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ABPP Webinar Series

The Pros, Cons, and Ethical Considerations When Using Artificial Intelligence in Psychology Practice

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- Risk Management Roundtable #28, 6/5/25 @ 5-6pm ET ($0)
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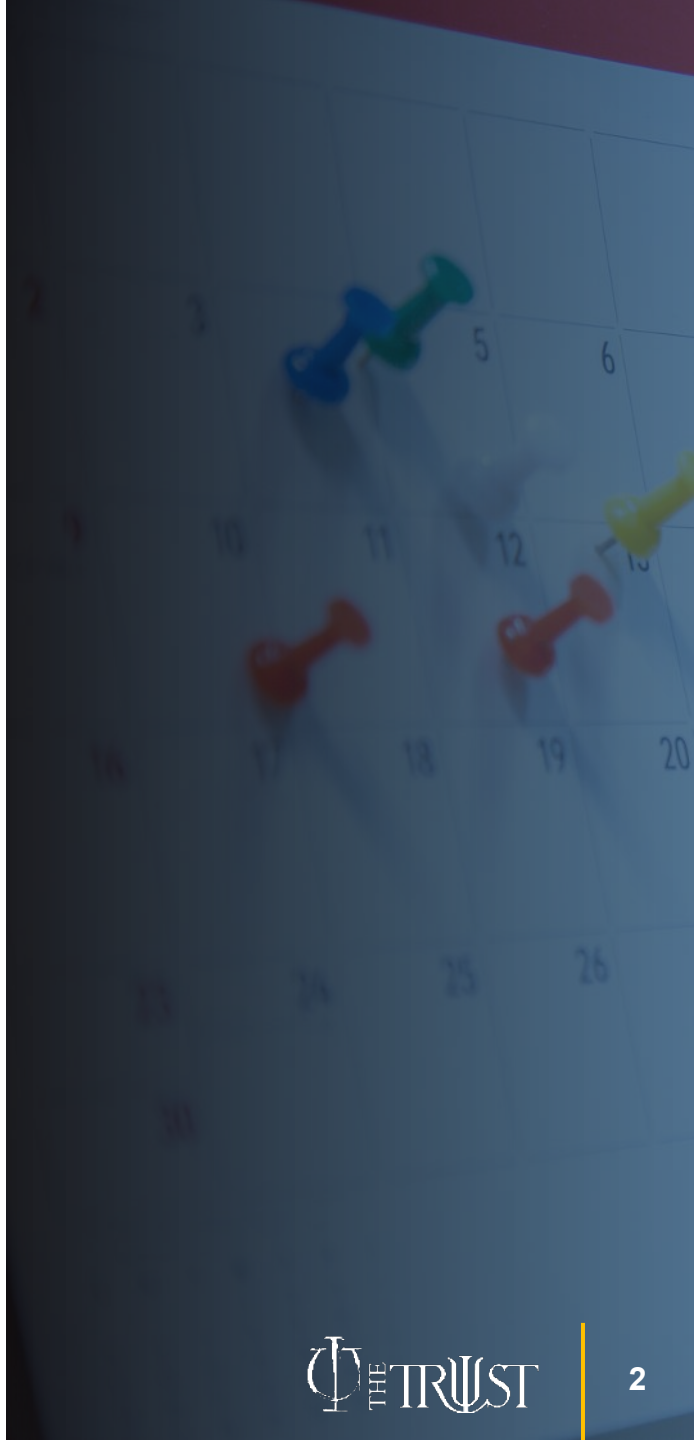

About Our Presenters

Ernest Wayde, Ph.D., M.I.S., is the founder and CEO of Wayde Consulting, LLC, a company specializing in the integration of people, processes, and technology—particularly AI—into business strategies to drive growth and success. Dr. Wayde collaborates with leaders to seamlessly incorporate and leverage AI within their organizations. In addition to his consulting work, Dr. Wayde serves as a Clinical Assistant Professor at the Medical College of Wisconsin-Central Wisconsin. He also hosts the podcast "Psych in Business," where he interviews experts and practitioners on the intersection of psychology and business. Dr. Wayde holds doctorates in Clinical and Experimental Psychology from the University of Alabama, Tuscaloosa, a Master's degree in Information Systems from Wright State University, and various certificates in change management and artificial intelligence. With over 20 years of experience in the healthcare and technology industries, Dr. Wayde has been a trusted partner to executive leaders in both the public and private sectors.

