

CCHPTP
Midwinter Meeting
March 2026

AI in Clinical Practice

From Curiosity to Integration

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ABOUT ME



Bayley Taple, PhD

Licensed Clinical Psychologist
Clinical Product Specialist, AI, Grow Therapy
Adjunct Faculty, Northwestern University

Experience & focus

- 10+ years of experience across clinical care, research, and digital health
- Focused on expanding access to equitable, culturally responsive care through technology
- Partners with product teams to ensure AI tools are evidence-informed, human-centered, and enhance care

Education & research

- PhD in Clinical Health Psychology
- Postdoctoral Fellowship in Digital Mental Health, Northwestern University, Center for Behavioral Intervention Technologies
- Published in digital mental health, perinatal collaborative care, pelvic pain and trauma, and health literacy

COURSE OBJECTIVES

Gen AI

Develop a general understanding of generative AI and identify common clinical applications

Supportive Accountability

Apply a supportive accountability framework to promote patient-centered, shared decision making when using AI tools in practice

Tool Evaluation & Integration

Evaluate the risks and benefits of AI tools to determine whether and how to integrate them into clinical practice

Agenda

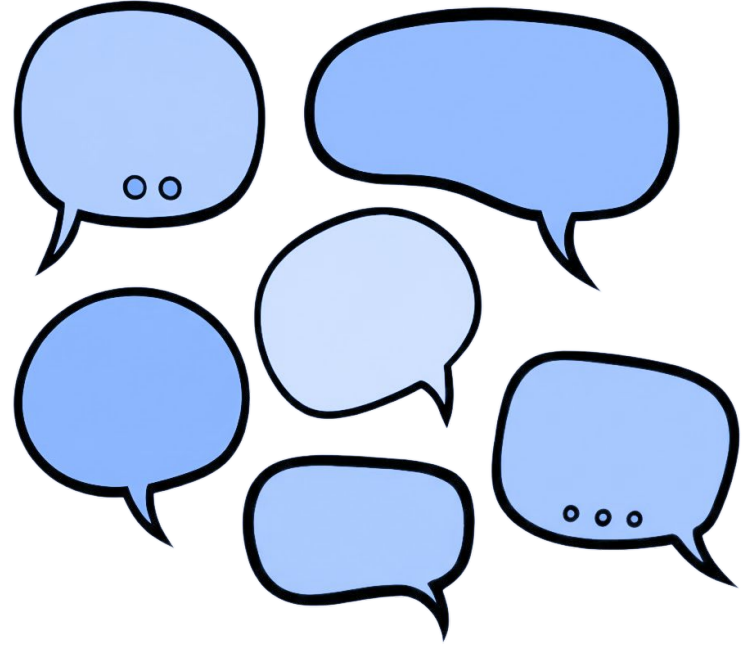
- 1 What is Gen AI?
- 2 AI for Mental Health: Risks & Benefits
- 3 Supportive Accountability
- 4 Evaluating AI Tools
- 5 Integrating AI Tools into Practice & Training

What is Gen AI?

