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Contract for AI-Assisted Therapy (Anna & AI)

This contract is for 1:1 therapy with me, Anna Rose, using the generative pre-trained transformer (GPT) assistant *Anna & AI* to supplement your therapy. The assistant is designed to offer exercises, tools, psychoeducation, and reflective prompts. It is not intended to replace direct therapeutic conversations with me.

I. Sessions and AI Usage

At the outset, I will provide a 90-minute session to discuss your life, concerns, and aims for therapy. This is followed by up to four 30-minute sessions per month with me that you can [book online](#) or with me directly.

You will have access to the *Anna & AI* GPT, available through the ChatGPT app on your phone or computer, to use between sessions. The aim of the GPT is to enhance your reflective practice and progress outside of sessions.

You may use the assistant as directed, and I will suggest prompts for you to engage with assistant between sessions. You are advised to notify me if you experience any issues with the AI assistant.

II. Cancellation and Fees

For cancellation or rescheduling, at least 48 hours' notice is appreciated. However, you may reschedule up to 24 hours before your original booking. Changes or cancellations within 24 hours cannot be guaranteed and may be counted as a chargeable session.

GPT access is continuous between sessions and not subject to scheduling.

Fees for Anna & AI:

Initial Session: £100 for 90 mins (to include a 5 min break)

Monthly for up to 4 sessions: £100 per month to be paid following the initial session.

Individual sessions are 30 minutes, but two can be combined into a full hour.

Sessions do not carry over to the next calendar month, so it's best to schedule them in advance to avoid unused time.

III. Ethics and Confidentiality

I adhere to the Codes of Ethics laid down by the British Association for Counselling and Psychotherapy (BACP) and the Health and Care Professions Council (HCPC).

All information discussed during therapy, including your interactions with the GPT assistant, is confidential. I do not access or review the details of your exchanges with *Anna & AI* unless you explicitly share them with me.

I have carefully considered the ethical implications of using AI in mental health and have taken steps to mitigate risks while ensuring a responsible and effective service. For more on ethical considerations see <https://annarose-psychotherapy.com/ai-assisted-psychotherapy/>

My clinical supervisor will have access to your first name, surname initial, and contact details in the event of my sudden unavailability. My supervisor also upholds confidentiality.

Confidentiality is broken in the following exceptional circumstances (where possible, you will be notified in advance of this):

- If I am required to do so in the course of a police investigation.
- If I am required to do so by a court of law.
- If I believe there is imminent risk of harm to you or to others.
- If there is information pertaining to child protection laws or imminent risk of child abuse.

I keep brief notes for my reference only, which are stored confidentially in accordance with BACP and HCPC ethical standards. I do not use any AI services for my notes, which are all held locally. You have the right to access these records.

IV. AI Usage and Consent

By signing this contract, you consent to the use of the AI assistant (*Anna & AI*, a GPT in the ChatGPT ecosystem) as part of your therapeutic process. You understand that the assistant is designed to provide supplementary tools, and you are responsible for any interactions you have with the assistant between sessions. *Anna & AI* follows the data security protocols of the ChatGPT platform. By signing this agreement, you confirm that you understand its privacy limitations. You can read OpenAI's privacy policy [here](#) and my privacy policy [here](#).

Given the privacy limitations, you are advised that the most confidential way of recording your reflections and processing your thoughts and feelings is by hand, on paper. The format of this will be discussed when we meet. Be mindful of any personal or sensitive data you input when using the AI assistant, even with learning settings disabled. For complete privacy, you may choose to anonymize your interactions.

You have confirmed that you are not experiencing a serious mental illness and you are aware that the GPT is not suitable for use in a crisis.

Tampering with this or any other GPT in a way that undermines its safeguarding system may cause harm to yourself or others. Any tampering is entirely at your own risk and you are strongly advised against it.

V. Ending Therapy

When you decide to bring the therapy to a close, I strongly recommended that you plan for an end date, and have two or three sessions to bring our work to a meaningful close. When you are no longer in therapy with Anna, any use of the *Anna & AI* GPT is entirely at your own risk.

VI. Questions, Glitches, Concerns

I am happy to discuss any questions or concerns about the AI assistant or therapy process outside of session time. Please feel free to bring them up with me.

Please sign to confirm that you agree to the terms of this contract or send an email stating that you have read the contract for AI-Assisted Therapy (*Anna & AI*) and agree with the terms therein.

Name _____

Signed _____

Date _____