

Clinical and Counseling Psychologists

AI augmenting assessment, diagnosis, administrative tasks, and providing supplementary therapeutic tools.

EXPOSURE	WINDOW	ADOPTION TODAY	READING
40 Moderate exposure	5–10 yrs until change lands	Low-Medium	Augmented more than replaced. Exposure is the share of today's work AI can plausibly take on within the window.

§ 01

WHAT IS HAPPENING

What is happening to clinical and counseling psychologists

Impact

AI tools are assisting with data analysis from assessments, generating initial diagnostic hypotheses, streamlining administrative work, and offering conversational support or cognitive behavioral therapy (CBT) exercises. This shifts psychologists' focus towards building profound therapeutic relationships, handling complex and nuanced cases, ethical oversight of AI, and personalized, holistic care.

Risk

Significant augmentation; premium on human empathy, complex judgment, and therapeutic alliance.

The role of Clinical and Counseling Psychologists will be significantly augmented by AI. AI will handle more routine data collection, initial diagnostic screening, and administrative tasks. Psychologists will need to become experts in leveraging AI tools for enhanced assessment and insights, critically evaluating AI outputs, and focusing on the irreplaceable human elements of psychotherapy: empathy, therapeutic alliance, complex diagnostic formulation, and nuanced ethical decision-making.

Sector readiness

Emerging & Ethically Cautious Integration

The mental health sector is cautiously exploring and integrating AI, primarily for administrative efficiency, data-driven assessment, and as supplemental digital therapeutic tools. Ethical considerations, regulatory oversight, and the imperative for human connection in mental healthcare are significantly shaping the pace and nature of AI adoption.

§ 02 POSITION

Where you stand

- i The Clinical and Counseling Psychologist role is at an inflection point, with AI significantly augmenting key aspects of practice.
- ii AI will automate administrative tasks, enhance assessment, and provide supplementary therapeutic tools, freeing psychologists to deepen therapeutic relationships and focus on complex, human-centric interventions.
- iii Success in this field will increasingly depend on psychologists' ability to master AI tools, critically evaluate AI outputs, navigate ethical considerations, and champion the indispensable human connection in mental health care.

§ 03 ACTIONS

15 POINTS

What this means for you

Concrete changes to how the work gets done, in the order you are likely to meet them.

- 01 **AI-Enhanced Assessment & Diagnosis.** Clinical and Counseling Psychologists are increasingly using AI tools to analyze complex assessment data (e.g., psychometric tests, symptom checklists, behavioral observations) to identify patterns, generate preliminary diagnostic hypotheses, and provide data-driven insights that augment clinical judgment. This moves beyond simple scoring to sophisticated pattern recognition.
- 02 **Automated Administrative & Documentation Tasks.** Psychologists are leveraging AI to automate time-consuming administrative tasks like scheduling appointments, managing billing, transcribing session notes (with client consent), and generating initial drafts of progress reports. This frees up significant time, allowing more focus on direct client care.
- 03 **AI-Powered Digital Therapeutics & Coaching Tools.** Clinical and Counseling Psychologists are integrating AI-powered digital therapeutics (e.g., CBT apps, mindfulness exercises) as supplementary tools. These platforms offer clients support between sessions, deliver psychoeducation, and facilitate practice of coping strategies, extending therapeutic reach and engagement.

