Belongly

5% 5%

45% 30%

THE RESULTS ARE IN

Explore the results of the AI in Therapeutic Practice Survey.

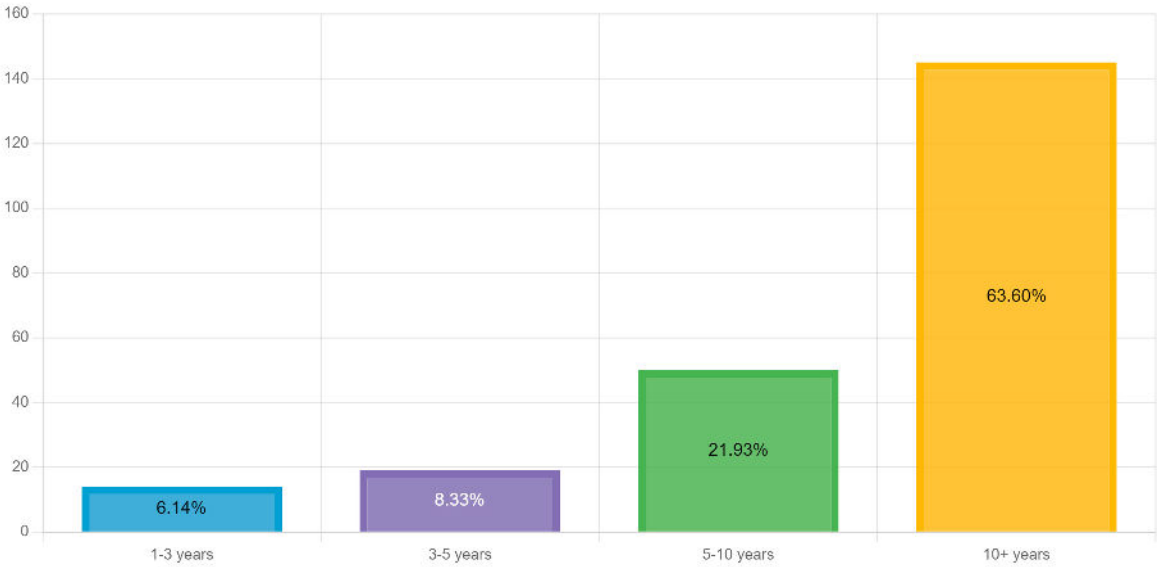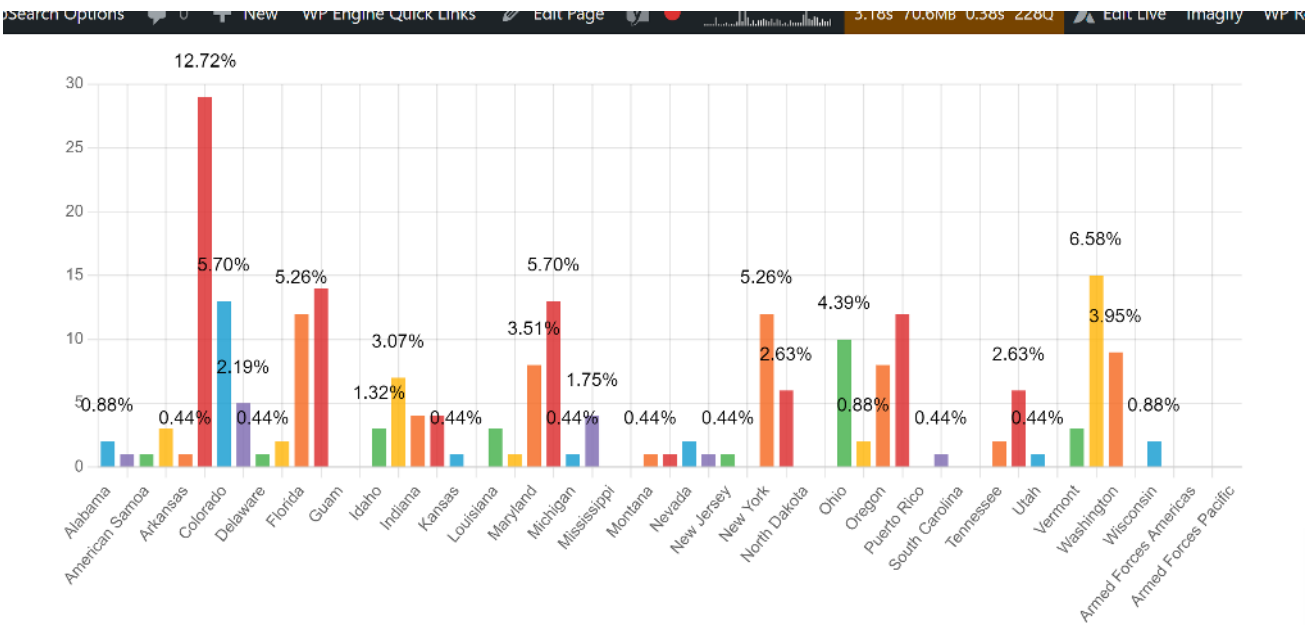## How Many Years Have You Been Practicing Therapy?

