



*Advances of  
AI in therapy*

*and beyond*

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*Are  
therapists AI  
ready?  
And do they  
need to be?*

# *Are our jobs in jeopardy?*

*Will they be better than us?*

*Surely people will want face to face?*

*Why should I care, its not human?*

*They can't be empathic, really though, can they?*

*Will they be robots?*

*Why do I need to worry?*

*What does it do?*


*Are they going to replace us?*



*What do I need  
to know?*


And how quickly?





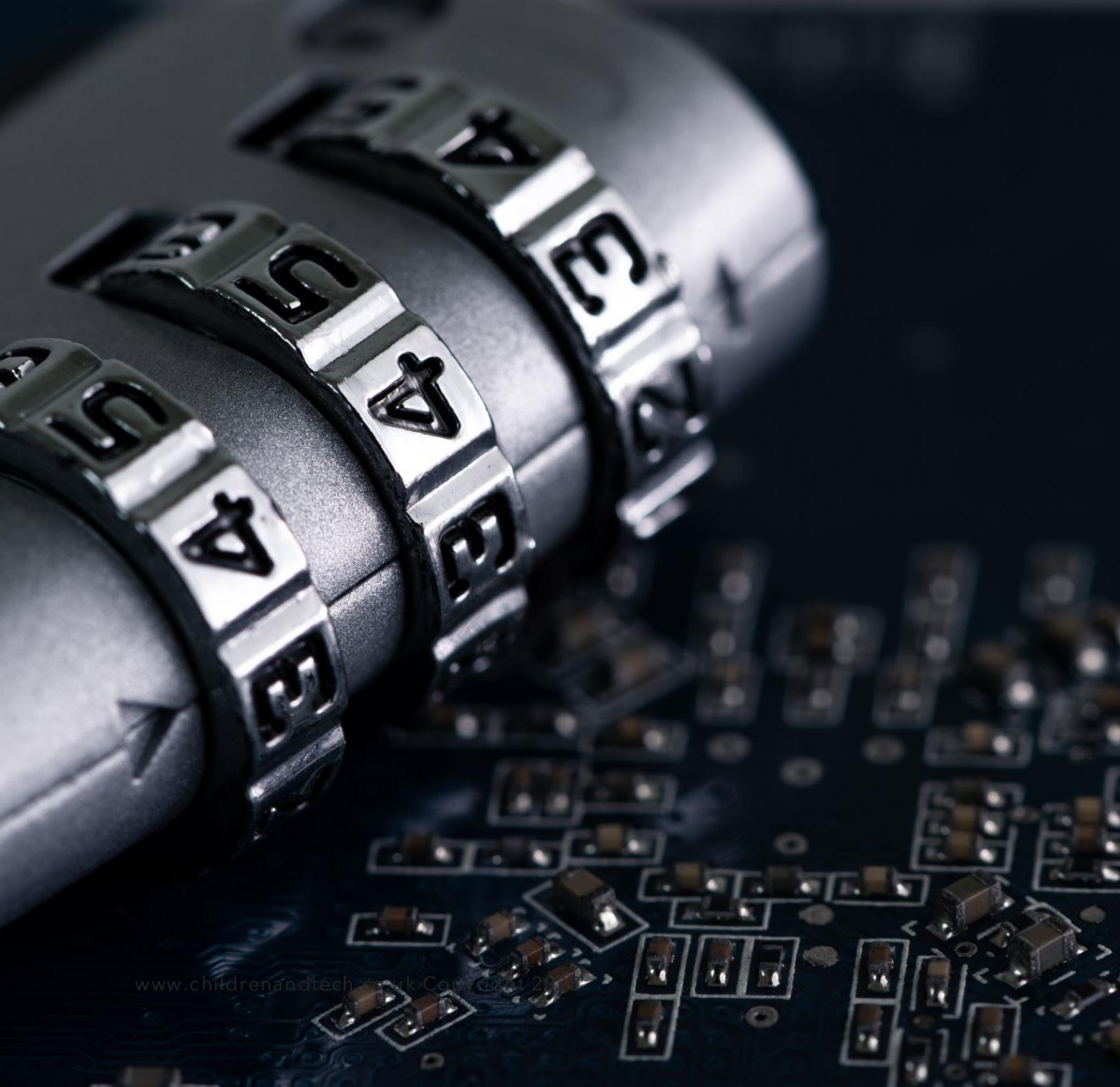
*“The fact is  
most people  
are looking  
at AI because  
its easier to  
spell than  
GDPR”*





*“AI is a step up  
from Machine  
Learning but is  
likely to break  
many more  
ceilings, much  
faster”*





*What do  
professionals in  
cyber crime &  
security worry  
about; for our  
profession?*

*AND WHY DOES  
THIS MATTER?*

The background is a dark, abstract scene. A bright, glowing circular light source is positioned in the upper center, casting a beam of light down onto a grid-patterned floor that recedes into the distance. The floor is composed of dark, rectangular tiles. The overall color palette is dominated by deep blues, purples, and reds, with the glowing light providing a warm, yellowish-white contrast. A white circle is visible on the right edge of the frame.

