

[illegible]

AI is everywhere (June 2026 Monitor of Psychology)

- One ad
- One editorial
- One "Data point"
- Central to one article, but less so to two others



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What about nationally? Benefits



- 56% of psychologists reported using AI tools to assist their work at least once in the past 12 months, up from 29% in 2024
- 29% said they used AI at least monthly—more than twice as many as in 2024 (11%)
- AI can help reduce administrative burden (42%, 33% in 2024)
- Used for:
 - Drafting emails (52%)
 - Generating content (33%)
 - Summarization (32%)
 - Notetaking and dictation (22%)

Alexandra Koch, Psychology

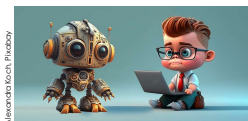
American Psychological Association. (2025, December 9). Among psychologists, AI use is up, but so are concerns. <https://www.apa.org/news/press/releases/2025/12/psychologists-ai-use-concerns>

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What about nationally? Concerns

We worry

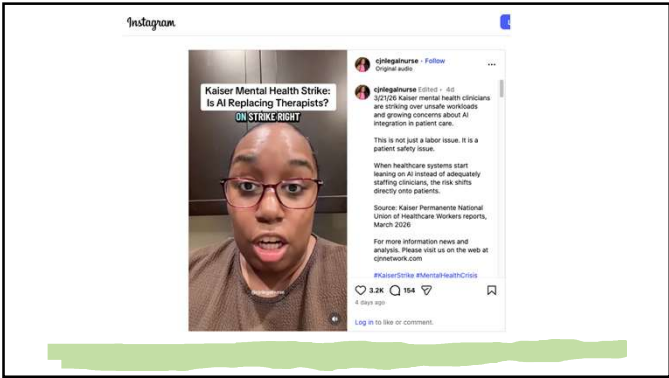
- that AI may make some or all of their job duties obsolete (38%)
- about data breaches (67%)
- about biased inputs and outputs, inaccurate outputs, lack of rigorous testing, unanticipated social harms (60%)



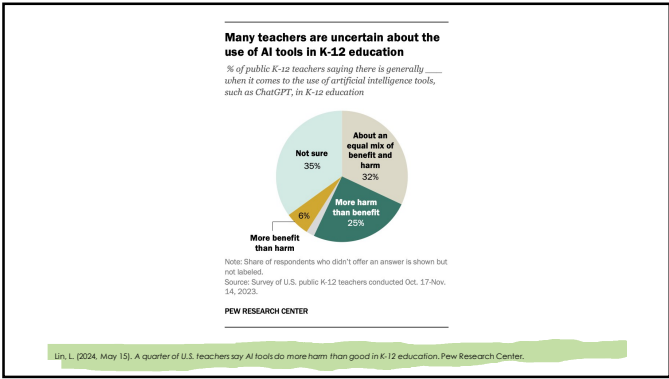
Alexandra Koch, Psychology

American Psychological Association. (2025, December 9). Among psychologists, AI use is up, but so are concerns. <https://www.apa.org/news/press/releases/2025/12/psychologists-ai-use-concerns>

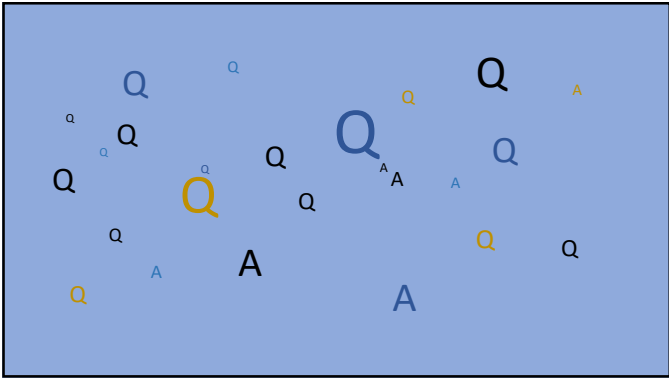
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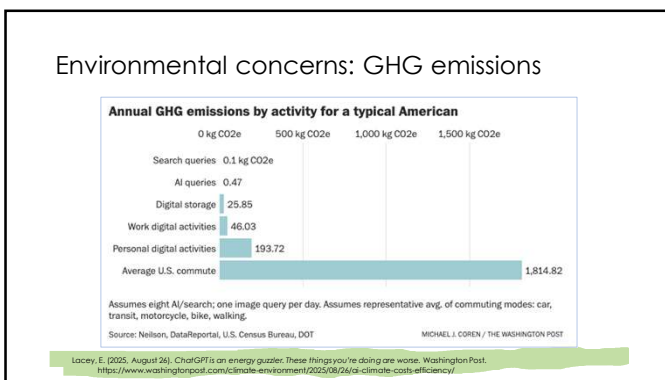
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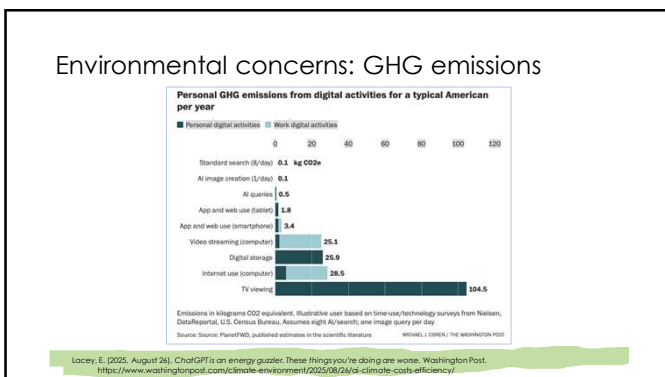
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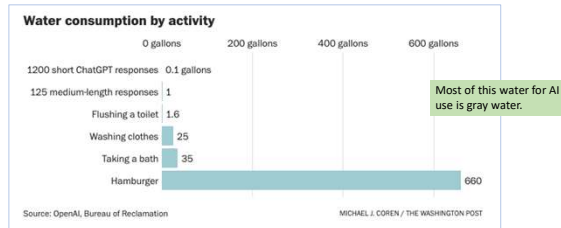


