



2026

PERSPECTIVES ON TECHNOLOGY, AI, AND CLINICAL PRACTICE

Overview

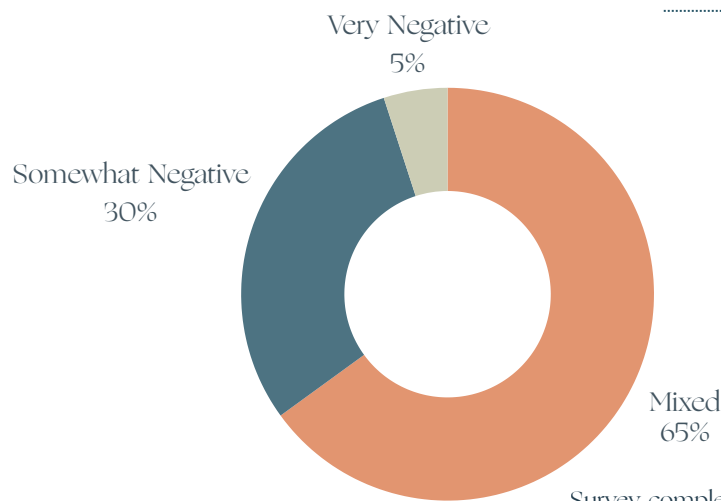
Connections
Health

COLLABORATIVE COUNSELING



Technology's Impact on Clients:

Insights from 20 professionals in our network:

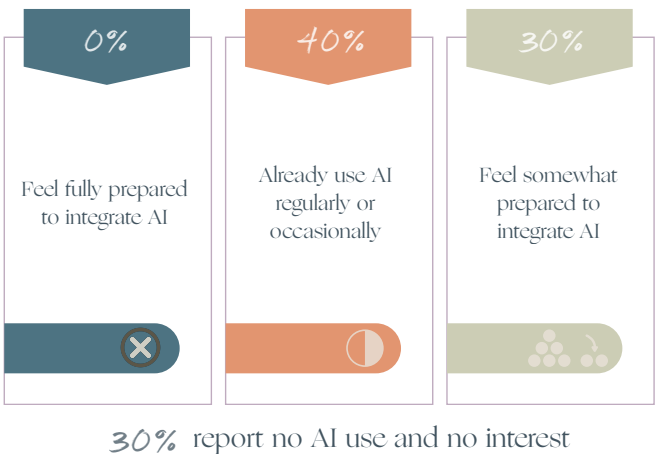
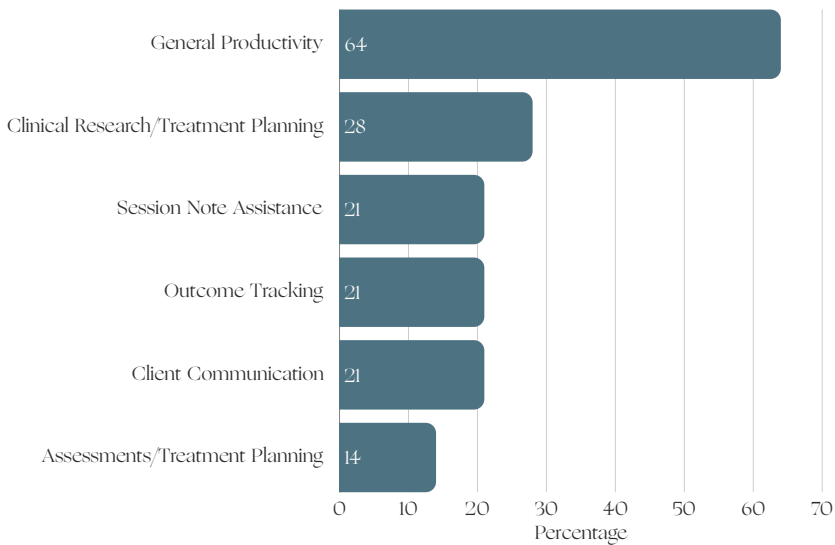


- 100% identified health & wellness apps as having a positive impact
- 75% identified social media as having a negative impact
- 40% identified AI tools as having a negative impact
- 65% identified messaging apps as having a positive impact

Survey completion rate: 26%. Open-ended responses are illustrative rather than representative. No respondents (0%) rated technology's overall impact on clients as positive.