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- 04 **Predictive Analytics for Risk & Treatment Response.** Psychologists are utilizing AI models that analyze client data to identify individuals at higher risk of crisis (e.g., suicide risk) or predict the likelihood of positive response to specific therapeutic interventions. This enables proactive outreach and more tailored treatment planning.
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- 05 **Personalized Treatment Planning Assistance.** AI tools are assisting Clinical and Counseling Psychologists in developing more personalized treatment plans. By analyzing client data, AI can suggest tailored interventions, recommend relevant resources, or propose modifications to therapy approaches based on predicted effectiveness.
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- 06 **Telehealth Augmentation & Virtual Care.** AI is enhancing telehealth platforms used by Clinical and Counseling Psychologists. This includes AI features for transcribing virtual sessions, analyzing communication patterns (e.g., sentiment analysis), and assisting with post-session summaries, making remote care more efficient and insightful.
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- 07 **Focus on Therapeutic Alliance & Empathy.** As AI handles data and administration, the core value of Clinical and Counseling Psychologists shifts even more strongly towards building profound therapeutic alliances. This means dedicating more time to active listening, expressing empathy, establishing trust, and fostering the unique human connection essential for healing and growth.
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- 08 **Data-Driven Research & Practice Improvement.** Clinical and Counseling Psychologists are using AI to analyze large datasets from clinical practice, research studies, and population health initiatives. This aids in identifying treatment efficacy trends, understanding demographic disparities in mental health, and driving evidence-based practice improvements.
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- 09 **Ethical AI Use & Client Data Privacy.** Navigating the ethical landscape of AI in mental health is paramount. Clinical and Counseling Psychologists are responsible for ensuring AI tools protect sensitive client data, address algorithmic bias, and maintain transparency in their recommendations, upholding professional ethical standards.
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- 10 **AI-Assisted Self-Help & Early Intervention.** Psychologists are guiding clients towards AI-powered self-help apps for early intervention or for managing mild symptoms. These tools provide accessible, immediate support, allowing psychologists to prioritize clients with more severe or complex needs.
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- 11 **Supervising AI-Delivered Interventions.** Clinical and Counseling Psychologists are taking on roles of supervising AI-delivered interventions, ensuring clients receive appropriate support. This involves overseeing digital therapeutic platforms, evaluating AI's effectiveness, and stepping in for complex situations that require human expertise.
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- 12 **Interdisciplinary Collaboration with AI Developers.** Psychologists are increasingly collaborating with AI engineers and data scientists to design and refine mental health AI tools. This involves translating clinical needs into technical requirements and ensuring AI solutions are clinically sound, user-friendly, and ethically responsible.
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- 13 **New Specializations in Digital Mental Health.** The rise of AI is creating new specializations for Clinical and Counseling Psychologists in digital mental health, including designing AI-powered interventions, evaluating mental health apps, and consulting on the ethical deployment of AI in large-scale mental health programs.
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Focus on Crisis Intervention & High-Acuity Cases. With AI handling more routine support, Clinical and Counseling Psychologists are dedicating their specialized expertise to complex, high-acuity cases, including severe mental illness, crisis intervention, trauma, and situations requiring nuanced clinical judgment that AI cannot currently provide.
- 15

Continuous Learning & AI Literacy. The rapid evolution of AI tools in mental healthcare requires Clinical and Counseling Psychologists to continuously update their knowledge. This means actively engaging in professional development related to AI, understanding its capabilities and limitations, and adapting practice to leverage these advancements safely and effectively.

What is pushing this change

- 01

Mental Health Crisis & Demand Overload. The rising prevalence of mental health disorders and workforce shortages put immense pressure on existing services.
- 02

Advancements in Natural Language Processing (NLP) & Conversational AI. AI models can understand and generate human-like language, enabling conversational AI for support and therapy.
- 03

Growth of Digital Phenotyping & Wearable Data. Wearable devices and smartphone data provide continuous, passive data for AI to analyze behavioral patterns and predict mental health changes.
- 04

Need for Scalable & Accessible Mental Healthcare. AI offers a potential pathway to provide mental health support to a larger population, overcoming geographical and resource barriers.
- 05

Advancements in Predictive Analytics. AI algorithms can analyze vast datasets to identify risk factors, predict treatment outcomes, and personalize interventions.
- 06

Desire for Objective Assessment & Diagnosis. AI can provide more consistent and data-driven insights for assessment, potentially reducing subjectivity in diagnosis.
- 07

Stigma Reduction (digital tools may be less intimidating). Digital mental health tools, sometimes AI-powered, can be less intimidating entry points for individuals reluctant to seek traditional care.
- 08

Telehealth Adoption Growth. The widespread adoption of telehealth during recent years has opened pathways for digital and AI-augmented mental health services.
- 09

Cost Reduction in Mental Health Services. Automating administrative tasks and providing scalable support can reduce the overall cost of mental healthcare delivery.
- 10

Shortage of Mental Health Professionals. There is a significant and growing shortage of qualified mental health professionals, driving the need for augmenting technologies.

Impact by sector

The headline figure is an average. Where you work changes the picture.

Clinical Psychologists (Psychopathology, serious mental illness)	AI for advanced diagnostic support, identifying complex symptom clusters, and predicting treatment response in severe mental illness. Focus remains on nuanced formulation and therapeutic relationship.
Counseling Psychologists (Adjustment, life transitions, well-being)	AI for basic emotional support, cognitive reframing exercises, and well-being tracking. Focus remains on building coping skills and addressing life transitions.
Forensic Psychologists	AI for analyzing behavioral patterns, risk assessment (e.g., recidivism), and report generation from large datasets. Human judgment for legal implications and ethical considerations.
Neuropsychologists	AI for analyzing neuroimaging data, cognitive test results, and predicting neurological conditions or cognitive decline. Human focus on nuanced interpretation and personalized intervention.
Organizational/Industrial Psychologists	AI for employee sentiment analysis, predicting turnover, optimizing team dynamics, and designing tailored training programs. Human focus on organizational strategy and employee well-being.