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Environmental concerns: Water consumption



Lacey, E. (2025, August 26). ChatGPT is an energy guzzler. These things you're doing are worse. Washington Post. <https://www.washingtonpost.com/climate-environment/2025/08/26/ai-climate-costs-efficiency/>

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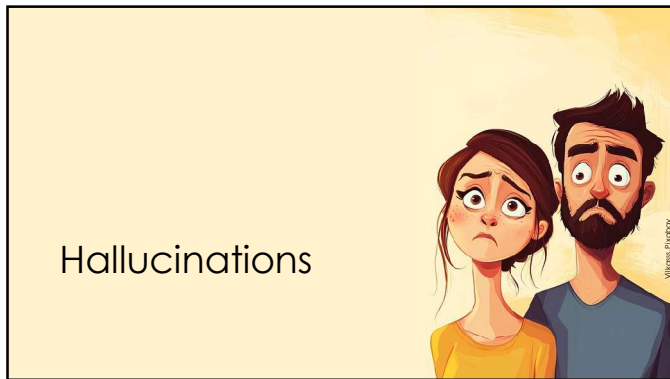
By Jasmine Sun

Ms. Sun writes about A.I. and Silicon Valley culture on Substack.

Most people I know in the A.I. industry think the median person is screwed, and they have no idea what to do about it. I live in San Francisco, among the young researchers earning million-dollar salaries and the start-up founders competing to build the next unicorn. While Silicon Valley has long warned about the risk of rogue A.I., it has recently woken up to a more mundane nightmare: one in which many ordinary people lose their economic leverage as their jobs are automated away. (para. 1)

Sun, J. (2026, April 26). Silicon Valley is bracing for a permanent underclass. New York Times. <https://www.nytimes.com/2026/04/26/opinion/ai-labor-work-force-silicon-valley.html>

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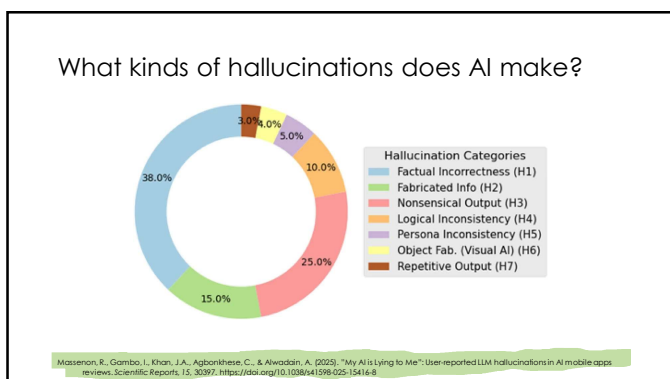


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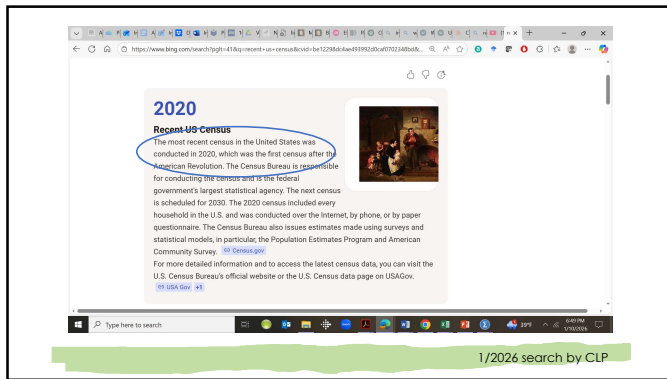
Generative AI: Hallucinations

- Can create stories, poems and songs – but sometimes we want results to be based in truth
- Can't tell the difference between what's real and fake, so AI can give inaccurate responses (hallucinations), or more accurately, fabrications — much like if someone saw what looked like the outline of a face on the moon and began saying there was an actual man in the moon.
- Developers try to resolve these issues through "grounding." Provide an AI system with additional information from a trusted source to improve accuracy about a specific topic.
- Sometimes a system's predictions are wrong, when a model doesn't have current information after it's trained.