Most respondents appear to be veterans of the mental health industry, with the top response being more than 10 years of working as a mental health professional.
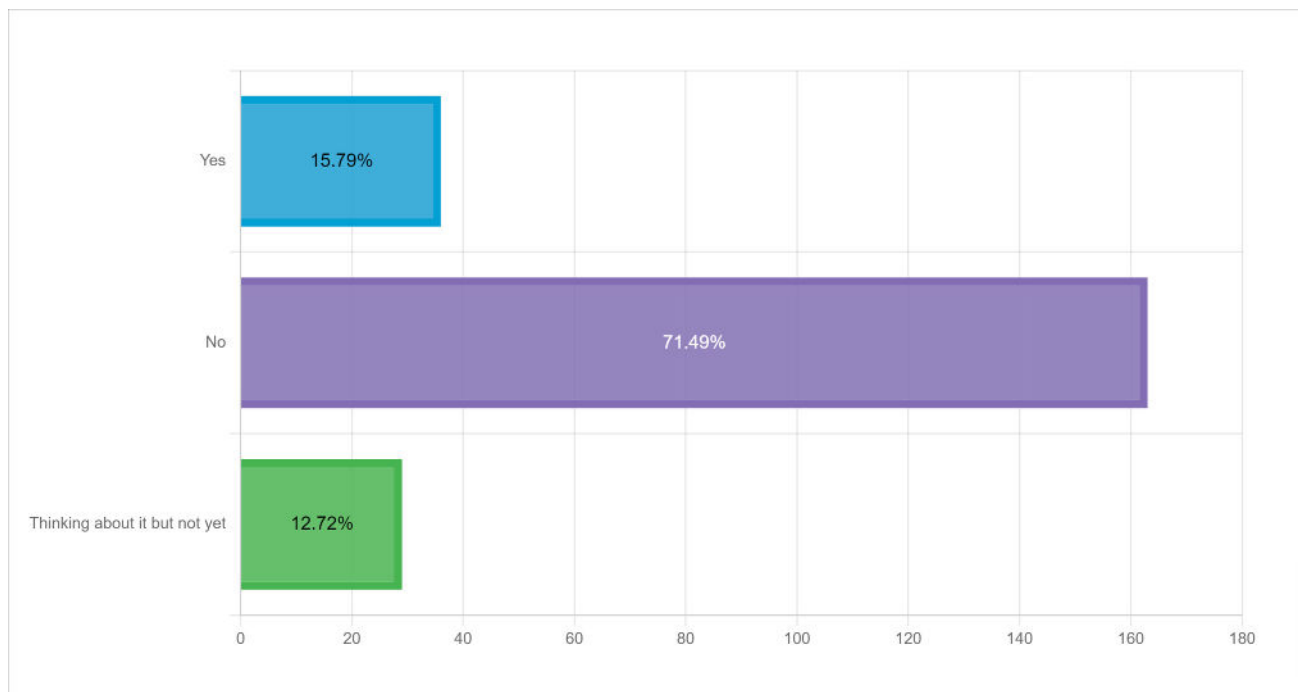
2023 AI IN THERAPY SURVEY RESULTS

Where are you located?

Respondents were located nationwide, with the primary group responding from California. This was purely circumstantial.

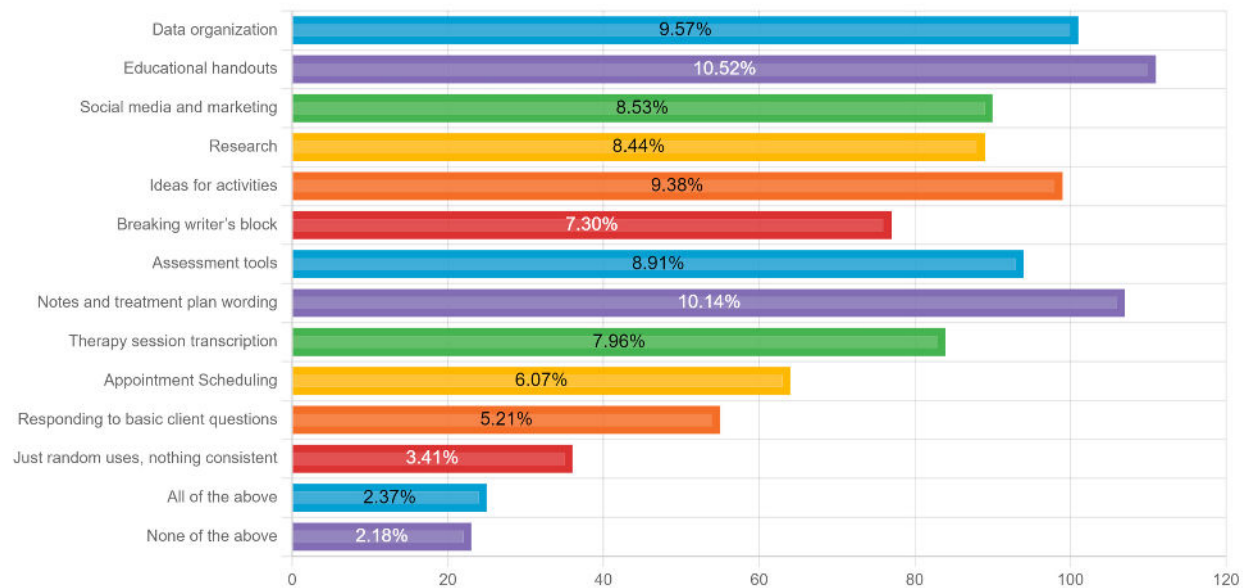## Do you currently use AI in your practice?

Only a small number of respondents report using AI in their practice, with another fraction currently thinking about it. Finally, a majority of therapists indicate they do not use AI in their practice.

