

From Chatbots to Case Notes: What Every Clinician Should Know About Artificial Intelligence in Practice

Artificial intelligence (AI) is rapidly entering the therapy world and reshaping how treatments are delivered, therapists’ workflow, and the clients’ use of chatbots and digital companions. This training helps clinicians understand what is already possible, what remains aspirational, and how to use AI responsibly and effectively in their own practice.

Participants will learn practical strategies for using AI to improve documentation, psychoeducation, and clinical efficiency; evaluate how clients’ engagement with chatbots affects therapeutic dynamics; and apply ethical, cultural, and relational lenses to these emerging technologies. Through demonstrations, discussions, and guided exercises, therapists will leave with tools and frameworks for evaluating and integrating AI while maintaining human connection, equity, and professional ethics.

Target Audience		
Psychologists	Social Workers	Counselors
Therapists	Psychiatrists	Nurses
Course level: Intermediate		

Learning Objectives

At the end of this seminar, participants will be able to:

- 1. Describe at least three current applications of AI tools relevant to clinical documentation, psychoeducation, and treatment planning.
- 2. Identify common ethical challenges, including bias, accountability, and confidentiality, when integrating AI tools into psychotherapy.
- 3. Evaluate how client use of chatbots or AI companions may affect engagement, self-disclosure, and the therapeutic alliance.
- 4. Demonstrate the use of a structured framework for assessing whether an AI tool aligns with clinical and ethical standards.
- 5. Apply culturally informed and diversity-sensitive approaches when considering AI tools for clients from different backgrounds and access levels.

Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

Outline

Begin 12 PM ET
Introduction and Overview: How AI is Entering Behavioral Healthcare
This section provides an overview of what AI algorithms are and how they are used in behavioral health, setting the stage for how technology is transforming clinical work.
12:15 PM ET
AI Tools for Clinical Practice: Assessment, Selection, and Application
Participants will learn how to evaluate when and how AI can support treatment, select appropriate digital tools for specific client needs, and explore key AI technologies including predictive modeling, measurement-based care, digital therapeutics, and passive data collection.
1:15
Generative AI, Chatbots, and AI Companions
This segment explores the benefits and risks of generative AI, including how clients may use chatbots and AI companions for emotional support. Participants will examine real-world examples and develop language to discuss these tools with clients.
1:40 – 1:55 (15 min): Break
1:55
AI-Assisted Clinical Documentation
Participants will learn to evaluate AI tools that support progress note writing and clinical documentation, including how to assess quality, maintain clinical voice, and integrate automated notes into workflow.
2:15
Ethical Considerations in AI-Augmented Therapy
This section examines privacy, confidentiality, informed consent, and AI bias concerns, as well as guidelines for responsible and ethical AI integration into psychotherapy.
2:45
Conclusion and Q&A
End 3:15 PM ET

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The Presenter

Shiri Sadeh-Sharvit, PhD, is a Stanford-trained clinical psychologist and Distinguished Professor of Research at Palo Alto University. With more than two decades of experience treating complex mental disorders, she specializes in developing and evaluating AI-based tools that support therapists and clients. Dr. Sadeh-Sharvit has delivered invited keynotes and workshops for the American Psychological Association, the Academy for Eating Disorders, state associations, and international conferences. Her work bridges evidence-based clinical care and emerging technology, helping mental health professionals prepare for the future of practice.

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