Class Notes

What Therapists Need to Know About AI and Privacy with Candice Thompson



Know Your Worth Beyond the $40 Hourly Rate

Candice urges therapists to recognize the true value of their education and training. Accepting low-paying roles may seem like a short-term solution, but it often leads to burnout and undercuts the financial stability required to sustain a private practice.

Licensing Exists to Protect Clients and the Profession

While coaching can offer support, unlicensed practitioners who cross into therapy create legal and ethical risks. Candice reinforces that licensure isn't gatekeeping but a critical safeguard for both clients and the field.

Privacy Should Never Be an Afterthought

As therapy tech tools become more widespread, Candice warns that convenience shouldn't override ethics. Therapists are legally and morally responsible for client confidentiality, and tech companies often don't carry the same standards of care.

Therapists Have the Power to Influence the Industry

Rather than follow every new trend or platform, Candice encourages therapists to make deliberate choices. What therapists choose to support shapes the direction of the field and determines which tools survive.

LinkedIn Is a Tool for Advocacy, Not Just Branding

Candice's experience on LinkedIn shows how therapists can use the platform to educate, connect, and challenge unethical practices in mental health tech, without compromising their integrity.