Yes	15.79%
No	71.49%
Thinking about it but not yet	12.72%

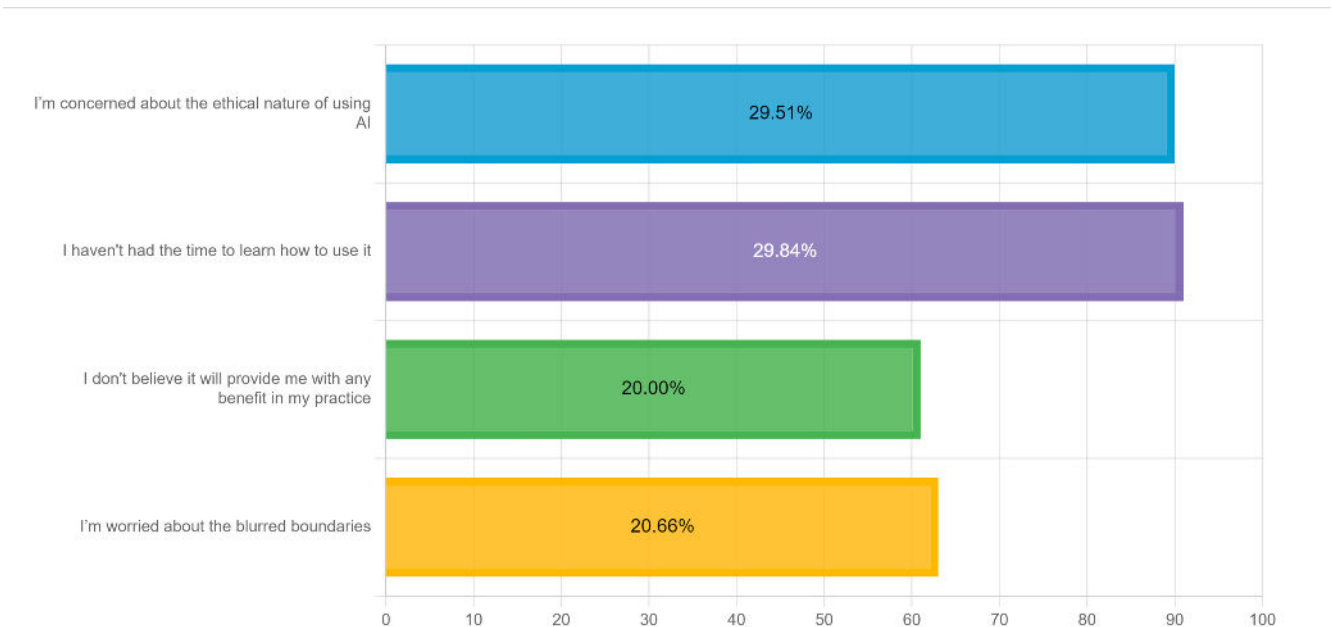# If AI knowledge and skills were not a barrier, do any of these AI uses seem appealing in your practice?

When presenting different scenarios of how AI can be implemented, many respondents seemed open to at least thinking about the ways AI could be advantageous to their business.

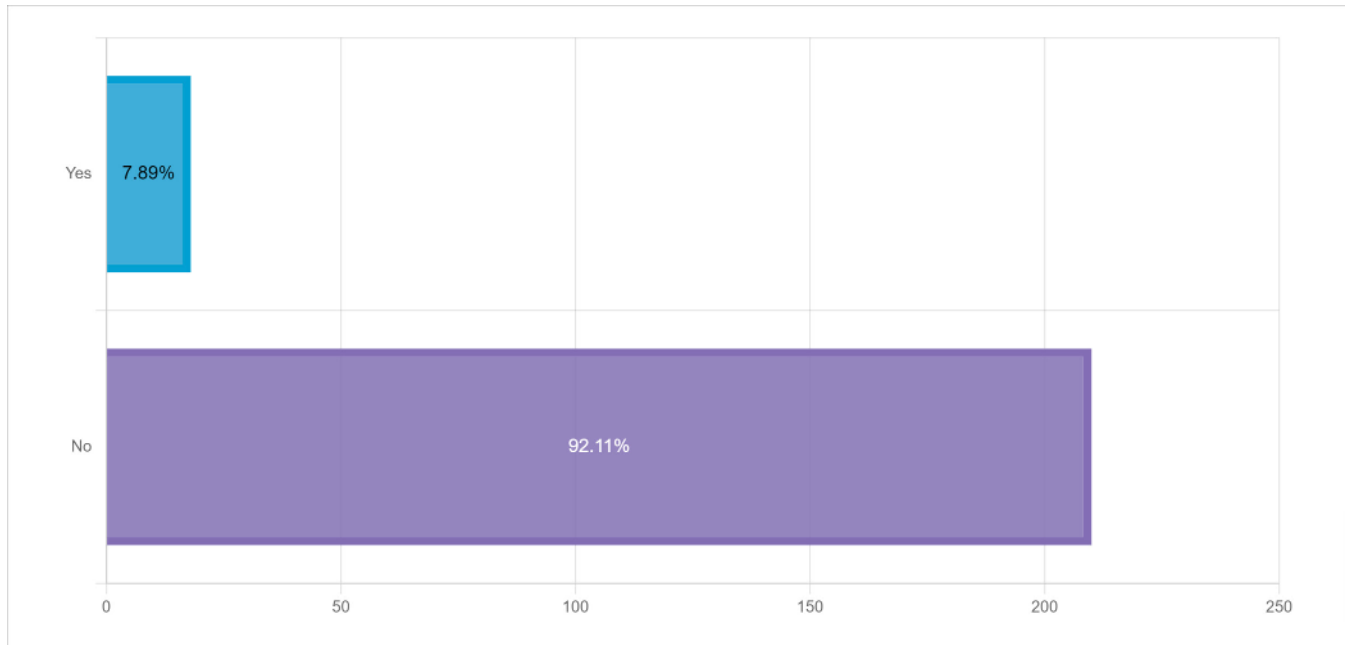| Category	Value
Data organization	9.57%
Educational handouts	10.52%
Social media and marketing	8.53%
Research	8.44%
Ideas for activities	9.38%
Breaking writer's block	7.30%
Assessment tools	8.91%
Notes and treatment plan wording	10.14%
Therapy session transcription	7.96%
Appointment Scheduling	6.07%
Responding to basic client questions	5.21%
Just random uses, nothing consistent	3.41%
All of the above	2.37%
None of the above	2.18%

