

Associates for Counseling and Therapy, LLC
Client Consent for the Use of Artificial Intelligence (AI) Tools

Introduction and Purpose of This Consent Form

As part of our commitment to delivering high-quality, efficient, and supportive care, this practice may utilize Artificial Intelligence (AI) tools to assist with certain aspects of therapy sessions. These tools are designed to enhance—not replace—your therapeutic experience. This form provides information about the use of AI in therapy and seeks your informed consent.

What Are AI Tools?

AI tools are advanced technologies that can process information, generate suggestions, or automate certain tasks.

How We Use AI in Our Practice

AI may support our work in the following ways: **Administrative Tasks:** appointment reminders, scheduling, or billing, such as carrying out:

- **Clinical Support:** Assisting in the review of assessments, clinical record keeping, identifying patterns in progress, or offering treatment suggestions based on your input.
- **Resource Sharing:** Delivering tools or exercises aligned with your therapy goals.
- **The AI Tools Used in This Practice** may include, but are not limited to, AutoNotesAI, Nabla, Scribe, etc.

Your Privacy and Confidentiality

Your confidentiality is extremely important to us. Any AI tools we use must comply with federal **HIPAA** regulations and meet high data security and privacy standards. While we take every reasonable precaution to safeguard your information, no technology is entirely risk-free. As with all digital tools, there's a small risk of data exposure.

Data Privacy and Security

- Any data input into AI tools is treated with strict confidentiality.
- This practice uses HIPAA-compliant AI platforms and has signed a Business Associate Agreement (BAA) where applicable.
- These tools may process audio or text from our sessions, but are not used to make treatment decisions independently.
- Your protected health information will only be used or disclosed as permitted under federal and state law. Please review our Privacy Practices to understand the scope and exceptions to your privacy rights.

Your Rights

- **Voluntary Consent:** You are not required to permit the use of AI-supported tools in your care. Your treatment will not be negatively impacted if you choose not to consent.
- **Transparency:** You can ask questions at any time about how these tools are used or what data they collect.
- **Alternative Options:** If you prefer, we can use traditional (non-AI) methods.
- **Right to Withdraw:** You may withdraw your consent at any time.

Benefits may include:

- More efficient communication and documentation
- Faster access to resources or tools tailored to your needs
- Greater insight into your progress over time

Possible Risks include:

- Any electronic platform presents some small risk of unauthorized access to data, despite using HIPAA-compliant and secure systems

Limitations and Disclaimers

- AI-generated outputs may occasionally include errors or misinterpretations. Your clinician will review all AI-generated content and make corrections as necessary.
- The AI tools used do not make clinical decisions and are not a substitute for therapy.

Consent and Acknowledgment

By signing below, you confirm that:

- You've read and understood this consent form
- You understand how AI tools may be used to support your care
- All your questions have been answered to your satisfaction
- You voluntarily give consent for the use of AI tools as described
- We may periodically update the AI tools or our use of them. If that occurs, you will be informed of the updates

Client Signature: _____

Printed Name: _____

Today's Date: _____