Kathleen Bechtold, Ph.D., ABPP, is a clinical psychologist who is board certified in clinical neuropsychology and rehabilitation psychology and specializes in the assessment and treatment of individuals with brain injury. She is an Associate Professor within the Department of Physical Medicine and Rehabilitation at Johns Hopkins University School of Medicine and has been an active researcher for the past twenty years with over 50 publications focusing on recovery and adaptation to brain injury. She is the Psychology Training Director for the Johns Hopkins Department of PM&R and provides supervision and training to psychology postdoctoral fellows, physiatry residents, and neuropsychiatry fellows in brain injury care. Dr. Bechtold is the President of the American Board of Rehabilitation of Psychology, serves on the American Board of Professional Psychology Ethics Committee, and previously served as a Trustee to the American Board of Professional Psychology. She provides national consultation and mentorship to professional colleagues regarding business practices as well as the legal and ethical considerations for the practice of psychology.

Important Information
Ethical Considerations When Using Artificial Intelligence – 11/13 @ 2pm ET

Technical Issues

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Q&A

The Pros, Cons, and Ethical Considerations When Using Artificial Intelligence (AI) in Psychology Practice

Kathleen T. Bechtold, PhD, ABPP

Licensed Psychologist - Maryland, Texas

Board Certified, Clinical Neuropsychology

Board Certified, Rehabilitation Psychology

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Disclosures

- The presentation provides information on different AI systems and applications without endorsing any particular one.
- Please note that some of the content presented in this presentation was generated with the assistance of AI tools.

Learning Objectives

- Identify the basic concepts of Artificial Intelligence
- Discuss the major benefits and concerns of Artificial Intelligence
- Identify ethical and legal considerations when using AI in psychological practice

