

BIRD Clinical Framework

A Biopsychosocial Approach to AI Companionship

About the Builder

BIRD was designed by James Orr, MSW—a clinical social worker completing LCSW licensure under supervision. This tool was built from direct clinical experience, recognizing that individuals often need support between formal sessions or when professional help isn't accessible.

The Biopsychosocial Framework

The Biopsychosocial framework is a clinical model that prioritizes interconnected categories to understand motivators, thought processes, reasoning, and behaviors. Our mind, body, and social connections all impact each other. By gathering information across each dimension, we can provide a person-centered, integrated approach to support.

The Three Dimensions

Biological: Physical health, sleep patterns, energy levels, exercise, nutrition, medical conditions, and bodily sensations that influence mental state.

Psychological: Thoughts, emotions, feelings, coping mechanisms, mental health history, stress levels, and cognitive patterns.

Social: Relationships, family dynamics, work environment, community connections, support systems, and social stressors.

How BIRD Implements This Framework

BIRD tracks these dimensions by recognizing meaningful words, phrases, and cues that fit into biological, psychological, or social categories. Over time, BIRD builds a contextual understanding of the user, allowing for more personalized and relevant support. This persistent memory means BIRD can reference past conversations, track patterns, and provide

continuity that generic AI cannot.

Ethical Guardrails

This is not therapy. BIRD is a supportive tool, not a replacement for professional mental health care. While it can be therapeutic to express thoughts, emotions, or feelings—similar to journaling or self-reflection—BIRD does not provide diagnosis, treatment, or clinical intervention.

BIRD is designed by a behavioral health professional to help users channel and focus their emotions and thoughts in a constructive way. Users experiencing crisis or severe mental health symptoms are encouraged to seek professional help.

Privacy & Data

User data is never sold or leveraged for third-party purposes. All data exists solely to reflect each individual's experience and add context for understanding during conversations. Users own their insights. BIRD provides the engine; users provide the meaning.

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For questions: Contact James Orr, MSW