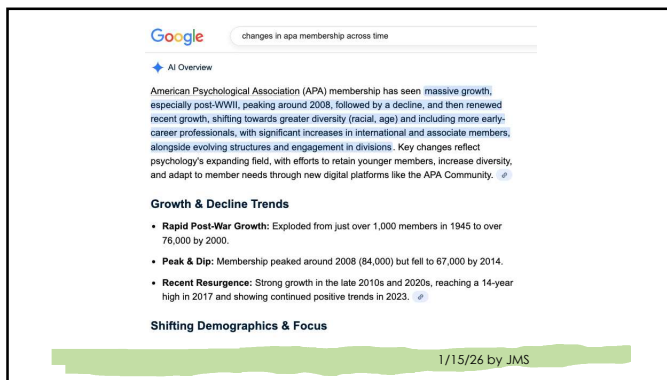
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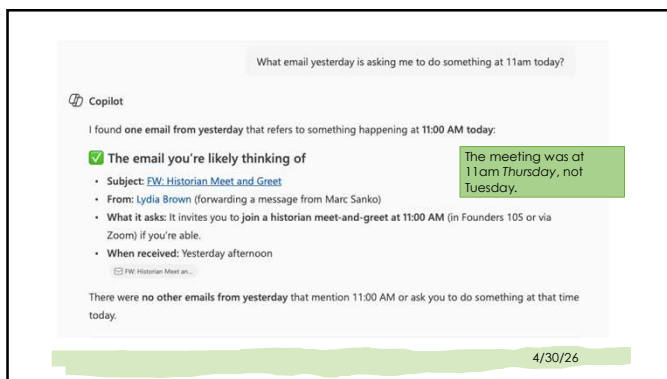
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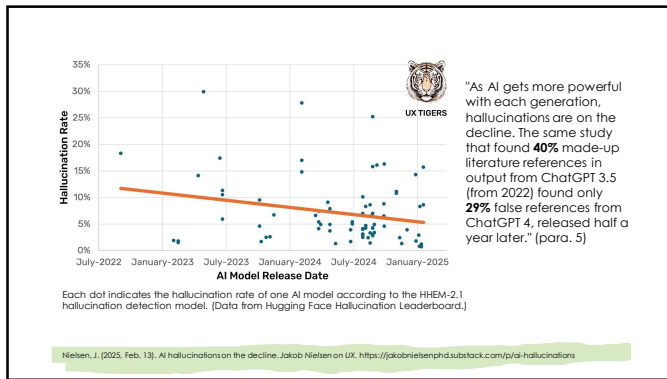
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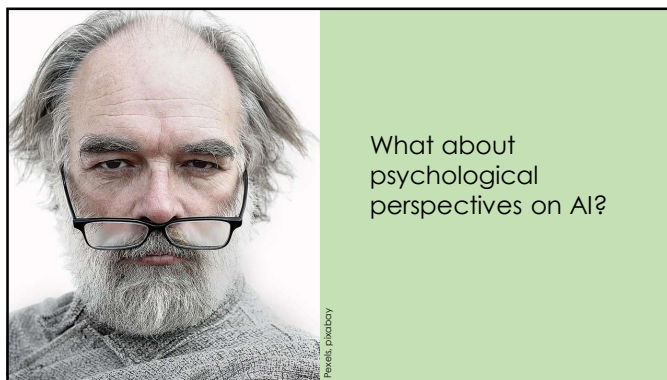
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Aspirational principles

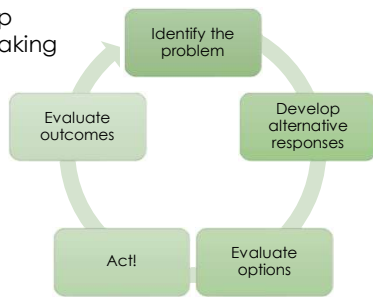
- **Beneficence and nonmaleficence.** Promote good and avoid harm
- **Fidelity and responsibility.** Establish trusting relationships with those with whom they work
- **Integrity.** Promote accuracy, honesty, and truthfulness in practice
- **Justice.** Exercise and promote fairness across groups
- **Respect others.** Value and respect others, their choices, and their autonomy

ChatGPT

American Psychological Association. (2017). Ethical principles of psychologists and code of conduct. <https://www.apa.org/ethics/cpde/ethics-code-2017.pdf>

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The five step decision-making process



Knapp, S. J., & Fingerhut, R. (2024). *Practical ethics for psychologists: A positive approach* (4th ed.). American Psychological Association.

