



# REVOLUTION

## THERAPY & WELLNESS

**Ethical AI in Therapy: A Compliance-First Approach**  
Revolution Therapy & Wellness | Madelaine Robillard

## What Is AI?

### Understanding AI for Mental Health Professionals, Clients & Communities

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#### Overview

This guide introduces artificial intelligence (AI) in plain language for use in Canadian mental health settings. Whether you're a practitioner, a client, or a student, this resource offers clear definitions, examples, and safeguards to help you understand how AI supports (but doesn't replace) therapeutic care. It's a starting point—mental health professionals are encouraged to critically evaluate tools and stay current with evolving standards and technologies.

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#### What Is Artificial Intelligence?

**Artificial Intelligence (AI)** is software that mimics human thinking to do tasks like:

- Writing notes
- Answering questions
- Summarizing information
- Organizing ideas or schedules

AI can process huge amounts of data and generate text, recommendations, or resources—often faster than a person could. It doesn't have emotions or self-awareness. It relies entirely on the data it's trained on.

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## **Common AI Uses in Canadian Mental Health Practice**

Function	Examples
 <b>Clinical documentation</b>	Tools like Berries or Heidi help draft session summaries therapists edit and approve
 <b>Psychoeducation</b>	Handouts and worksheets are created by AI and then personalized
 <b>Administrative tasks</b>	AI manages reminders, emails, or scheduling within platforms like Jane
 <b>Client tools</b>	Mood tracking, journaling prompts, or chatbot-style self-check-ins (e.g., Wysa, Woebot)

 AI tools must meet **PIPEDA** and **provincial privacy laws**. No identifying data should ever be entered into general AI tools like ChatGPT.

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## Core Terms to Know

Term	Meaning
<b>Generative AI</b>	AI that creates new content, like summaries or resources
<b>Machine Learning</b>	AI that improves by learning patterns in data
<b>Prompt</b>	The instructions or question you give to the AI
<b>Bias</b>	When an AI gives unfair or inaccurate results because of the data it learned from
<b>Human Oversight</b>	The therapist reviews and approves all AI-generated work

## What AI Can Do

- ✓ Draft templates for session notes
- ✓ Transcribe voice memos into written text
- ✓ Create psychoeducation materials
- ✓ Support scheduling or resource organization



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### **What AI Should Not Do**

- ✘ Replace human therapists
  - ✘ Make clinical decisions
  - ✘ Hold identifying client data without proper safeguards
  - ✘ Act independently without human review
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### **Privacy & Ethics in Canadian Context**

Canadian therapists must ensure that all AI use is:

- **PIPEDA-compliant**
- Aligned with **provincial privacy acts** (e.g., PHIPA, HIA, PIPA)
- Informed by **professional codes of ethics** (e.g., ACSW, CAP, CASW)
- Transparent to clients, with clear consent and opt-out options

 *Consent for AI use should be meaningful, informed, and specific.*

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### **Common Client Questions**

#### **"Is AI replacing you?"**

No. AI helps with admin tasks, not therapy. Your therapist always makes clinical decisions.

#### **"Can AI hear or record our sessions?"**

Not unless you've been clearly informed and have given consent. Even then, it must be done through privacy-compliant tools.

#### **"Is my information being shared?"**

Only if the platform is secure (e.g., Jane, Berries). Therapists must de-identify or avoid using names in tools like ChatGPT.



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#### **"Can I opt out?"**

Yes. You can request that AI tools not be used in your care. It won't impact the quality of your therapy.

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#### **When to Use This Resource**

- During intake or consent discussions
  - In client onboarding materials
  - In youth or caregiver education
  - As part of AI ethics trainings or student orientations
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*This resource was developed by Madelaine Robillard, MSW, RSW, to support ethical, informed AI use in Canadian mental health care. It is intended as a starting point only. Therapists must ensure all tools are used with human oversight, informed consent, and full compliance with PIPEDA, provincial laws, and professional standards.*