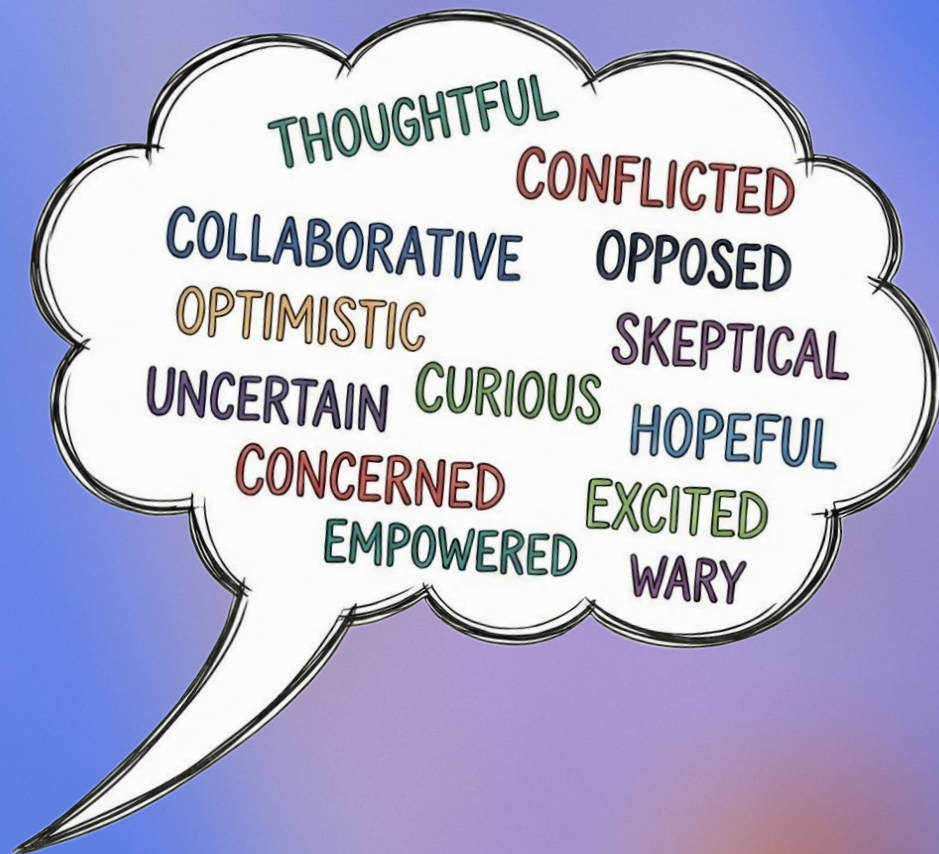
A brief primer

WHAT IS GEN AI?

What pops in your
mind when you hear
AI ✨?



it's normal to feel...



WHAT IS GEN AI?

Your AI glossary

Generative AI

Large language model (LLM)

Machine learning

Human-in-the-loop

Auto-eval

Prompt engineering

Hallucinations

AI for Mental Health

Risks & Benefits

Surveys of AI users

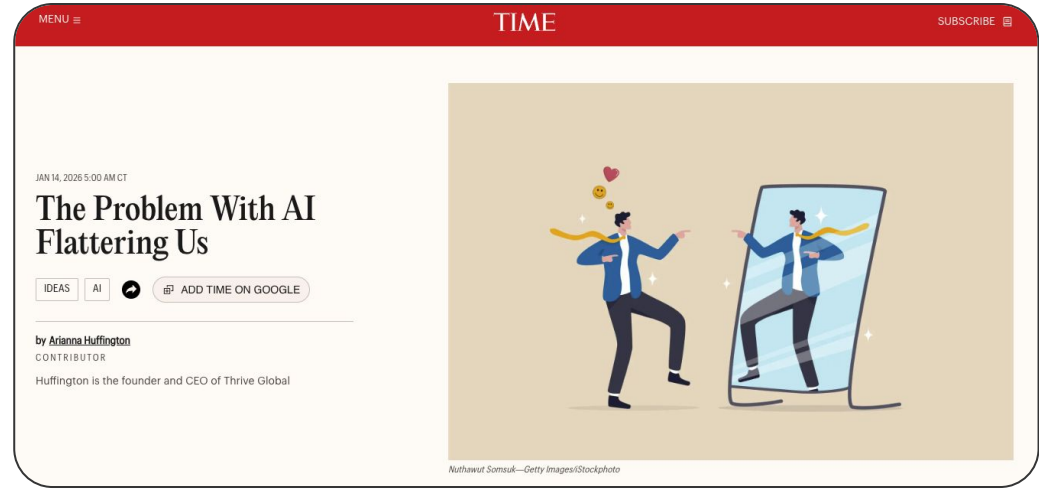
48.7% of adults (N=499)

&

13.1% of teens (65.5% monthly+) (N = 1058)
use AI for mental health*

*note: these are estimates from two recent studies and AI is rapidly evolving

AI in the news...



Sycophancy

Overly agreeable and flattering, reinforcing potentially harmful patterns

Suicide

Cases of people who have died by suicide after interacting with AI

Companions

Forming romantic and/or sexual relationships with AI. This is especially risky for teens

What we know so far...

Improved mood

Benefits to using
therapy-specific AI
chatbots

Adjunct to therapy

Enhance and empower
rather than replace

Developed by clinicians

Ethics, quality, safety
top of mind

we're still learning!

