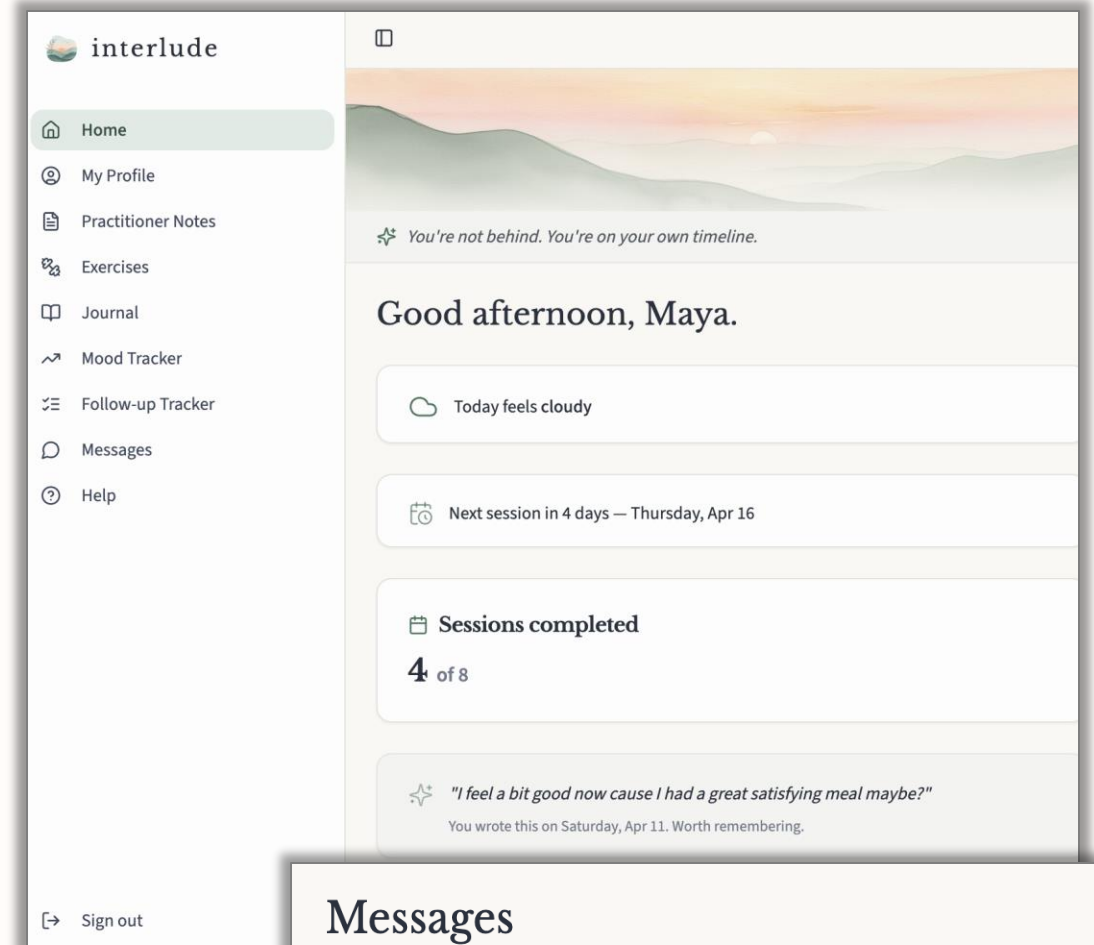
Guided CBT exercise. AI asks follow-up questions for introspection — mirrors Maya's words, never interprets.

