

Out of the Shadows: An Encounter Group with AI

Kyle Macdonald and John Farnsworth

In this experiential workshop, we invite participants to join a unique encounter group with AI. Our focus is therapeutic practice and AI. After our introduction, we'll invite everyone to share their lived experience, observations and thoughts concerning AI.

AI will also take part, with our consent. We'll ask it to actively contribute by summarising, assessing and commenting for us. Together, we'll consider how AI is shaping therapy, what relational and ethical questions arise, and how to respond.

From this dialogue, we expect to generate a set of working reflections for APANZ on the use of AI: a shared document with human and machine perspectives.

We warmly invite you to join us: it's a unique workshop designed to address profound questions of ethics and practice.

Our abstract was prepared with the help of AI.



Kyle Macdonald is a registered psychotherapist with 25 years' clinical experience across public and private sectors. Manukura Chair of the Psychotherapy Board of Aotearoa New Zealand, co-director of the Robert Street Clinic, and co-host of The Nutters Club. A committed advocate for accessible, effective mental health care and public understanding of psychotherapy

John Farnsworth is a registered psychotherapist in private practice in Dunedin. He has worked extensively with groups, communities and individuals for over thirty years. Formerly NZAP's Chair of Public Issues, he is also a sociologist who has published widely across social, psychological, ethical and technology fields.