*Clients **ARE** using general purpose AI chatbots and AI companions...consider asking about AI use in intake*

Risks

- Sycophancy
- Over-reliance
- Hallucinations (AI term, not psychosis)
- Mental health crises
- Data privacy

Benefits

- Just-in-time support/intervention
- Values-aligned goal setting
- Skill practice
- Self-monitoring (mood checks)
- Therapy prep
- Different form of journaling

AI tools for therapy



Early detection

AVS/Session insights

AI-driven provider/client matching

AI-enabled summarization

Personalization
(client and provider side)

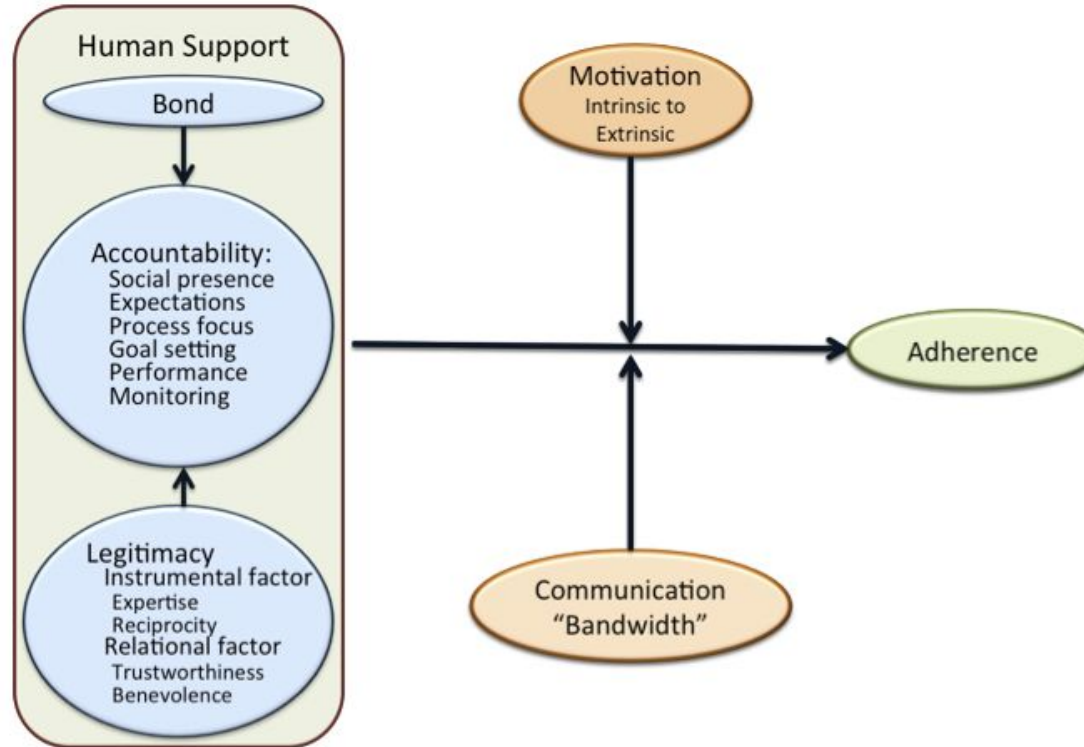
AI chatbot – adjunct
(between session support)

Possibilities are rapidly evolving...

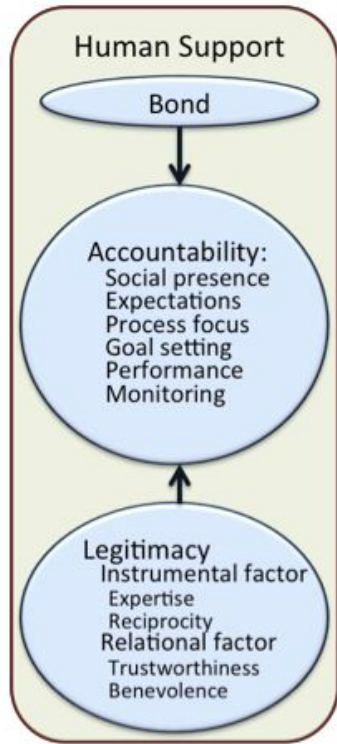
Supportive Accountability

for client-facing AI tools

SUPPORTIVE ACCOUNTABILITY - A FRAMEWORK FOR INTEGRATING DIGITAL TOOLS INTO PRACTICE



SUPPORTIVE ACCOUNTABILITY – HUMAN SUPPORT (YOU)