*That we are not ... 'ready'*


And they mean our customers  
as well as the professionals



*As a society we rush to embrace the new and novel technology.*

*We may not yet have integrated the old and, or harnessed that power to our advantage. Like Prometheus we have fire in our hands which could literally burn us and our village to the ground.*





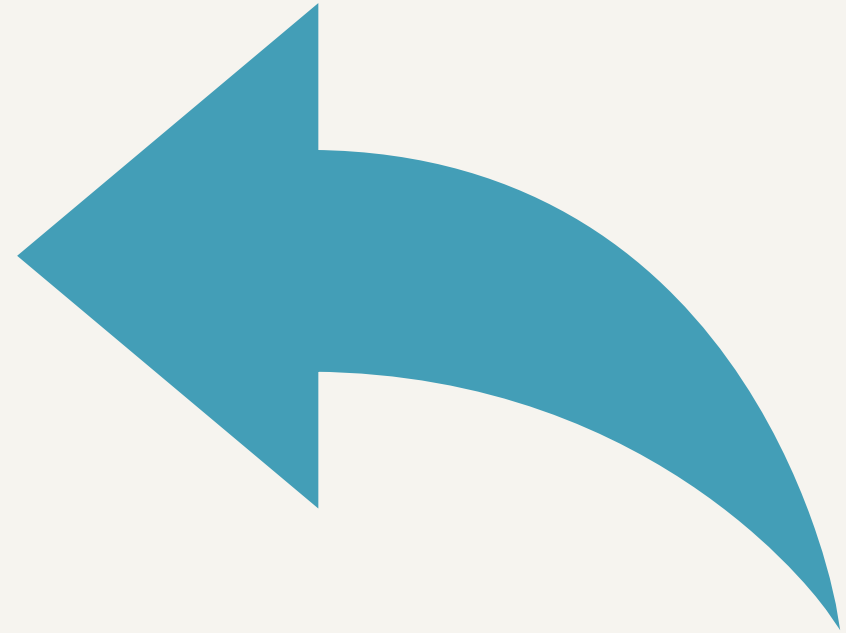
*Unless we learn how to use,  
embrace and co-create our  
future in world of  
technology.*

*Remember 23 March 2020?*

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*Back to  
basics*



The background is a dark, abstract composition. A large, glowing sphere with a yellowish-white outline is positioned in the upper center. The sphere's surface is dark and textured, possibly representing a planet or a celestial body. Surrounding the sphere are various geometric shapes, including triangles and polygons, in shades of purple, blue, and red. These shapes appear to be floating or falling, creating a sense of depth and movement. The overall color palette is dominated by deep purples and blues, with the glowing sphere providing a bright focal point.

*NEW?*  
*Artificial Intelligence*  
*OR AGI*  
*Or LLM*  
*Or ML?*

*APP, BOT, SITE, CMS, 'Assistant'?*



*FRIEND*

*or??*

*In sessions, out of sessions or both?  
To see, hear or view?*





# *ETHICS*

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*WHICH*  
*WHAT*  
*HOW*  
*WHERE*  
*WHEN*

TRAINING, CPD, BUSINESS, SUPERVISION AND  
BETWEEN SESSIONS, CRISIS MANAGEMENT

*ABILITY OR STRUGGLE  
PLAIGERISM OR SUPPORT  
ADVANCE AND  
BETTERMENT OR  
DISCRIMINATION?*

*PRESENT NOW GONE  
TOMORROW...  
WOEBOT GRIEF*



# *WHAT POLICIES ARE THERE? WHAT CAN YOU FALL BACK ON FOR FUTURE PROOFING?*

BACK TO .....THE DPA, OSA, AI BILLS?  
AND CHILDRENS RIGHTS IN THIS AGE?






# WHAT IS THE FUTURE OF PSYCHOTHERAPY IN A DIGITAL AGE?

TECHNOLOGY, AI BOTS AND  
PSYCHOTHERAPY AFTER COVID

Edited by  
Del Loewenthal

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WILEY