Agenda

Concepts of AI
Symbolic learning
Machine learning

Benefits of AI
Decision making
Content generation
Personalization
Automation

Concerns of AI
Data Integrity
Culture
Cost
Ethics

Ethics
Accountability
Control of information
Transparency

This will be an interactive webinar

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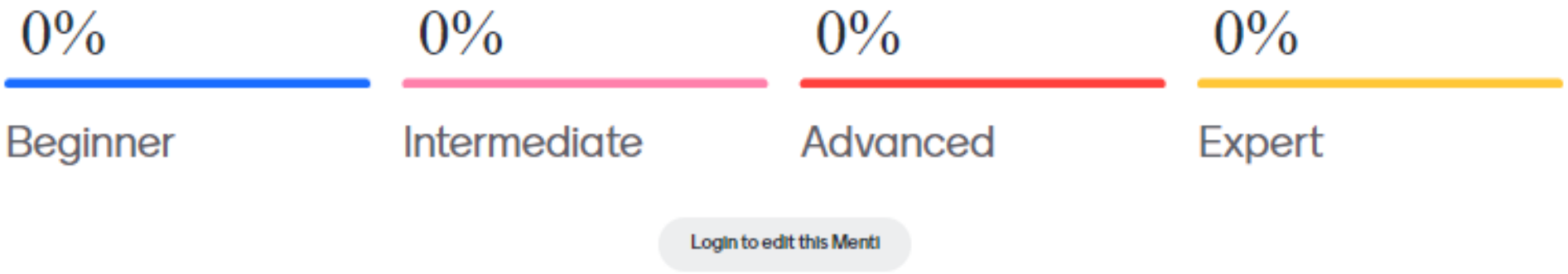
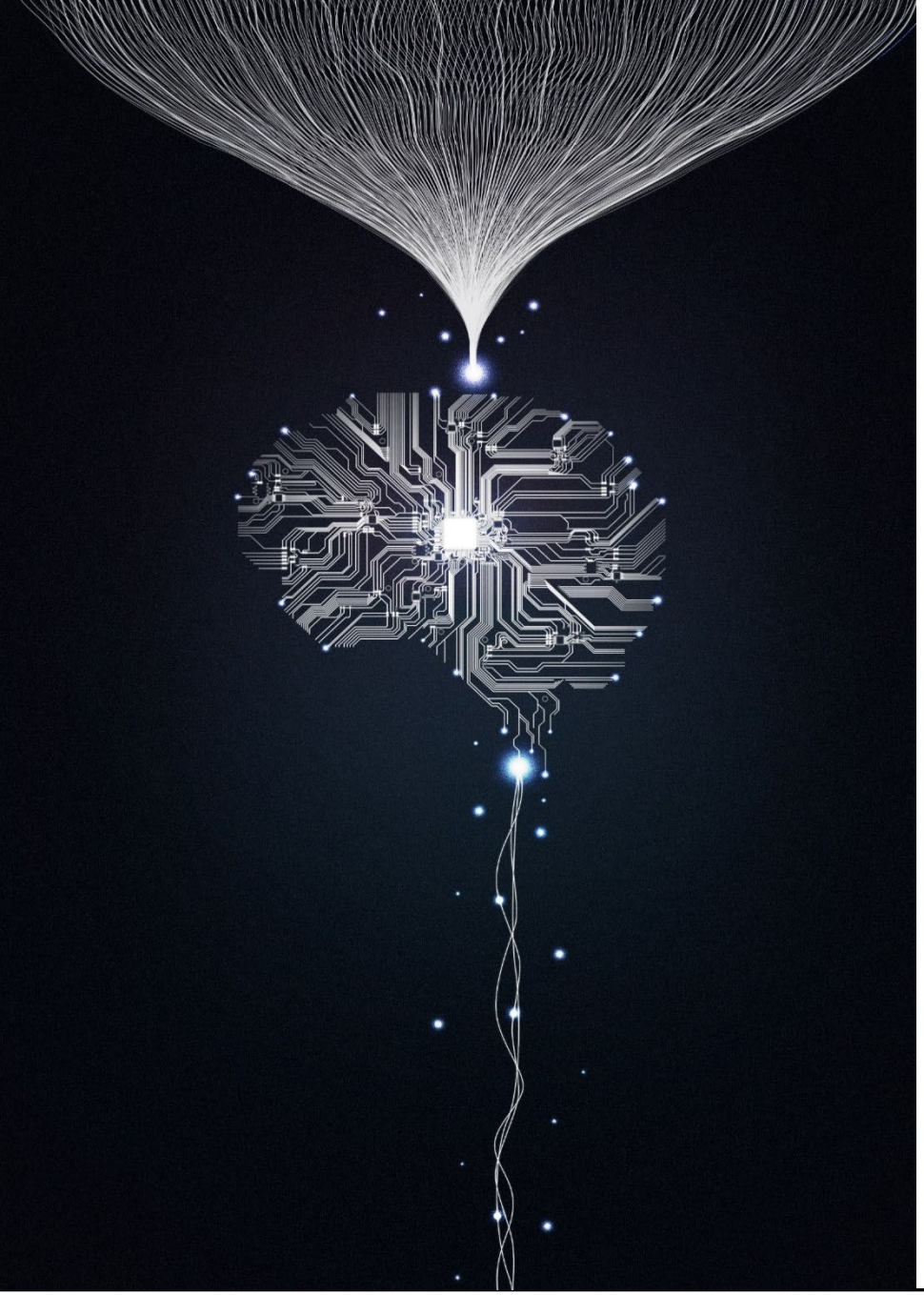
How much do you know about AI?

- **Beginner**: I have a basic understanding of AI but limited practical experience.
- **Intermediate**: I am familiar with AI concepts/principles and have some experience with AI tools or applications.
- **Advanced**: I have a strong grasp of AI theory and practical experience with various AI technologies.
- **Expert**: I am highly knowledgeable about AI and its applications, and I have significant hands-on experience.

