



# Te Poari Kaimātai Hinengaro o Aotearoa

NEW ZEALAND PSYCHOLOGISTS BOARD

## CONSULTATION ON New Guidelines for the Use of Artificial Intelligence in Psychology in Aotearoa New Zealand

April 2024

### What is the consultation about?

1. This consultation is regarding the newly developed draft Guidelines for the profession on the use of Artificial Intelligence (**AI**) in Psychology. AI is a rapidly developing function for society, including for health professionals. AI introduces a range of potential opportunities and risks for psychologists and is already presenting unique ethical and professional considerations. As you will have likely noticed, there have been a range of domestic and international organisations that have, or are about to, publish guidance on the use of AI.

### Who was involved in the drafting of the Guidelines?

2. In October 2023, the Board sent out an invitation to the field for practitioners who were interested in being involved in the drafting of the AI Guidelines. We received over sixty replies in a very short time, indicating that there are many practitioners who are interested in both AI and helping their profession in general. A working party of twelve practitioners were selected from a range of scopes, backgrounds, and experience. Te Poari Kaimātai Hinengaro o Aotearoa / New Zealand Psychologists Board (the Board) are very grateful to Vijaya Dharan, Rosie Dobson, Kobus Du Plooy, Desiree Grant, Jessica Gu, Thomas Jenkin, Claire Komatas, Tom Naser, Chris Neuenfeldt, Briony Pentecost and

Aroha Waipara-Panapa for their hard work and assistance in drafting these guidelines.

3. A number of advisors have also generously reviewed and given feedback on drafts of the Guidelines. Brian Emery (cultural advisor to the Board) was generous in his feedback regarding Māori data sovereignty. Tūmāia Kaiārahi were also critical in the feedback stage and provided valuable input, both collectively and individually, to produce the final version of this document. Thank you to Dr Karaitiana Taiuru for his permission to include his Te Tiriti based ethical principles for artificial intelligence in the guidelines.

## Why are AI Guidelines needed?

4. Guidelines adopted by the Board support psychologists in providing competent and ethical practice by translating or expanding on the Code of Ethics in relation to more specific aspects of their professional behaviour. A disciplinary or review body may use the guidelines in evaluating a psychologist's knowledge and competency. Guidelines are recommendations rather than mandatory standards but supplement the Code of Ethics which is the highest and most aspirational regulatory document. In addition, the Board's intent in developing guidelines is to assist practitioners in delivering "best practice" both for the safety of the public, and to lessen the likelihood of practitioners facing complaints about their practice.
5. The central purpose of the Guidelines for the use of AI in Psychology in Aotearoa New Zealand is to promote practice consistent with ethical principles. Every AI scenario must be taken on its own merits by the psychologist, with critical thought and judgement applied to each individual circumstance. It is not possible for the guidelines to provide an exact answer of what to do in the infinite number of possible scenarios and contingencies that might exist regarding AI. However, it is intended that the guidelines will assist psychologists in their critical thought and judgement that they will apply to AI scenarios which may arise in their practice, research, teaching, or supervision.
6. We would value your feedback about these newly developed guidelines prior to their final review and publication. Please consider the following questions when reviewing the guidelines and do let us know of any thoughts, suggestions, or comments you might have **by completing a brief [SurveyMonkey](#)**. This feedback will be passed on to the AI Guidelines group who will consider and incorporate this into a final draft that will be reviewed by the Board (likely in the August 2024 meeting) before publication on the Board's website.

## **Questions for Consultation**

1. Are the draft Guidelines for the use of AI in Psychology a useful aide when considering using AI tools in your psychology work? If yes, why? If no, why not?
2. Are there any significant matters missing from the draft Guidelines for the use of AI in Psychology? If yes, what are these?

**Submissions close 14<sup>th</sup> of June 2024 at 5.00pm**