What are the reasons you're not currently using AI?

Concerns remain. Ranging from ethical boundaries to a lack of understanding. The reasons were closely split among the options for not using AI.

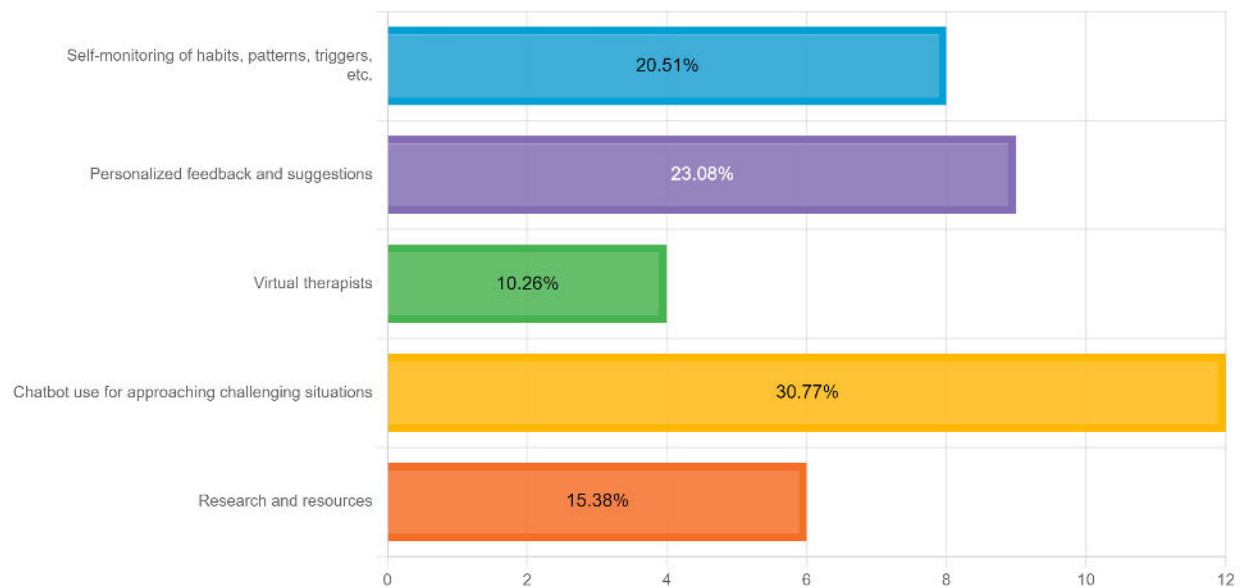## Have any of your clients reported using AI for therapeutic purposes?

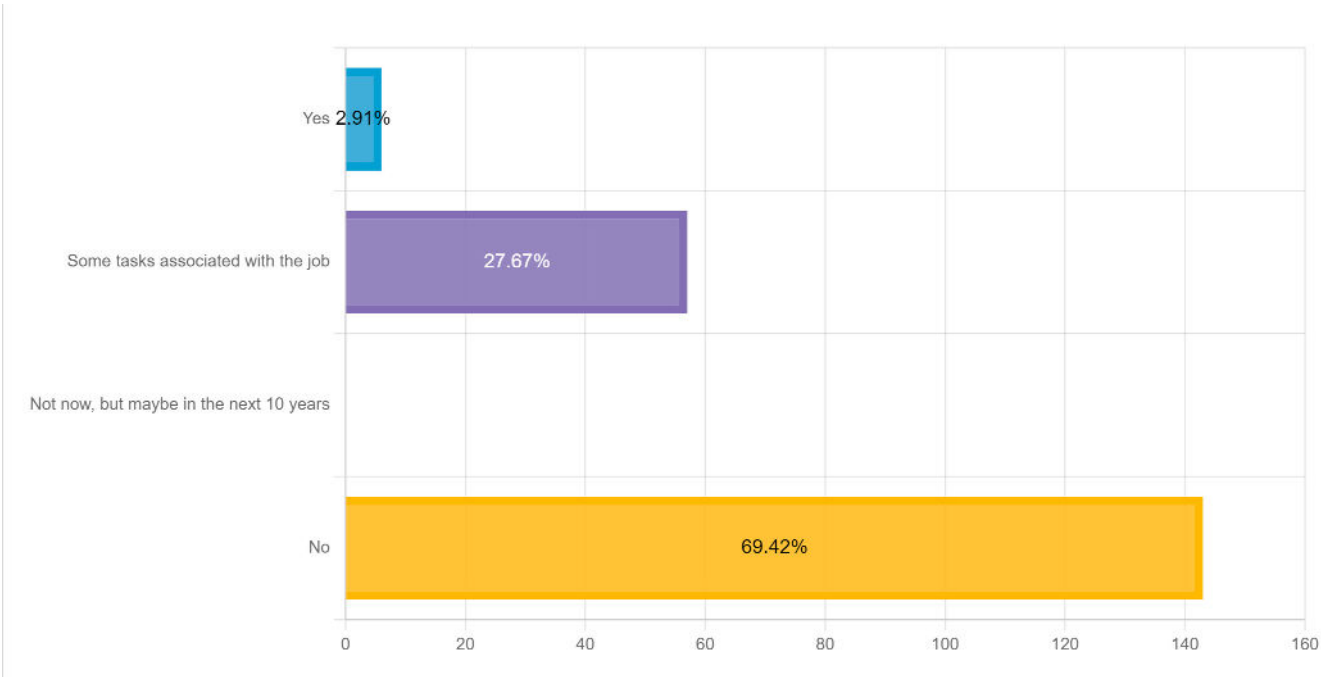A small percentage of respondents have reported knowledge of their clients using AI in between sessions.

