

AI in Clinical Practice: Safety, Utility, and Accountability Across the Therapeutic Ecosystem

The workshop is structured around four key phases, each designed to address a distinct aspect of AI's integration into psychological practice. Phase One introduces participants to *walled garden* AI systems—tools developed specifically for use within therapeutic contexts—offering a foundation for understanding their potential and limitations. Phase Two shifts focus to client-centric use cases, exploring how individuals are engaging with consumer-facing AI tools outside the therapy room and examining the ethical, relational, and clinical implications when clients disclose such usage. Phase Three centres on practitioner-centric applications, providing a critical evaluation of how AI may support therapists in tasks such as note-taking, case formulation, and psychoeducation. Finally, Phase Four considers supervision-centric use cases, inviting participants to explore the role of AI in reflective practice, continuing professional development, and supervision, including the potential for error checking and enhanced self-awareness.

Time	Session Title	Description
09:00–09:30	Welcome + Orientation	Why we're here. Introduce the four-phase model. Grounding attendees in what's real, what's hype, and what's ethical.
09:30–10:45	Phase One: Walled Garden AI Systems	Deep dive into AI tools built for offline use through an air gapped system. Frameworks for assessing “trustworthiness.” Keeping up with the AI Ecosystem and AI safety “guardrails.”
10:45–11:00	Morning Tea	
11:00–12:30	Phase Two: Client-Centric AI Use Cases	Case studies and roleplay: What happens when a client discloses to ChatGPT? Who's liable? How do you respond? Risk models (e.g. traffic light system).
12:30–13:30	Lunch	
13:30–15:00	Phase Three: Practitioner-Centric Use Cases	Exploring use cases like AI-assisted formulation, notetaking, psychoeducation scripting, reflective writing. Hands-on session with prompts and guided practice.
15:00–15:15	Afternoon Tea	

15:15– 16:30	Phase Four: Supervision-Centric Use Cases	Can AI support reflective supervision? Exploring conversation summarisation, therapeutic style tracking, and safety net prompts.
16:30– 17:00	Wrap-Up: Accountability and Adaptation	Reflections, CPD pathways, and next steps. Supporting AI literacy across your organisation.