AI Adoption vs. Readiness

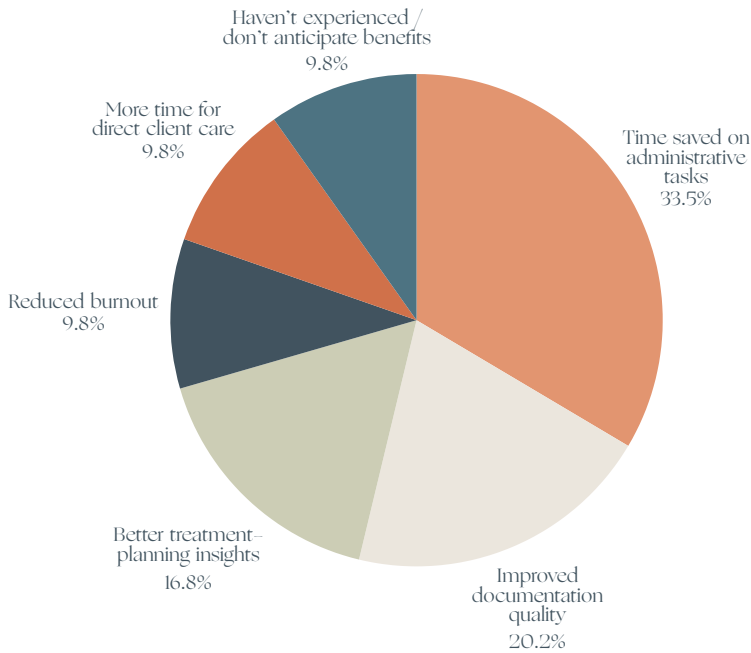
How AI is being used



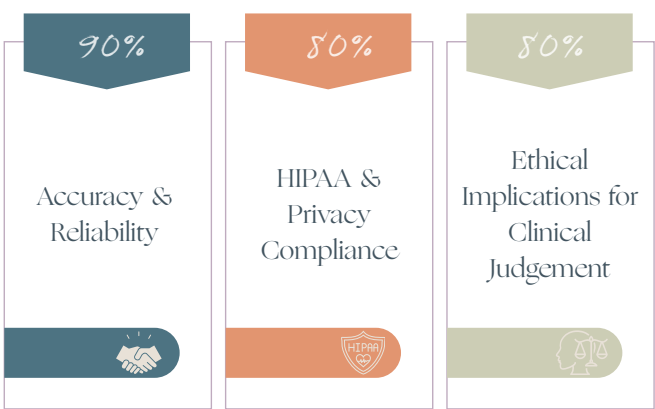
Current use is concentrated more heavily in productivity and administrative applications than in clinical decision-making.

Benefits, Concerns, & What Practitioners Need

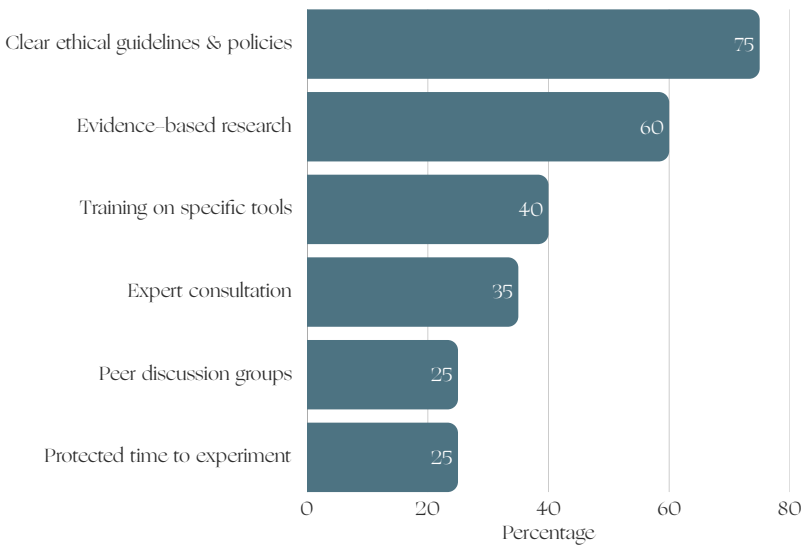
Reported Benefits



Top Concerns



What Would Help Responsible AI Integration?

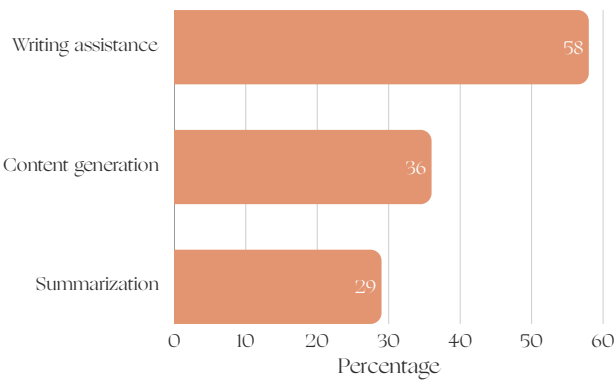


Industry Context

APA 2024 Practitioner Pulse Survey

- 29% Used AI in the past year
- 11% Used AI monthly or more

Among AI Users, Top Uses



AI use is entering clinical practice, but perceived readiness remains low. Practitioners see meaningful administrative benefits while continuing to raise concerns about reliability, privacy, and the role of AI in clinical judgment.