How are your clients using AI?

A small percentage of respondents have reported knowledge of their clients using AI in between sessions.

Do you believe AI can ever replace the job of a therapist?

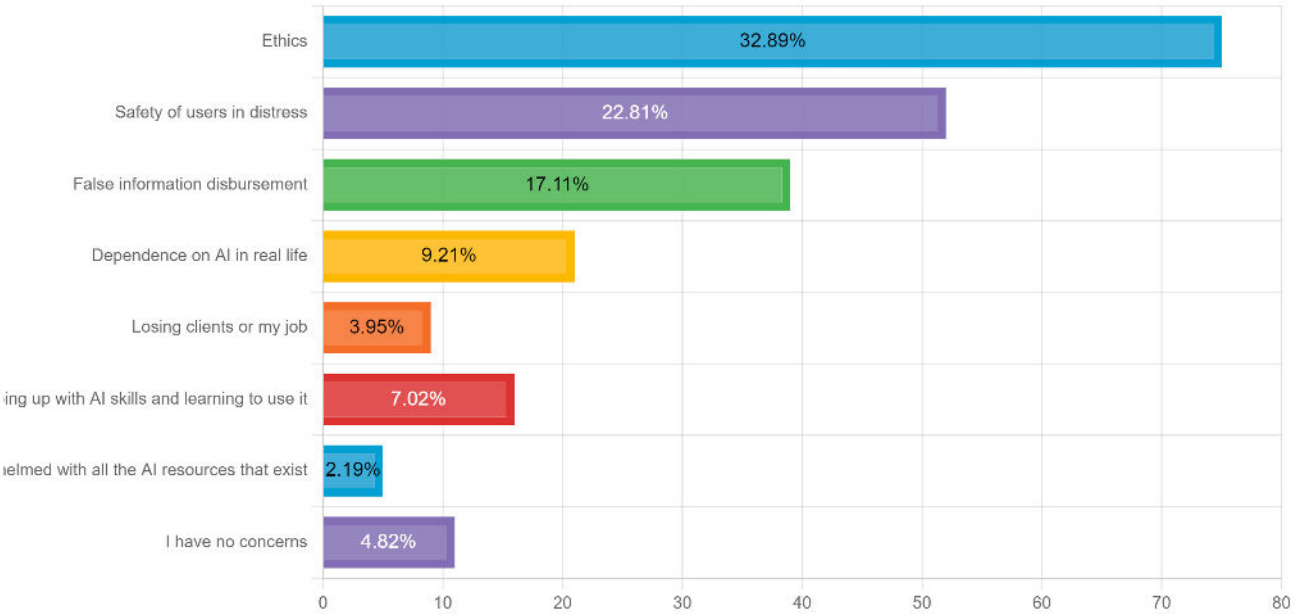Most respondents do not believe AI will replace their jobs.

Yes 2.91%

Some tasks associated with the job — 27.67%

Not now, but maybe in the next 10 years

No — 69.42%

(x-axis: 0, 20, 40, 60, 80, 100, 120, 140, 160)

Which of these options is your top concern about AI?

Ethics is the primary concern about AI in therapeutic practice as of this survey. (July 2023)

Ethics	32.89%
Safety of users in distress	22.81%
False information disbursement	17.11%
Dependence on AI in real life	9.21%
Losing clients or my job	3.95%
...ing up with AI skills and learning to use it	7.02%
...elmed with all the AI resources that exist	2.19%
I have no concerns	4.82%

Which of these excites you the most about AI in therapy?

Therapists remain intrigued about the possibility of AI in their business.

