

Psychotherapy in the Age of AI: What's Coming, What's Already Here, and What You Can Do

Something unprecedented is happening fast in mental health care — and most therapists are not prepared for it. Chatbots are no longer a fringe phenomenon. They are already serving as therapists, companions, and crisis responders for millions of people. Clients are reporting meaningful therapeutic alliances with AI. Research shows that a significant portion of mental health consumers rate chatbots as beneficial – and some prefer them to traditional psychotherapy. Furthermore, the richest, most powerful companies in human history are investing heavily in making these tools more emotionally convincing by the day.

This is not a technology seminar. This is a conversation about the future of our profession — and what we can do right now to stay relevant, competitive, and clinically excellent in a rapidly shifting landscape.

In this two-hour webinar, clinicians are offered a clear-eyed, research-grounded look at AI's influence on therapy room. You will leave with a realistic picture of where AI outperforms human therapists, where it falls dangerously short, and — most importantly — where your irreplaceable clinical value lies. This webinar offers the knowledge, perspective, and practical strategies to meet this moment with confidence rather than anxiety.

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. Identify three approaches for integrating AI tools into clinical work.
 2. Explain three practice strategies for increasing competitiveness in a market that includes on-demand AI support.
 3. List three specialty areas where human clinicians are likely to retain a competitive advantage despite advances in AI chatbots.
 4. Identify three ethical concerns regarding AI.
 5. Summarize research findings regarding chatbots as “therapists.”

Seminar Schedule

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

Outline
12PM ET Begin The changing therapeutic frame: why AI is already in your therapy room
What the research actually shows about chatbot use and efficacy
Benefits, risks, and how to talk with clients who are already using these tools
Incorporating AI into your clinical work: apps, tools, and hybrid models
Does it matter if it's not conscious? The philosophical question clinicians can't avoid
Ethical and legal terrain: what you're now exposed to
Creative business strategies for staying competitive
Self-care as a clinical imperative in an AI-saturated field
End 2 PM ET

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Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times.. Participants will earn 2 CE's for attending once they have completed these requirements.

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The Presenter

Dr. Marianne Brandon is a clinical psychologist and Diplomate in sex therapy. She writes the popular Psychology Today blog “The Future of Intimacy.” She is author of *Monogamy: The Untold Story, Unlocking the Sexy in Surrender: Using the Neuroscience of Power to Recharge Your Sex Life*, and co-author of *Reclaiming Desire: 4 Keys to Finding Your Lost Libido*. She co-hosted a talk radio show, is a past book review editor for the American Association of Sex Educators, Counselors, and Therapists, past board member of The International Society for the Study of Women's Sexual Health, and regularly writes and lectures for professional and lay audiences. She has served twice as a panel member for FDA hearings evaluating medications relevant to female sexual function. Her areas of expertise include the conceptualizing human sexuality and sexual dysfunction from an evolutionary perspective. You can learn more about her work at www.drbrandon.net, join her on twitter @DrBrandon, and on facebook / DrMarianneBrandon. Dr Brandon is in private practice in Sarasota, Florida.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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