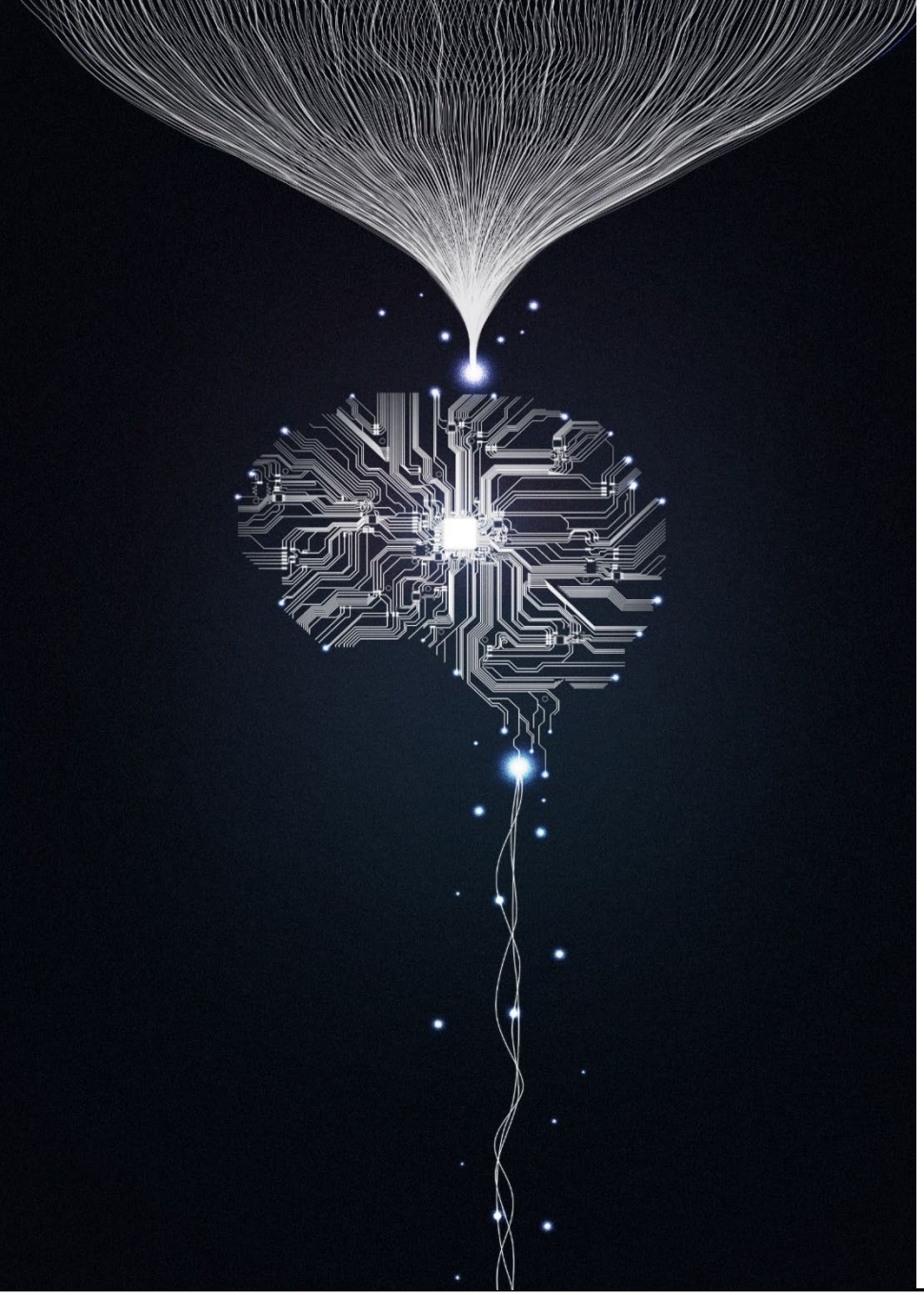
How much do you know about AI?

Mentimeter





What is AI?



What is AI?

Making a machine behave in ways that would be called intelligent if a human were so behaving

-John McCarthy 1955

Trenchard More, John McCarthy, Marvin Minsky, Oliver Selfridge, and Ray Solomonoff.