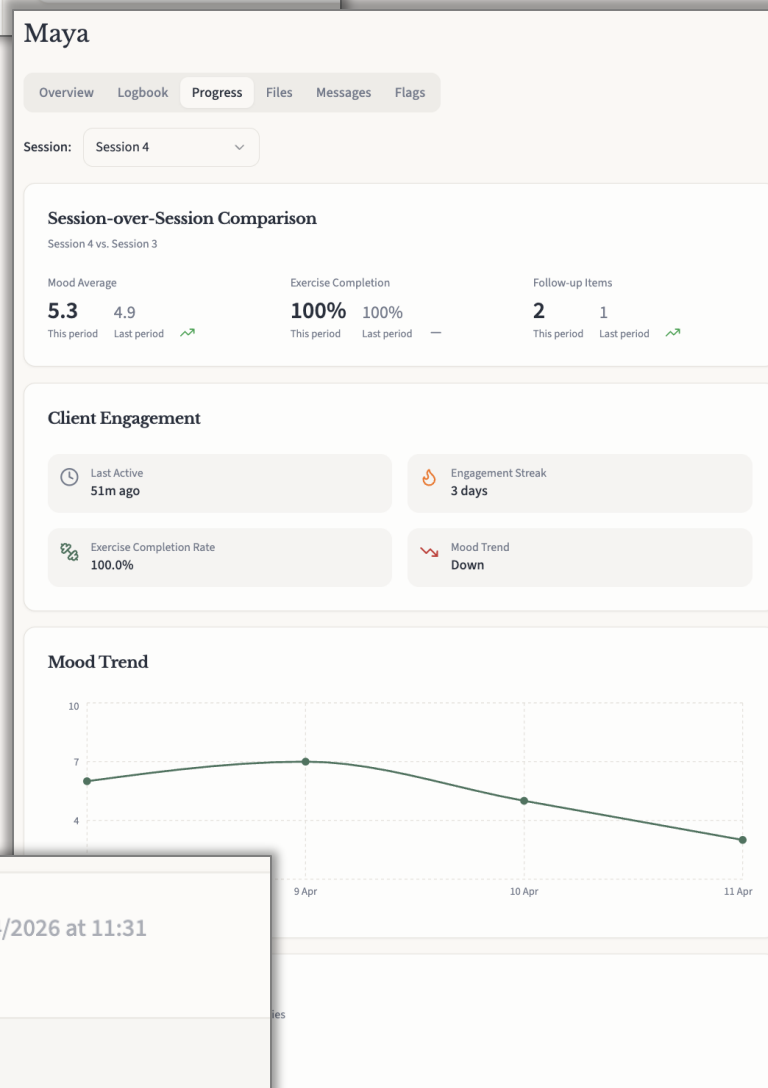
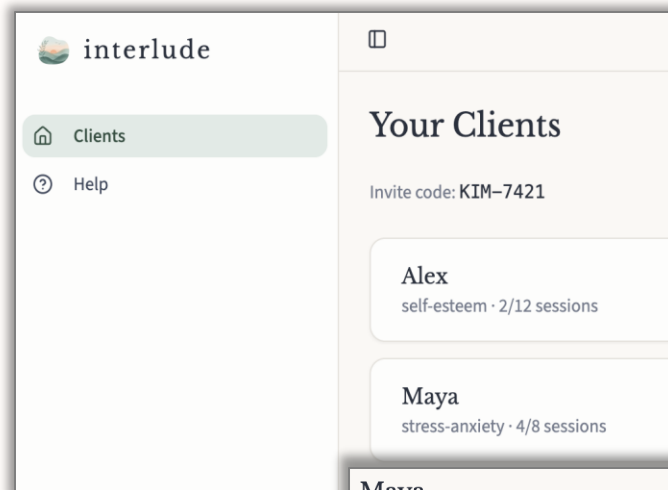


Crisis Interceptor

Concerning language triggers a calm modal with crisis resources. Entry is saved and Dr. Kim is flagged automatically.

"Interlude helps you reflect. It doesn't give advice, that's what your sessions with Dr. Kim are for."





CLINICIAN EXPERIENCE

What Dr. Kim sees?

25 active clients. No homework to manually analyze. Every session starts informed.

AI Session Prep Brief

"Mood averaged 5.2 (down from 6.1). Maya completed 3 check-ins and 1 thought record. Work stress and her manager appeared in 3 entries. One journal entry flagged Thursday."

Delivered automatically before every session, no manual chart review required.

📄 **250 minutes of recovered clinical time per week** across a 25-client practice.

Progress & Critical Flags

- Mood trend chart with session-over-session comparison
- Exercise completion rates and streaks
- Two-tier crisis flags: urgent / watch
- Logbook of mood, journal entries, exercises and follow-ups

A growing market with a clear buyer

The Market

1M+

Licensed therapists
in the US & EU

\$15B+

Market by 2030
up from **\$7.3B** in 2025

~90% of mental health apps target consumers directly. **Almost none serve the practitioner-client relationship.**

The Model

- **Buyer:** The practitioner – \$29/month per seat
- **User:** The client – part of therapy package via invite code

Expansion Path

Solo practitioners → Group practices → Clinics → EAP programs → NGO health programs

- *Near-zero marginal cost per client. High retention – practitioners don't churn tools their clients depend on.*

"We don't compete with therapy apps, we sell to therapists."



From hackathon to clinical tool.

1

NOW – Hackathon MVP

- Full two-sided platform
- 3 CBT exercises with AI scaffolding
- Crisis interceptor (two-tier)
- AI session prep brief
- Mood tracking + theme tagging

2

Q3 2026 – Pilot

- HIPAA / GDPR compliance
- License verification onboarding
- 10 practitioners in Paris
- 3 new verticals: Couples, Teen, Grief
- Mobile app (React Native)

3

2027 – Scale

- Clinic & group practice dashboards
 - EAP integrations
 - Multilingual: FR, ES, AR
 - NGO partnerships (postpartum)
 - Outcome research publication
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