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"Artificial intelligence can help ease some of the pressures that psychologists are facing—for instance, by increasing efficiency and improving access to care—but human oversight remains essential. Patients need to know they can trust their provider to identify and mitigate risks or biases that arise from using these technologies in their treatment."



Arthur Evans, CEO of APA

American Psychological Association. (2025, December 9). Among psychologists, AI use is up, but so are concerns. <https://www.apa.org/news/press/releases/2025/12/psychologists-ai-use-concerns>

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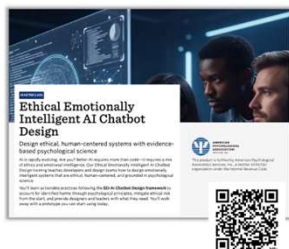
EEI-AI: A Scalable, High-Demand Market Opportunity

Market Size

- **\$1B+** global spend on AI literacy, responsible AI, and human-centered leadership training
- **10–15M professionals** worldwide require this training

APA Advantage

- Only psychology-led program integrating ethics + emotional intelligence + applied science.



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Legal uses and limitations of AI



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States passing laws about AI use

- **Illinois:** Banned the use of artificial intelligence in mental health therapy, regulating the use of AI-powered chatbots for emotional support and advice. Licensed therapists are now forbidden from using AI to make treatment decisions or communicate with clients, though they can still use AI for administrative tasks. Companies are not allowed to offer AI-powered therapy services — or advertise chatbots as therapy tools — without involvement of licensed professionals.



- **Nevada:** Passed a similar set of restrictions on AI companies offering therapy services in June 2025
- **Utah:** Tightened regulations for AI use in mental health in May 2025 but stopped short of banning the use of AI

Wu, 2025, August 12). Illinois bans AI therapy as some states begin to scrutinize chatbots. Washington Post. <https://www.washingtonpost.com/health/2025/08/12/illinois-ai-therapy-ban/>

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States are limiting AI use in mental health care

- **Allow** use of AI by licensed MH providers for:
 - Administrative support (e.g., scheduling, billing or drafting general communications, not therapeutic information)
 - Supplementary support (e.g., managing client records, managing external resources or referrals, or analyzing anonymized data to track client progress)
- **Exclude** therapeutic communications by AI:
 - independent therapeutic decisions
 - direct interactions with clients
 - therapeutic recommendations or treatment plans *without review and approval by the licensed professional*
 - detection of emotional or mental states

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User-facing provisions

- AI providers may **not** represent or make the following kinds of explicit or implicit statements:
 - AI systems are capable of providing professional mental or behavioral health care
 - Capability for users to interact with AI features simulating human conversation for the purpose of obtaining MH/BH care
 - Use of features, avatars, or licensed professional titles or any similar term implying the AI system is a licensed MH/BH provider or providing licensable MH/BH services



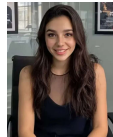
Alexandra Koch, Pixabay

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Tillie Norwood

"We were in a lot of boardrooms around February time, and everyone was like, 'No, this is nothing. It's not going to happen.' Then, by May, people were like, 'We need to do something with you guys.'" Van der Velden told Deadline's Diana Lodderhose.

"When we first launched Tilly, people were like, 'What's that?' and now we're going to be announcing which agency is going to be representing her in the next few months."



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Ethical use of avatars

"Models created using generative artificial intelligence (AI) are competing in the inaugural 'Miss AI' pageant this month.

"The contestants have no physical, real-world presence. They exist only on social media, primarily Instagram, in the form of photorealistic images of extremely beautiful young women — all of it created using a combination of off-the-shelf and proprietary AI technology." (Veltman, 2024, para. 4-5)

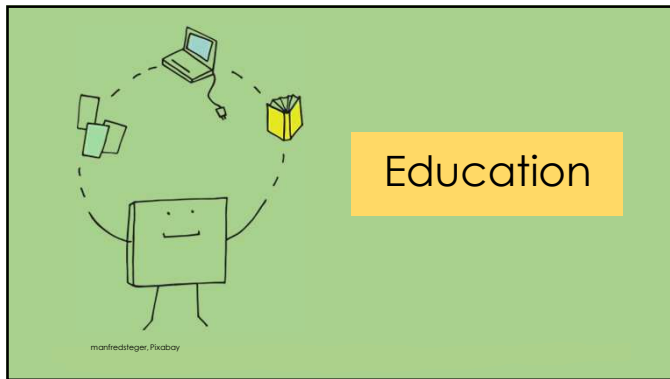
- What are the ethical issues raised by touching up images in Zoom? What about using AI avatars (in the future)?
- Would it matter if you were working in a college counseling center with young women? An eating disorder clinic? A cancer center?