Additional Definitions of AI

- AI refers to systems or machines that mimic human intelligence to perform tasks and can iteratively improve themselves based on the information they collect. - **Oracle**

- The field of computer science dedicated to solving cognitive problems commonly associated with human intelligence, such as learning, problem solving, and pattern recognition – **Amazon**

- Anything that makes machines act more intelligently – **IBM**

- The ability of a digital computer or computer-controlled robot to perform tasks commonly associated with intelligent beings – **Encyclopedia Britannica**

- A computerized system that exhibits behavior that is commonly thought of as requiring intelligence – **US Government**

APA Definition of AI

Artificial intelligence (AI) is a subdiscipline of computer science that aims to produce programs that simulate human intelligence.

How concerned are you about the impact of AI on the field of psychology?

- **Very Concerned:** I have significant concerns about the potential negative impacts of AI on psychology.
- **Somewhat Concerned:** I have some concerns but am not overly worried.
- **Neutral:** I am neither concerned nor unconcerned.
- **Somewhat Unconcerned:** I am not particularly concerned about the impact of AI on psychology.
- **Very Unconcerned**: I have no concerns about the potential impact of AI on psychology.

How concerned are you about the impact of AI on the field of psychology?

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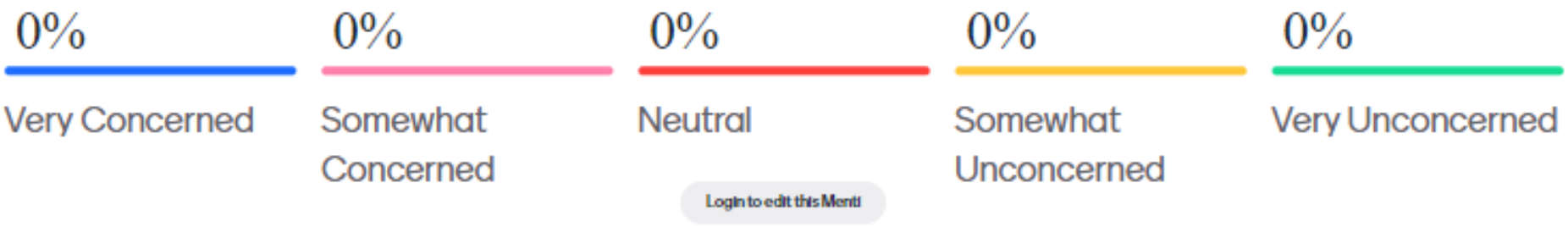


Types of AI

NARROW

GENERAL

SUPER

Concepts of AI

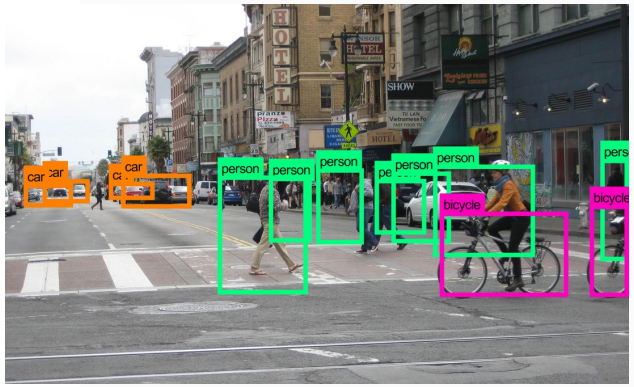
- Symbolic Learning
- Machine Learning

AI Fields

Symbolic Learning

Robotics

Computer Vision



Natural Language Processing (NLP)

AI Fields

Machine Learning
(Supervised/
Unsupervised/Reinforcement)

Artificial Neural Networks

Deep Learning

Recurrent Neural Network (RNN)

Convoluted Neural Network (CNN)

Computer Vision

Object Recognition

Transformer Model

Statistical Learning

Speech Recognition

Natural Language Processing (NLP)

Large Language Models (LLMs)

Gemini

Claude

Large Language Models (LLMs)

What are LLMs?

A class of large and powerful language models. Process vast amounts of data and produce language that is indistinguishable from human language.

Uses a type of neural network architecture called transformer.

How are LLMs created?

Train on vast amounts of data, using complex algorithms and unsupervised learning to generate realistic language.

LLMs basically build themselves.

Large Language Models (LLMs)

How do LLMs work?