Category	Percentage
Automating administrative tasks for therapists	34.65%
Therapist organization and productivity improvement	19.30%
Destigmatizing mental health	3.07%
Flagging early warning signs of mental health crises	3.51%
Reducing bias and human error	2.19%
More holistic and personalized approaches for clients	2.19%
Increased client access to resources	9.65%
I'm not excited about anything	25.44%
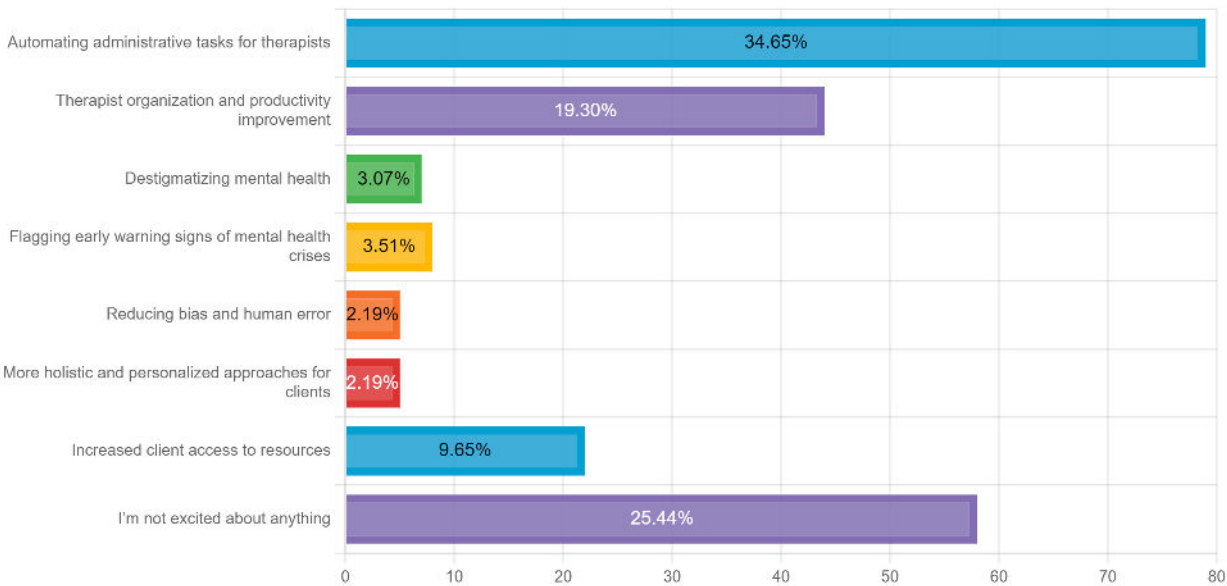
Which of these emotions best represents how you currently feel about AI?
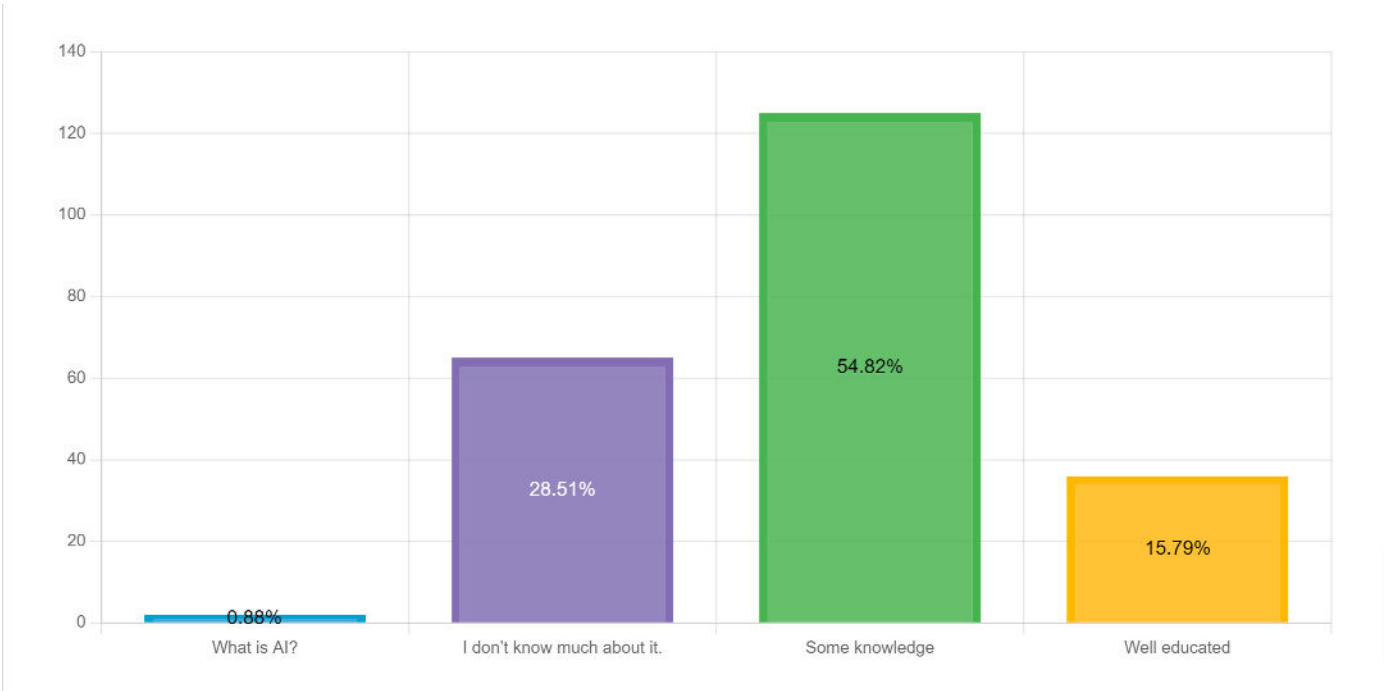
While many respondents remain curious, there's still a collection of fear and concern. Will this abate over time? As with any new technology, will fears fade and lead to mass adoption in the mental health industry?
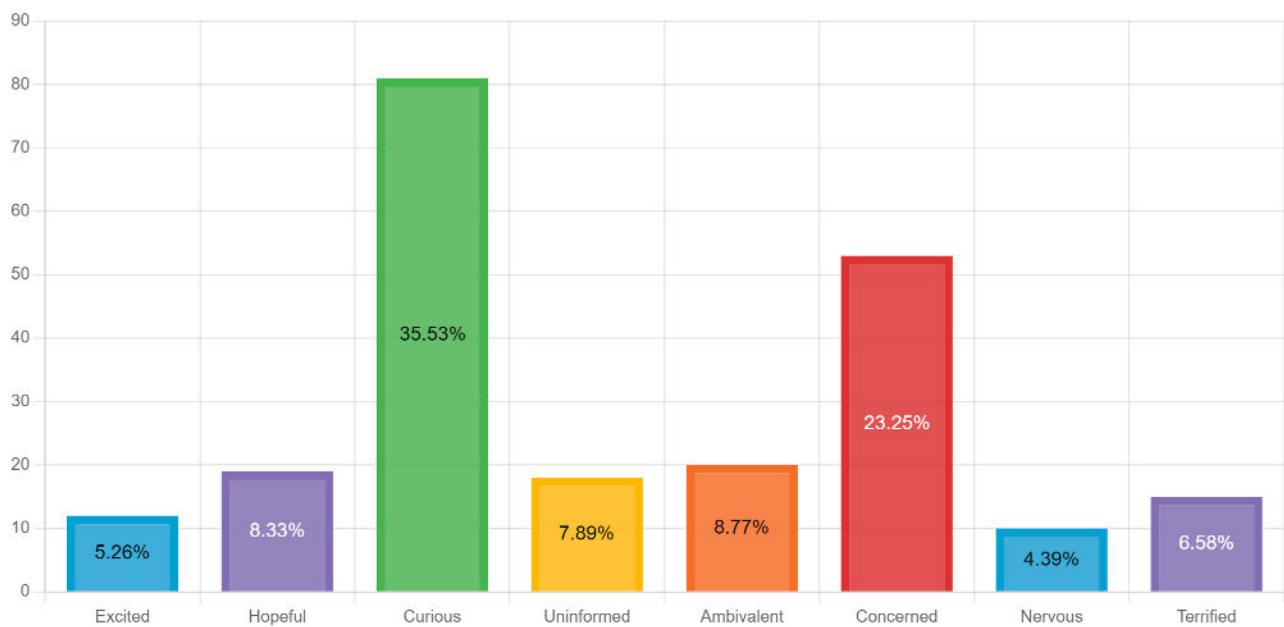
What is the extent of your knowledge about AI?