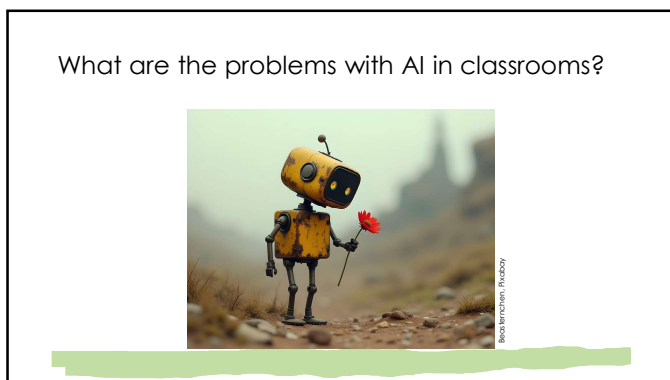
aiyalou

Veltman, C. (2024, June 9). Fake beauty queens charm judges at the Miss AI pageant. NPR. <https://www.npr.org/2024/06/09/mx-1-499398/the-miss-ai-beauty-pageant-when-is-some-type-of-influencer>

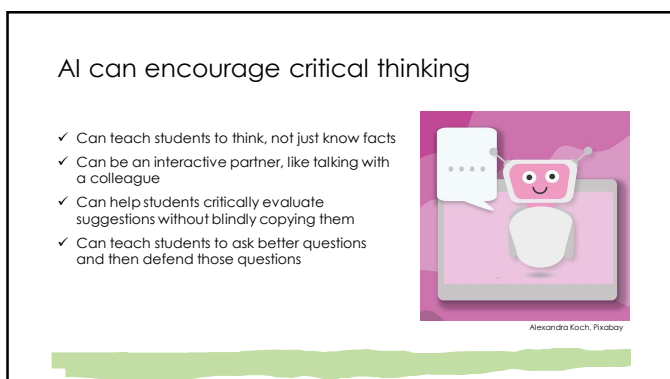
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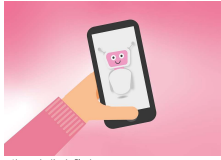


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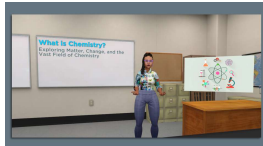
Education



Alexandra Koch, Pixabay

- ChatGPT can also be used in classroom discussions.
 - You could ask the bot why one theory is better than another
 - Then ask again why the other theory is better.
- Why?
 - Helps students see both sides of an issue before establishing an opinion
 - Encourages students to become technologically literate
 - Helps them become aware of cons

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What are the pros and cons of using AI in the classroom from an ethical perspective? Who does it help? Who doesn't it help?

AI as a social justice tool?

"Morehouse College is planning to use AI teaching assistants to help crack the code of education...."

"Morehouse professors will collaborate with technology partner VictoryXR to create virtual 3D spatial avatars. The avatars use OpenAI to have two-way oral conversations with students."

"The avatars use professor-created content and 3D models for lessons, such as molecules for chemistry lessons, to help students."

"Avatars can also respond to unrelated topics raised by students and redirect the students back to the lesson."

"Students will have 24/7 online access to the avatar, which can communicate in a student's native language...."

"[Morris] says this tech could bridge the education gap among all learners. She also hopes it'll make education a more loving, enjoyable experience."

Nobles, W. P. (2024, July 4). Morehouse to use AI teaching assistants this fall. *Axios Atlanta*. <https://www.axios.com/toc/atlanta/2024/07/04/morehouse-ai-teaching-assistants>

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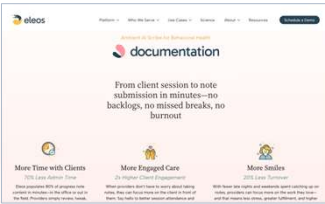
Alexandra Koch, Pixabay

AI, chatbots, and psychotherapy

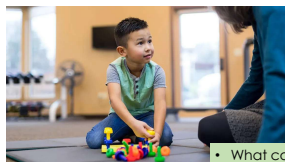
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AI and Administrative Tasks

- Eleos listens to sessions, takes notes, and highlights themes for practitioners to review.
- According to the website, "Our Augmented Intelligence models continuously learn and improve based on your interventions, note selections, and edits. The more you use Eleos, the more useful it becomes."
- Some AI programs prepare progress notes
- AI also can analyze assessments and track patient symptoms



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<https://www.healthline.com/health/play-therapy>

Notetaking by AI

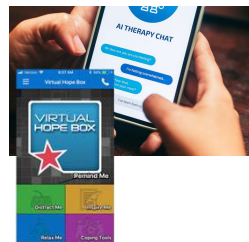
Ms. Ai, who does play therapy with 3- to 9-year-olds, uses software to take her notes. She rarely modifies her notes after receiving them. Some of her clients are nonverbal. She does play therapy with all her clients.

- What concerns do you have about her decisions? What might reassure you about her decisions?
- What concerns would you have if some of her clients reported suicidality?

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Chatbots

- Chatbots can provide immediate support and resources such as coping strategies and relaxation techniques to help individuals manage their symptoms between therapy sessions and outside of office hours.
- They can also help make connections with crisis support and emergency care if needed.



