

Class Notes

Office Hours: What Therapists Need to Know
About AI with Ted Faneuff



✓ **AI as a Therapeutic Assistant**

Ted emphasizes that AI is designed to support therapists by handling administrative tasks like note-taking, allowing clinicians to focus more fully on client care without replacing the human connection.

✓ **Data Privacy Matters**

Therapists must prioritize clear, informed consent and understand how their data is used when adopting AI tools to maintain trust and comply with ethical and legal standards.

✓ **Time Savings Reduce Burnout**

Using AI can save therapists six to ten hours per week on documentation, helping prevent burnout and creating space for more clients or personal balance.

✓ **Therapist Involvement Is Critical**

Ted stresses that therapists should actively engage in developing and overseeing AI technology to ensure it meets clinical needs and maintains ethical standards.

✓ **Managing Skepticism with Curiosity**

While some therapists resist AI, Ted encourages approaching it with open curiosity and skepticism, recognizing it as an inevitable tool that can be shaped responsibly by clinician voices.