Knowledge and experience is limited but growing, with only a small percentage of respondents reporting they feel well-educated about AI, as of July 2023.

Bar chart showing survey responses: "What is AI?" 0.88%, "I don't know much about it." 28.51%, "Some knowledge" 54.82%, "Well educated" 15.79%.

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Conclusions

Survey says: On the AI front, belongly.com's mental health experts are open-minded but aren't letting down their guard. Hundreds of vetted clinicians nationwide have weighed in, most boasting some serious tenure in the field. While the rest of the professional world is riding the AI wave, 72% of you openly opt-out regarding AI in your practice. It's not that you're missing the allure—oh, we get it, the dream of neatly organized client files and effortless elevated care is tempting, but not nearly enough to overlook the thick ethical fog ahead.

With only roughly 8% of us recognizing our clients even dabbling in digital AI waters, it's pretty clear we're not writing ChatGPT prompts into treatment plans yet. The biggest roadblock appears to be ethical concerns, clocking in at 29.51%, followed closely by schedule constraints driving only intentional and strategic time investments. Let's face it: this isn't a field for trial and error—especially when time is our most precious currency.

Armed with shared insights, it's loud and clear that we're navigating AI mindfully, ensuring we cherish the irreplaceable human connection in our work. While 91% of us harbor ethical concerns in the changing digital landscape, it underscores that we still wear the badge of healer first, never compromising quality for convenience. Through meaningful conversations around AI, we've yet again illuminated what makes the Belongly community exceptional—our collective action transforms the concept of belonging into lived experience.

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Whether you're just opening the doors to your private practice or have a thriving business to run, blogging and article writing are great ways to gain exposure and attract new clients. At Belongly, we're inviting mental health professionals to submit their articles for distribution within our community and across our multiple channels.