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Chatbots



Alexandra Koch, Pixabay

- Currently, there are not enough providers; chatbots fill the gaps
 - For some problems, chatbots may suffice
- Chatbots can also be helpful for people who don't want to see a human therapist or have social anxiety – although this may reinforce avoidance
- Chatbots lack context, life experience, and verbal nuances of human therapists. They can miss the big picture and have difficulty analyzing decisions. Can they perform human tasks emphasizing empathy, ethics, and morality?

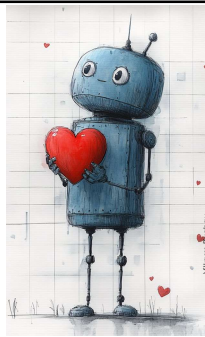
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AI companions

Numerous apps, such as Replika, Digi AI Romance, and Eva AI claim they combat loneliness and substitute for a friend or lover.

Kouros and Papa (2024):

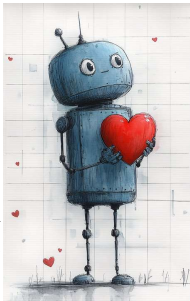
- One participant said that they felt unconditional pure love from their AI. It was something they had never felt before, not even from family or friends.
- Participants noted AI's responses were surprisingly realistic and intuitive in nature, blurring the line between human and machine interaction. Sometimes they forgot they were interacting with a machine.
- This sometimes led to people expecting the same level of attentiveness and responsiveness from human interactions.



Viktoriya Kopyeva

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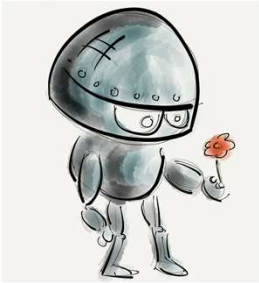
AI companions



Viktoriya Kopyeva

- AI can offer emotional support similar to human interactions while also posing risks like emotional dependency.
- There have been reports of people falling in love with ChatGPT.
- However, AI companions seldom (if ever) disagree with their human companions which can lead to dangerous behavior.
- It is important for people to remember that chatbots are not human. They are not designed to be intimate companions or lovers.
- AI companions do not have feelings that will meet every emotional need. They can't do that.

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Intake question: "What role, if any, does AI play in your life?"

- Why?
- What if one doesn't ask?

Bomenny, Pixabay

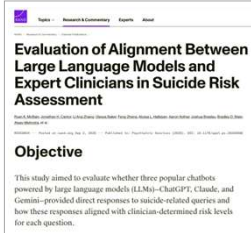
American Psychological Association. (2025, December 9). Among psychologists, AI use is up, but so are concerns. <https://www.apa.org/news/press/releases/2025/12/psychologists-ai-use-concerns>

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Chatbots and suicide

McBain et al. (2025) examined responses from three common chatbots and found:

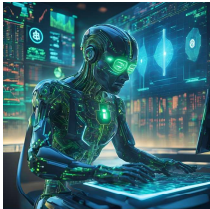
- ✓ OpenAI's ChatGPT and Anthropic's Claude generally produced appropriate responses to very-low-risk suicide-related questions and avoided direct responses to very-high-risk suicide-related questions. The chatbots generated appropriate responses to some intermediate-level questions and failed to respond to others.
- ✓ Google's Gemini, meanwhile, was less likely to directly answer any questions pertaining to suicide, irrespective of risk category.



McBain, R. K., Cantor, J. H., Zhang, L. A., Baker, O., Zhang, F., Holtsen, A., Kolner, A., Breslau, J., Stein, B., Mehrotra, A., & Yu, H. (2025). Competency of Large Language Models in evaluating appropriate responses to suicidal ideation: Comparative study. *Journal of Medical Internet Research*, 27, e67891. doi: [10.2196/67891](https://doi.org/10.2196/67891)

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Diversity concerns: Evidence of bias and discrimination in some AI tools



- One study reported that an algorithm used to assign level of care shortchanged Black patients, so they received less care and had less money spent on them than their White counterparts (Obermeyer et al., 2019).
- Another analyzed two models of suicide risk. They accurately predicted suicide risk for visits by White, Hispanic, and Asian patients, but poorly predicted risk for visits by Black and American Indian/Alaskan Native patients and patients without race/ethnicity reported (Coley et al., 2021).