Deep learning – analyze and understand complex language tasks by breaking them down into smaller, more manageable components.

Attention Mechanism – focus on most important parts of a text.

Language Modeling – generate coherent text by predicting the probability of the next word in a sentence.

Group discussion

1. WHAT ARE YOUR MAIN CONCERNS ABOUT AI IN THE FIELD OF PSYCHOLOGY?

What are your main concerns about AI in the field of psychology?

0 responses

Mentimeter

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Group discussion

2. WHAT WOULD MAKE YOU FEEL COMFORTABLE USING AI IN YOUR PSYCHOLOGICAL PRACTICE?

What would make you feel comfortable using AI in your psychological practice?

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0 responses

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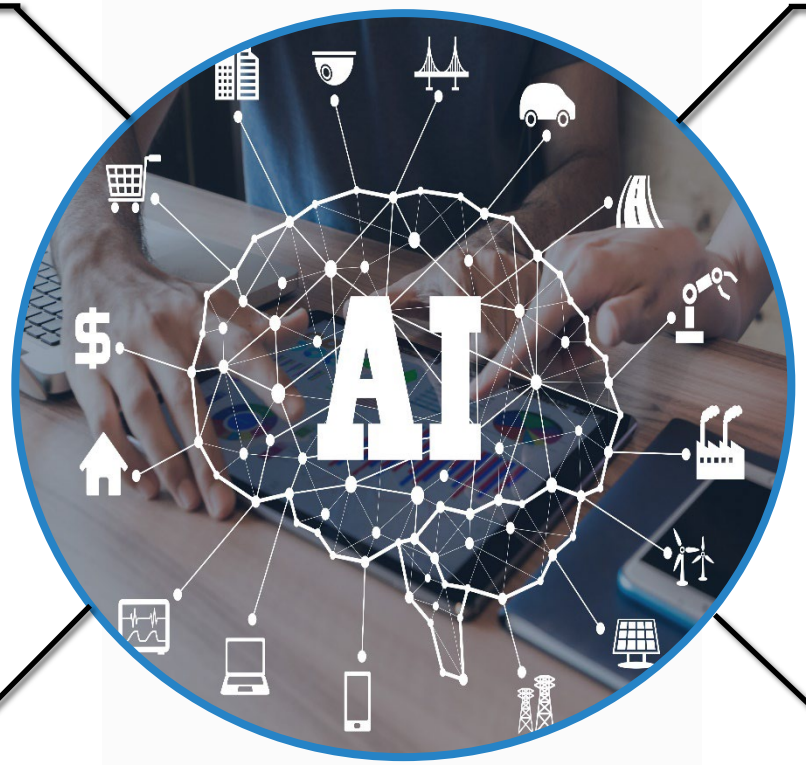
Benefits of AI

Decision Making

- Data
- Analytics
- Outcome

Content Generation

- Text
- Visual
- Speech



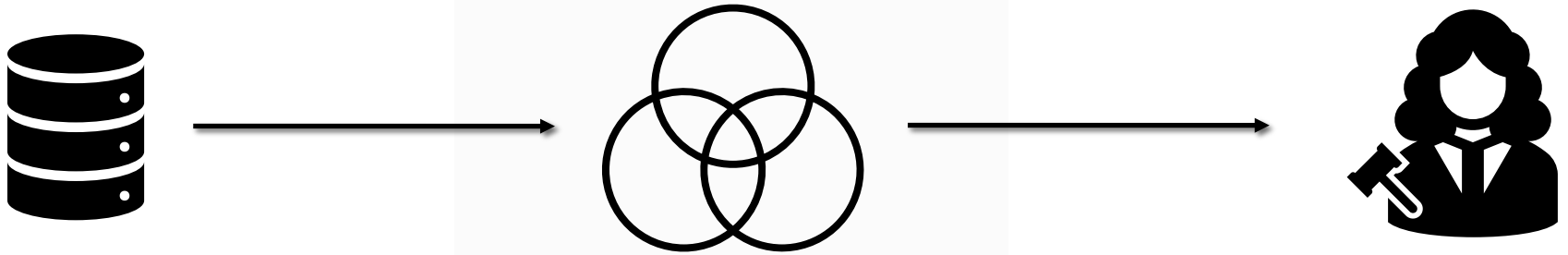
Personalization

- Support
- Training
- Research

Automation

- Standardization
- Efficiency
- Quality

Decision Making



Data	Analytics	Outcome
Structured	Sentiment	Insights
Unstructured	Predictive	Forecasts
Qualitative	Diagnostic	Recommendations
Quantitative	Pattern recognition	Decisions