Bond

Therapeutic alliance

Accountability

- Engagement improves when clients feel answerable to a therapist/coach
- Clear and collaborative expectations

Legitimacy

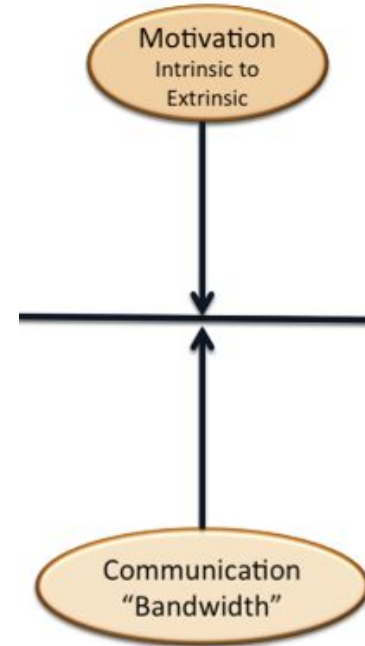
- Therapist gives tool credibility & trust
- Instrumental & relational

Motivation

- Intrinsic – requires less support; better, longer-lasting engagement
- Avoid tangible rewards

Communication Bandwidth

- Rich media = more cues
 - e.g., voice > text
- Lean media
 - Can still foster trust
 - Early impressions are strong



SUPPORTIVE ACCOUNTABILITY – KEY OUTCOME = ADHERENCE (ENGAGEMENT)

Adherence = Engagement with the tool

- Sustained use of the tool
- Driven by:
 - Supportive accountability
 - Aligned motivation
 - Thoughtful communication that fosters clarity and connection



Evaluating AI Tools

Being a savvy consumer

Are tools purpose-built?

Protecting and empowering ourselves and clients

1

Evidence
informed?

2

Ethical?

3

Clinically
appropriate?

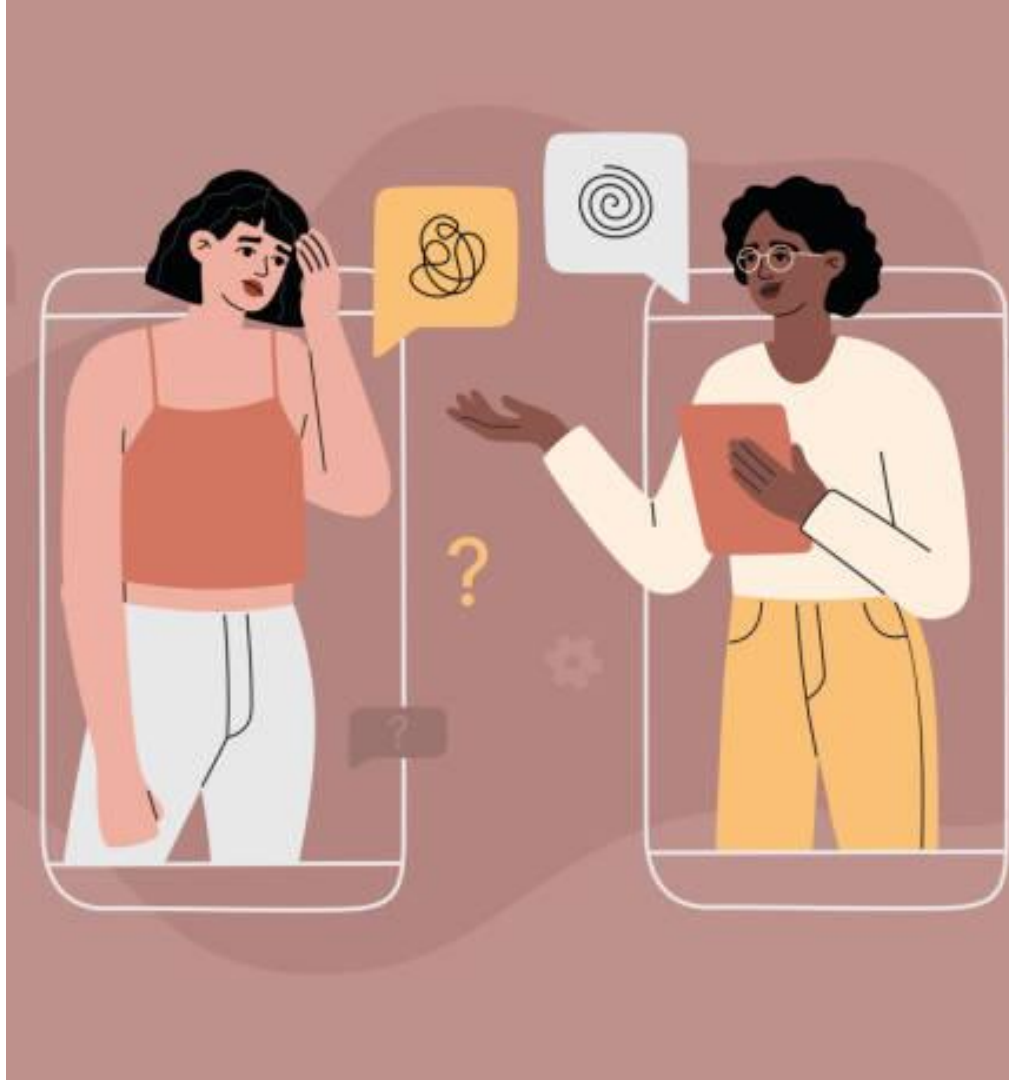
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Culturally
responsive?