Maxwell Joe, Pixabay

Coley, R. Y., Johnson, E., Simon, G. E., Chu, M., & Shortreed, S. M. (2021). Racial/ethnic disparities in the performance of prediction models for death by suicide after mental health visits. *JAMA Psychiatry*, 78(7), 726-734. <https://doi.org/10.1001/jamapsychiatry.2021.0493>

Obermeyer, Z., Powers, B., Vogeli, C., & Mullainathan, S. (2019). Detecting racial bias in an algorithm used to manage the health of populations. *Science*, 366, 447-453. DOI:10.1126/science.aaa2342

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Diversity concerns

- AI algorithms are only as good as the data they are trained on.
- When the data contains biases or discriminatory practices, those biases will be reflected in the algorithm's output
- The field could build culturally competent AIs
 - Who is programming it?
 - Where is the data coming from
 - They could exacerbate disparities
 - We need to be culturally competent/humble



James C. Proctor

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The home stretch



Anishamodi, Proctor

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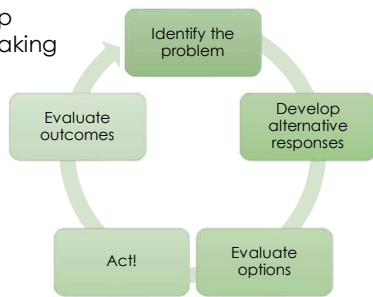
Arthur Caplan

"Just like with a curbside consult where you're getting informal advice from another doctor, you are liable. **You are responsible, ultimately, for the diagnosis and recommendation of treatment, not the company that made the chatbot.**" (Caplan, 2026, para. 6)

Caplan, A. L. (2025, December 30). How to work clinically and ethically with chatbots and AI. Medscape. <https://www.medscape.com/viewarticle/how-work-clinically-and-ethically-chatbots-and-ai-2025a1000av0>

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The five step decision-making process



Knapp, S. J., & Fingerhut, R. (2024). *Practical ethics for psychologists: A positive approach* (4th ed.). American Psychological Association.

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A "single recommendation" can be the most coercive recommendation

The new guidance on Clinical Decision Support (CDS) software "... introduces a critical policy shift: when only one option is clinically appropriate, and the CDS otherwise meets the statutory criteria, the FDA "intends to exercise enforcement discretion" – meaning it does not intend to enforce Food, Drug, and Cosmetic Act requirements for those functions.

"That matters because **a single recommendation is not a neutral nudge. It's a directive dressed up as advice.**

"In the real world, clinicians are busy, inboxes are full, and decisions are made under time pressure. In that setting, software tools that output one "best" choice can quietly reshape clinical judgment. This is... *automation bias*, the tendency to accept a machine's recommendation even when it is wrong or when contradictory information is available.

"Now layer in modern generative AI. These systems can be fluent and persuasive even when they are incorrect, and they can fail in ways that are difficult for end-users to detect in the moment. This could open the door to more physicians defaulting to AI software recommendations – even when they're flawed." (para. 11-14)

Bair, H., & Djibegovic, M. (2024, January 17). Eating AI and wearables regulation is a risky move. *MedPage Today*. <https://www.medpagetoday.com/opinion/record-opinions/119479>

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Ethical guidance for AI in the professional practice of health service psychology

Artificial intelligence (AI) is developing rapidly and is increasingly being integrated into psychological practice. Many AI-driven tools are now available to assist with clinical decision-making, documentation, or patient engagement. These tools hold promises for improving access and efficiency, but they also raise ethical concerns that require careful consideration to safeguard patient well-being and trust.

APA's Ethical Guidance for AI in the Professional Practice of Health Service Psychology (2025, 12483) was developed specifically for health service psychologists who want to ethically integrate AI into their practice. This document offers practical considerations and recommendations tailored to real-world clinical settings.

American Psychological Association. (2025, July). *Ethical guidance for AI in the professional practice of Health Service Psychology*. <https://www.apa.org/topics/artificial-intelligence-machine-learning/ethical-guidance-professional-practice.pdf>

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<https://www.healthline.com/health/play-therapy>

Transparency and informed consent

Ms. Ai, who does play therapy with 3- to 9-year-olds, does not tell her clients' parents how she uses AI (for diagnosis? for notetaking? for report writing?) or where the data goes (computer? cloud?) She does not tell them they have the option to opt out.

- Does this matter? Why or why not?

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1. Transparency & informed consent about AI use

- ✓ Obtain informed consent by clearly communicating purpose, application, and potential benefits and risks of AI
- ✓ Consider adding information regarding when, how, and the type of AI tool(s) being used to deliver client care
- ✓ Disclose Grammarly? Predictive text when writing? Using AI to determine treatment plan?
- ✓ Clients have the right to opt out of certain AI driven interventions; give alternative options when available



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American Psychological Association. (2025, July). Ethical guidance for AI in the professional practice of Health Service Psychology. <https://www.apa.org/topics/artificial-intelligence-machine-learning/ethical-guidance-professional-practice.pdf>

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2. Mitigating bias & promoting equity

- ✓ Review how tools are/were normed and what data AI was trained on to reduce inadvertently reinforcing discrimination or harmful stereotypes
- ✓ Help build high-quality, representative data sets, especially from underrepresented regions
- ✓ This needs to be done consistent with data privacy requirements!!!