Assessment and Diagnosis - Examples

“Conversational assessment and monitoring to detect mental illness’

“Digital neurocognitive testing and care plans”

Hybrid AI

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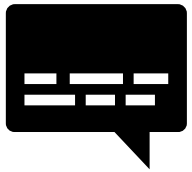
Content Generation

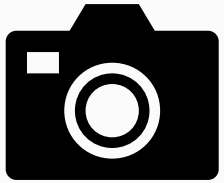


Text

Content

Edit

Translation



Visual

Images

Art

Videos

Graphics

Speech

Text to speech synthesis

Voice cloning

Speech pattern variation

Music

Content Generation

Claude

Midjourney

Copilot

Adobe firefly

Chat GPT

DALL-E 3

Gemini

Leonardo AI

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Psychotherapy and Counseling

"A tool to help people develop coping skills for symptoms of anxiety and depression"

"Empathetic, safe and clinically validated chatbot for mental healthcare"

"Your empathetic companion for mental wellbeing"

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Personalization

Support

Always available

Digital assistant

Customer experience

Client screening/intakes

Training

Identify learning gaps

Recommend trainings/experiences

Customize to learning style

Coach employees

Research

Tailoring information

Understand preferences

Literature search

Summaries/drafts

Business and Education

IBM watsonx Assistant

"Empowers everyone in the organization to build and deploy AI-powered virtual agents without writing a line of code"

7taps

"Create impactful microlearning in minutes and reach learners wherever they are"

Consensus

"Academic search engine, powered by AI, but grounded in scientific research"

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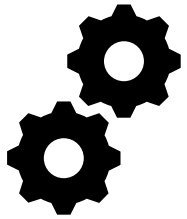
Automation



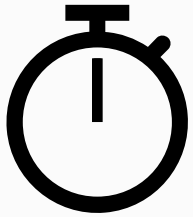
Standardization

Automate repetitive tasks

Optimize processes

Increased access and availability

Report generation



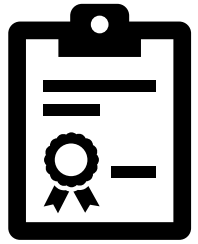
Efficiency

Increase speed

Reduce waste

Manage inventory

Allocate resources



Quality

Reduce error

Improve accuracy

Detect fraud

Assess risk

Hiring and Productivity

PARADOX

conversational recruiting software that automates the work your teams don't have time

Humanyze

"Exposes your biggest people vulnerabilities to improve employee retention and business performance with science-backed people insights"

coParenter™

Serves as a digital mediator

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Group discussion

3. HOW CAN AI BENEFIT YOUR PSYCHOLOGICAL PRACTICE?

How can AI benefit your psychological practice?

Mentimeter

0 responses

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Group discussion

4. WHAT DIFFICULTIES MIGHT YOU FACE USING AI IN YOUR PSYCHOLOGICAL PRACTICE?

What difficulties might you face using ai in your psychological practice?

Mentimeter

0 responses

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Concerns of AI

- Data
- Culture
- Cost
- Ethics

Data

- Privacy and Security
- Bias and Discrimination
- Ownership and Governance

Culture

- Job Displacement
- Inequality
- Human Identity
- Change

Cost

- Development
- Deployment
- Maintenance and Support
- Legal and Regulatory

Ethics

- Accountability
- Control
- Transparency

Beneficence and Nonmaleficence

- Psychologists strive to benefit those with whom they work and take care to do no harm.

Fidelity and Responsibility

- Psychologists uphold professional standards of conduct, clarify their professional roles and obligations and accept appropriate responsibility for their behavior

Integrity

- Psychologists seek to promote accuracy, honesty, and truthfulness in the science, teaching, and practice.

