

Addendum: Disclosure Practice Tool — Framing & Consent Overview

For Use in Client Onboarding – Therapist-Guided

As part of the tools available through PracticeField.io, your therapist may invite you to engage with a **Disclosure Practice Tool**—a structured, therapist-designed environment where you can rehearse how to name difficult or emotionally charged experiences in preparation for bringing them into therapy.

This tool is designed to support your healing.

At its core, mental health is deeply relational—how we speak to ourselves, how we connect with others, and how we repair when things rupture. This AI-guided tool provides a safe, structured space to explore and rehearse those relational dynamics in ways that foster real growth.

It's built to help you:

- Practice speaking what feels hard to name
- Build confidence and clarity before live conversations
- Deepen emotional insight and regulation
- Heal internalized patterns like codependency or self-blame
- Strengthen your capacity for boundaries, assertiveness, and repair
- Develop a more compassionate, integrated relationship with yourself

With your therapist's guidance, you co-author how this tool supports your care. Together, you shape how the AI shows up—what tone it uses, what language it mirrors, and how it helps hold space. This isn't generic self-help. It's a **personalized, therapist-informed extension of your healing work**.

When used with clear boundaries and ethical safeguards, AI can dramatically deepen how we reflect, connect, and grow. And with trauma-informed prompt design embedded into every interaction, this tool becomes a **practice field for relational transformation**—helping you carry the work you're doing in therapy into your everyday life.

What This Tool Is:

- A **relational practice field**—designed to help you reflect and articulate difficult experiences at your own pace
- A **supportive, asynchronous space** to begin giving language to complex or unspoken material
- A tool **crafted by licensed therapists** with trauma-informed and ethical guidelines

What This Tool Is Not:

- It is **not a replacement for therapy**, real-time clinical supervision, or emergency services
- It is **not automatically monitored** by your therapist or anyone else unless you choose to share content
- It does **not initiate crisis response** or legal intervention unless you opt to disclose something that then becomes subject to clinical duty-to-warn standards within a therapeutic session

How It Works:

- You will receive access to a guided AI-based tool designed to help you practice naming experiences or emotions that may be difficult to voice in live therapy
- You choose whether to keep these reflections private, share portions of them, or use them as a starting point for future sessions
- Your therapist may provide framing guidance to help contextualize this practice within your current care plan

Confidentiality & Consent:

- All participation in this tool is **opt-in**
- You retain full control over what is or is not shared with your therapist
- Any information you choose to bring into session will be held in accordance with applicable state licensing laws, ethical standards, and the limits of confidentiality

- This tool does not override your therapist's mandated reporting responsibilities, should shared content indicate imminent harm

Important Note on Privacy and Responsibility

As with any digital tool, the use of AI and large language models (LLMs) carries inherent privacy considerations. While Practice Field is being built with ethical, trauma-informed safeguards, it is important to understand that AI tools involve data processing that may differ from traditional therapeutic confidentiality standards.

Clients are responsible for reviewing and understanding the privacy terms and data practices associated with AI use within this platform. Further information will be provided as the backend infrastructure of PracticeField.io continues to develop, with a commitment to transparency and client protection. **Until full end-to-end encryption and private LLM deployment are established, the safest assumption is that your text input may not be entirely confidential. While Practice Field is actively working toward secure, consent-based infrastructure, users should exercise discretion when engaging with sensitive content and consult their therapist for guidance.**

We strongly encourage all users to consult with their therapist before sharing sensitive content through AI-based tools and to use these resources as **adjuncts to care—not replacements for protected, confidential human dialogue.**

Understanding LLMs & the Risks of Generative AI

What Are LLMs?

- **LLMs (Large Language Models)** are advanced AI systems trained on massive text datasets. They **predict and generate sentences** that read as if written by a person—but this is a **pattern-based statistical output**, not genuine understanding.
- These tools can simulate warmth, structure, and reflection, but they **cannot feel empathy, intention, or moral accountability** the way humans do.

What LLMs Can and Cannot Do

Helpful when:

- Offering carefully designed **reflective prompts** or **tone-matched responses**
- Acting as a **relational practice field** that mirrors emotional states
- Providing **consistent structure and availability**, especially between sessions

Not helpful when:

- They **hallucinate** facts, advice, or clinical guidance
- They produce “**sycophantic**” **responses**, echoing rather than challenging clients during distress (jocelynskillmanlmhc.substack.com)
- They fail to notice the subtleties of **context**, culture, and relationship that are essential in therapeutic work

Key Risks & Ethical Considerations

1. **Over-Identification / Emotional Dependency**
LLMs can feel emotionally attuned and validating—sometimes more so than human contacts—creating a risk that clients **prefer AI validation to real-life connection** (jocelynskillmanlmhc.substack.com).
2. **Distress Tolerance Undermined**
Frequent AI use for support may reduce the ability to **sit with discomfort**, seek **embodied regulation**, or rely on **human attachment systems**.
3. **Misattribution of Agency and Accountability**
Users may begin to rely on the AI's voice over their own internal decision-making, leading to a **diminished sense of personal agency**.
4. **Relational Confusion**
The AI may sound supportive, but without true **intentionality or presence**, users can misconceive its tone as emotionally reciprocal, which risks emotional confusion and attachment distortion.
5. **Bias, Error, & Misinformation**
LLMs are trained on broad datasets and can **reflect bias** or **generate outdated/inaccurate content**, making them unsafe for **clinical decision-making**.

6. Privacy & Data Security

Written content and usage patterns, if not safeguarded, may be exposed, stored, or misinterpreted by third parties. Strong **data protection protocols** are essential. (arxiv.org)

Ethical Guardrails in Our Model

To mitigate these risks, Practice Field embeds multiple ethical safeguards:

- Frames AI as a **relational adjunct**, not a replacement for human care
- Includes **regular reminders** of the AI's synthetic, non-human nature
- Enables **user agency** through opt-in content sharing and tone recalibration
- Uses **therapist-guided prompt design** to ensure clinical alignment
- Offers **psychoeducation** about responsible AI usage for both clients and clinicians

Summary

Generative AI can be a powerful ally for reflection, practice, and emotional rehearsal—but only within a human-led framework.

At Practice Field, our innovations are designed to **expand the clinical frame**, not **disrupt it**—built to **serve human growth**, with human insight in the lead.