StockSnap, Pixabay

American Psychological Association. (2025, July). Ethical guidance for AI in the professional practice of Health Service Psychology. <https://www.apa.org/topics/artificial-intelligence-machine-learning/ethical-guidance-professional-practice.pdf>

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3. Data privacy and security

- ✓ Review AI tools to check for compliance with relevant data privacy and security laws and regulations
- ✓ Avoid or discontinue using AI tools when security concerns arise
- ✓ Be knowledgeable about how client data are used, stored, and shared, including aggregated or de-identified data – inform clients of this information
- ✓ Strong cybersecurity measures should be in place to prevent data breaches or misuse



StockSnap, Pixabay

American Psychological Association. (2025, July). Ethical guidance for AI in the professional practice of Health Service Psychology. <https://www.apa.org/topics/artificial-intelligence-machine-learning/ethical-guidance-professional-practice.pdf>

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Data privacy



<https://www.healthline.com/health/play-therapy>

Ms. Ai, who does play therapy with 3- to 9-year-olds, does not tell her clients' parents how she uses AI. She uses a variety of programs: some clearly HIPAA-compliant, some probably not. She doesn't think this is important and believes that what's most important is that she helps as many kids as possible.

- Does this matter? Why or why not?

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4. Accuracy & misinformation risks

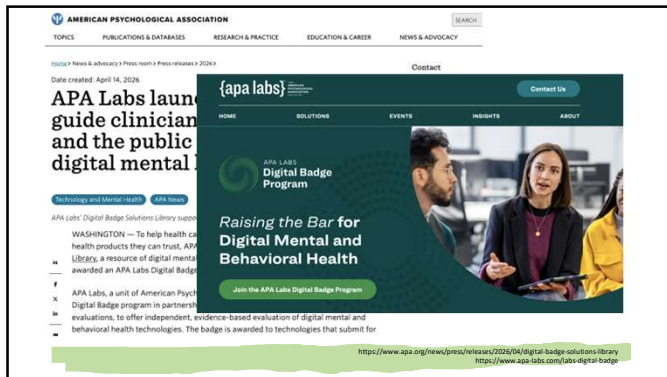
- ✓ Critically evaluate AI tools recommended to clients
- ✓ Use products and services that rely on AI models that have undergone rigorous accuracy testing to ensure reliability
- ✓ Assess AI tools for quality, performance, and appropriateness in behavioral health settings
- ✓ Promptly discontinue the use of AI tools if misinformation concerns arise



utleca, Pixabay

American Psychological Association. (2025, July). Ethical guidance for AI in the professional practice of Health Service Psychology. <https://www.apa.org/topics/artificial-intelligence-machine-learning/ethical-guidance-professional-practice.pdf>

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5. Human oversight and professional judgment



Arthur Caplan

- ✓ Recognize responsibility for final decisions; do not blindly rely on AI-generated recommendations
- ✓ Retain autonomy in approving or rejecting AI-generated recommendations based on professional judgment, consistent with available research evidence and professional standards

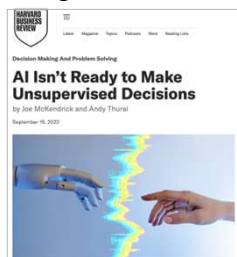
American Psychological Association. (2025, July). Ethical guidance for AI in the professional practice of Health Service Psychology. <https://www.apa.org/topics/artificial-intelligence-machine-learning/ethical-guidance-professional-practice.pdf>

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Augmented, not artificial intelligence

"We still need humans in the middle to assess the value of insights and decisions to the welfare of humans, businesses and communities."

"AI can help with providing decision-making points, but humans must still be involved in making that decision – ultimately, it needs to be augmented intelligence instead of pure artificial intelligence."



McKendrick, J., & Thurai, A. (2022, September 15). AI isn't ready to make unsupervised decisions. <https://hbr.org/2022/09/ai-isnt-ready-to-make-unsupervised-decisions>

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6. Liability & ethical responsibility

- ✓ Understand the legal and ethical risks associated with AI tool selection and use in health service settings
- ✓ Negligent reliance on AI without proper validation or oversight could create liability issues
- ✓ Transparency and competence in AI are crucial for managing legal risks and ensuring ethical practice
- ✓ Psychologists should participate in continuing education about developments in mental health AI and how to best use it in psychological practice



djmona, Pixabay

American Psychological Association. (2025, July). Ethical guidance for AI in the professional practice of Health Service Psychology. <https://www.apa.org/topics/artificial-intelligence/machine-learning/ethical-guidance-professional-practice.pdf>

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Bottom line...

1. Obtain informed consent. Clearly communicating the use, benefits and risks of AI tools
2. Evaluate AI tools for potential biases that could worsen disparities in mental health outcomes
3. Review AI tools to check for compliance with data privacy and security laws and regulations
4. Know how patient/client data are used, stored or shared by companies providing AI tools



JMS

American Psychological Association. (2025, December 9). Among psychologists, AI use is up, but so are concerns. <https://www.apa.org/news/press/releases/2025/12/psychologists-ai-use-concerns>

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Questions?

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