Respect for People's Rights and Dignity

- Psychologists respect the dignity and worth of all people, and the rights of individuals to privacy, confidentiality, and self-determination.

Accountability

Avoiding Harm (Standard 3.04) is always at the forefront, as are related issues that will be part and parcel of figuring out where Generative AI fits into our work as psychologists.

The psychologist is:

- ultimately responsible for the "products" of their work and that those "products" contain accurate, reliable, relevant, unbiased information.
- must be "the conscious oversight" for controlling and fine-tuning the generated output to ensure that the information does not harm.

If a psychologist chooses to use Generative AI, the onus is on that psychologist to verify the veracity of the information generated.

Accountability

Who is doing the work? Who is responsible for the work?

- ***Delegation of Work to Others*** **(Standard 2.05) typically has focused on how we employ others to assist with psychological work. However, with the potential "roles" that Generative AI can play in the practice of psychology, the delegation of work to this technology as an aid, enhancement or substitution for our work must be considered.**
  - ***Accuracy in Teaching*** **(Standard 7.03),**
  - ***Bases for Assessments*** **(Standard 9.01),**
  - ***Interpreting Assessment Results*** **(Standard 9.06),**
  - **Use of *Test Scoring and Interpretation Services* (Standard 9.09),**
  - ***Explaining Assessment Results*** **(Standard 9.10)**

If we choose to delegate some aspect of our work to Generative AI, we must remember that the veracity of the work products whether publications, teaching curriculum, or clinical reports remain firmly our ethical responsibility.

Control Over the Information

Boundaries of Competence (Standards 2.01)

- Psychologists provide services, teach, and conduct research with populations and in areas only within the boundaries of their competence, based on their education, training, supervised experience, consultation, study, or professional experience.

Generative AI pulls together/integrates information.
Competence (knowledge) is information.

Do they match? How can we ensure that they do match?

Control Over the Information

(Knowing what you know and don't know)

Bases for Scientific and Professional Judgments **(Standard 2.04)**

Psychologists' work is based upon established scientific and professional knowledge of the discipline.

Generative AI is not necessarily trained on our knowledge.

How do we fact check the information generated?

Where did the information come from?

How do we verify the information is accurate?

What do we do if we cannot verify a point and conclusion made?

Control Over the Information

Maintaining Confidentiality (Standard 4.01)

- Psychologists have a primary obligation and take reasonable precautions to protect confidential information obtained through or stored in any medium.

Do I have control over information entered into a Generative AI program?

Who has access to the information that I "train" the program on?

Control Over the Information

Maintenance, Dissemination, and Disposal of Confidential Records of Professional and Scientific Work (Standard 6.02)

Psychologists maintain confidentiality in creating, storing, accessing, transferring, and disposing of records under their control, whether these are written, automated, or in any other medium.

When information is entered in a Generative AI program, how is it stored, who can access it, can it be pulled back out?

Transparency

Discussing the Limits of Confidentiality (Standards 4.02)

- Psychologists discuss with persons (including, to the extent feasible, persons who are legally incapable of giving informed consent and their legal representatives) and organizations with whom they establish a scientific or professional relationship (1) the relevant limits of confidentiality and (2) the foreseeable uses of the information generated through their psychological activities.

Patients and research subjects have the right to autonomy and to make decisions about how their information will be used. How will you be transparent about your use of Generative AI with patients and research subjects?

Transparency

Do we need to get consent to use information from patients and research subjects in a Generative AI program?

Could I train a Generative AI program using information generated from all my patients who have ALS and thus have a templated a report "ready to go?

Could I enter all my research data from several research projects into a Generative AI program to see what patterns in the data are identified to guide further research questions?

How will private and confidential information be protected if Generative AI is used to analyze data, search for patterns in the information, and/or to generate a report given the information for a patient, client, or research subject?

Group discussion

HOW COULD YOU AS A PSYCHOLOGIST LEADER ADDRESS:

1 - THE ETHICAL CONCERN?

2 - THE DATA CONCERN?

3 – THE CULTURE CONCERN?

Wrap Up