Publish An Article

01. Boost your professional profile   **02.** Read by 10s of thousands of mental health professionals

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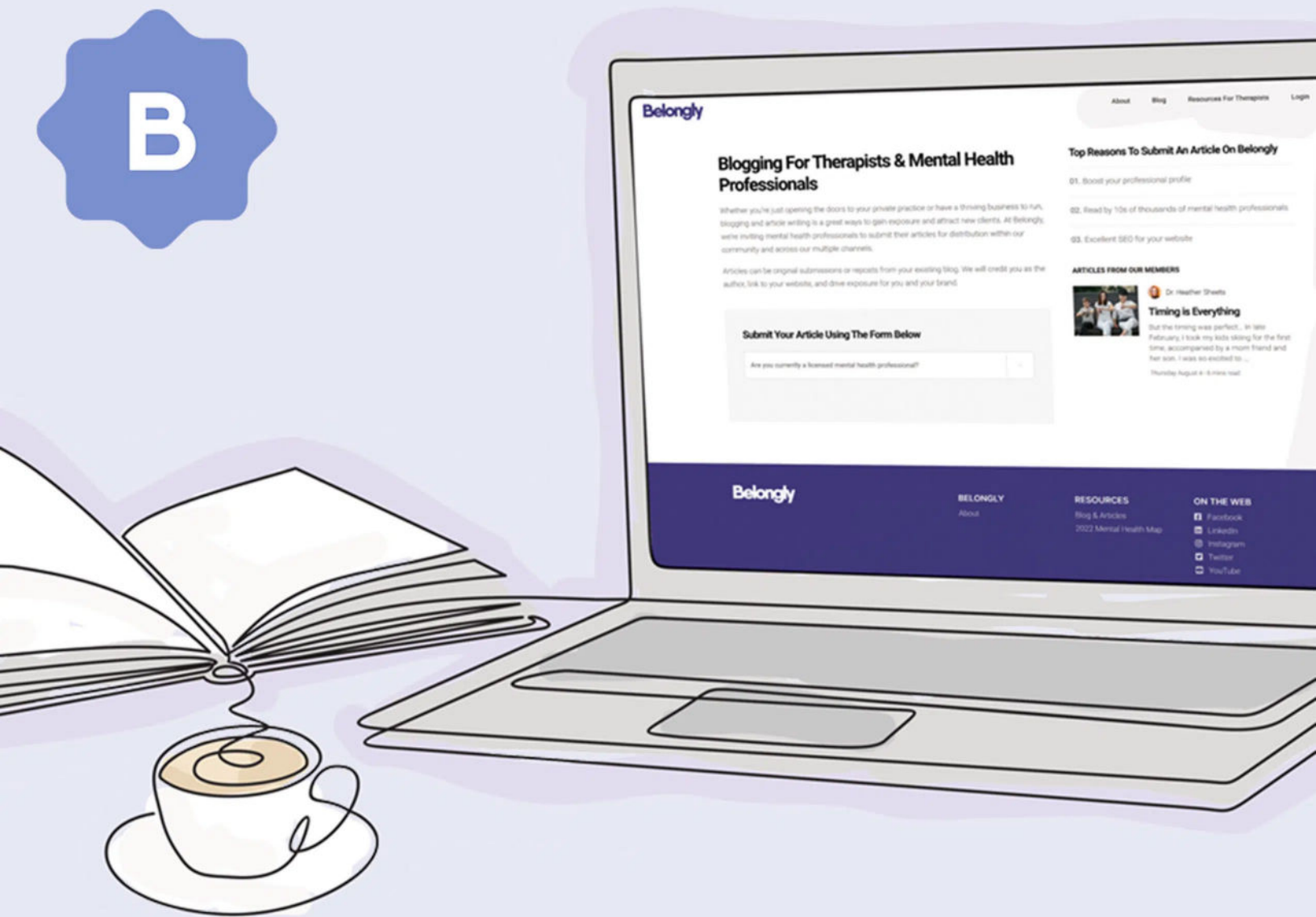
The community for mental health professionals.

A free, secure space for mental health professionals to collaborate with and meet new colleagues, support each other with referrals and stay connected to a trusted network of peers.

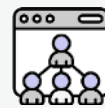| Join Today	Learn More

Belongly is a secure private platform. Currently, we only accept US-based therapists.
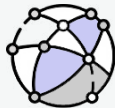
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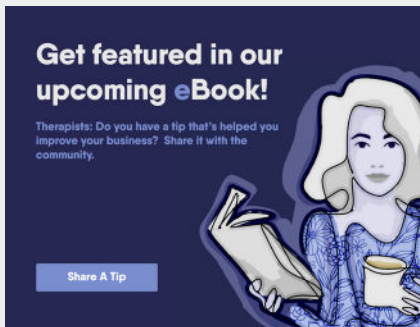**Subsscribe To Publications**

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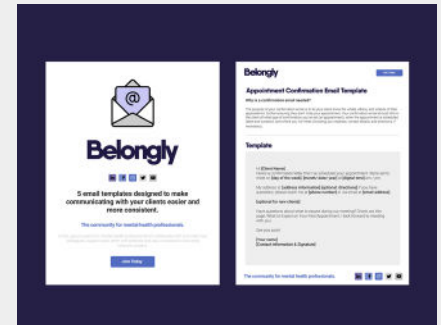
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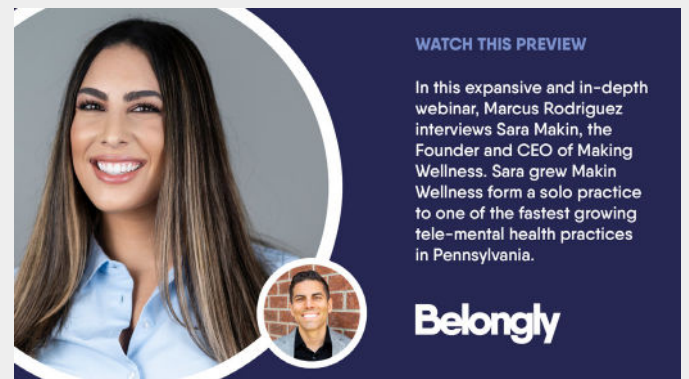Publishing For Therapists & Mental Health Professionals

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