



Guide to Ethical & Effective Use of ChatGPT in Clinical Practice

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Important Ethical Considerations:

Guidelines
ChatGPT is NOT HIPAA-compliant
Never input Protected Health Information (PHI)
Always anonymize client data when using real-world examples
Use ChatGPT as an enhancement tool, not as a clinical decision-maker

Why AI Matters in Clinical Settings:

Significance
AI is integral to current mental health practice.
Ethical responsibility to guide AI's evolution.
Enhances client outcomes, workflow efficiency, and professional relevance.

Clinical Impact of AI-enhanced Systems:

Aspect	Change
Depression	24.3% decrease
Anxiety	28.4% decrease
Well-being	16.1% increase
Attendance	No-show rate of just 1.1%

Understanding GPT (Generative Pre-trained Transformer):

Term	Description
Generative	Creates human-like language
Pre-trained	Learns from extensive datasets
Transformer	Processes context and nuance in text

ChatGPT Account Types:

Account Type	Features
Free Account	Basic tasks, quick notes, simple research
Team/Pro Account	Advanced collaborative workflows, in-depth analysis



Effective ChatGPT Prompting:

Use this structured formula:

Role	Task	Output	Constraints	Example
Define expertise (e.g., licensed clinical supervisor)	Specify the required action	Indicate the desired format	Limit style or length	"Act as a licensed clinical supervisor, analyze this assessment summary, and provide a DSM-5 differential diagnosis. Cite current research. Limit to 2 paragraphs."

Practical Applications of ChatGPT:

Category	Tasks
Clinical	Summarizing patient histories, Identifying comorbidities, Differential diagnoses, Medication interaction checks
Business	Strategic planning, Marketing materials, Operational documentation, Client engagement tools, Financial analyses

Enhanced Clinical Documentation with ChatGPT:

Key Points
Summarize key points from clinician notes
Create documentation and structured SOAP/DAP notes
Enhance clinical writing clarity and intervention descriptions
Write support letters (e.g., ESA letters)
Transform handwritten notes into structured EHR-compatible text
Align clinical symptoms with DSM-5 TR/ICD-11
Produce differential diagnosis, session notes, and discharge summaries

Repurposing Clinical Insights:

1. Blog posts
2. Educational handouts
3. Clinical guides
4. Client outreach materials



Final Thoughts:

1. You are the primary expert; ChatGPT assists as a co-pilot.
2. Ethical usage is important for responsible clinical practice.

Additional Resources & Support:

Custom GPTs	URL
AI Navigator Pro	https://chatgpt.com/g/g-685060c193148191a9f3219c1699a557-ai-navigator-pro
Behavioral Health Navigator	https://chatgpt.com/g/g-6854a05d0db48191aa5d5c6ed1583806-behavioral-health-navigator

For customized consultation:

- Artificial Intelligence Strategies in Clinical Settings
- Neurodivergent-Informed Systems Design
- Ethical Assessments and Evaluations

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