Integrating AI Tools into Practice & Training

What digital tools do you already use in your practice?

AI?



FAQs

Overreliance

What if my client is using
AI in place of human
support?

Crisis

What if my client has
chronic suicidality?

Data Privacy

How do I know if the AI tool
is HIPAA compliant? Or how
client data will be used?

Children & Teens

Is AI appropriate for children
and adolescents? Specific
risks?

Uncertainty

AI is so new, what are the
risks we aren't
considering?

Supporting clients' autonomy through collaboration

Think
critically
about AI
tools

Reflect on
costs &
benefits

Notice
emotional &
relational
impact

Align with
clients' goals
& values

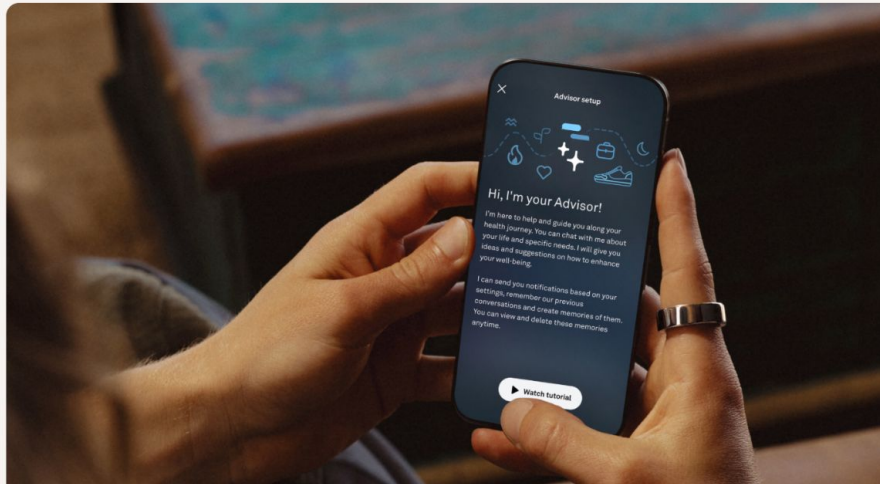
Training the next generation of clinicians

- Ask about client AI use as part of intake
- Stay up to date as tech evolves
- Ethical use in treatment planning and documentation
- AI co-pilots



Meet Oura

Introducing Oura Advisor: Your AI-Powered Personal Health Companion



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Q&A

Thank you!

- My email: bayley.taple@gmail.com
- Connect with me on LinkedIn: [linkedin.com/in/bayleytaple](https://www.linkedin.com/in/bayleytaple)

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