Skills to build

The skills that keep the human part of this work valuable as the routine part is automated.

- 01 Therapeutic Relationship & Empathy.** The core ability to build trust, rapport, and a safe space for clients, demonstrating genuine understanding and care.
- 02 AI/Digital Health Literacy.** Proficiency in using digital health tools and AI applications, understanding their capabilities, and integrating them into clinical practice.
- 03 Complex Diagnostic Formulation.** Ability to synthesize complex client information, develop a nuanced understanding of psychopathology, and create comprehensive diagnostic formulations.
- 04 Ethical Reasoning & AI Bias Awareness.** Understanding the ethical implications of AI in mental health (e.g., privacy, bias, accountability) and applying sound ethical judgment in practice.
- 05 Critical Evaluation of AI Outputs.** Rigorous scrutiny of AI-generated assessments, diagnostic suggestions, or therapeutic recommendations for accuracy, limitations, and potential biases.

- 06 **Interdisciplinary Collaboration.** Working effectively with data scientists, software developers, other healthcare professionals, and policymakers in the evolving digital mental health landscape.
- 07 **Nuanced Communication & Active Listening.** The ability to engage clients, understand subtle verbal/non-verbal cues, and communicate complex concepts with sensitivity and clarity.
- 08 **Adaptability & Continuous Learning.** Willingness to learn new technologies, adapt therapeutic approaches, and stay updated on research at the intersection of psychology and AI.

§ 07 INSTRUMENTS

11 ENTRIES

Tools in use

KINDS OF TOOL WORTH KNOWING

- 01 **AI-Enhanced EHRs (Electronic Health Records).** EHR systems with integrated AI for intelligent charting, clinical decision support in mental health, and patient data analysis.
- 02 **Digital Therapeutics Platforms (AI-powered).** Software applications and platforms that use AI to deliver evidence-based therapeutic interventions or coaching directly to clients.
- 03 **AI for Psychological Assessment & Scoring.** Software that uses AI to automate the scoring and interpretation of psychometric tests, symptom checklists, and other psychological assessments.
- 04 **Generative AI for Administrative Tasks.** Large Language Models and other AI tools used to draft session notes, progress reports, client communications, or billing summaries.
- 05 **Telehealth Platforms with AI features.** Secure virtual platforms for conducting psychotherapy sessions, increasingly with AI features for transcription or sentiment analysis.
- 06 **Sentiment Analysis & Voice/Text Analytics Tools.** AI tools that analyze client communication (voice, text) for emotional tone, key themes, and potential risk indicators.

NAMED TOOLS ALREADY IN USE

- Woebot / Wysa (AI Chatbots / Digital Mental Health Companions)**

VISIT

AI-powered conversational agents designed to deliver mental health support, often based on CBT or mindfulness principles, as digital therapeutics.
- Limbic / Eleos Health (AI for Mental Health Clinicians)**

VISIT

AI platforms specifically designed to assist mental health clinicians with documentation, session analysis, and clinical insights (e.g., sentiment, engagement trends).
- Aura Health / Calm / Headspace (Meditation/Well-being Apps with AI features)**

VISIT

Popular meditation and well-being apps that increasingly incorporate AI for personalized content recommendations or guided experiences.

Mindstrong Health (Digital Phenotyping via Smartphone Data - represents a trend)

VISIT

A digital mental health company that leverages smartphone data and AI to identify behavioral patterns and predict mental health changes (illustrative of a trend).

Nuance Dragon Medical One (AI-Powered Medical Scribe/Transcription)

VISIT

An AI-powered voice recognition and medical dictation solution used by clinicians to streamline documentation into EHRs.

§ 08EXAMPLES

5EXAMPLES

In practice

Ways people in this role are already using AI, and what they get from it.

Automate Intake Forms & Screenings EXAMPLE 1	HOW	Implement AI-powered forms that automatically collect demographic data, initial symptom checklists, and consent forms from new clients, populating the EHR system for review.
	GAIN	Reduces administrative burden, saves time on data entry, and ensures consistent collection of initial client information.
Use AI for Symptom Tracking & Progress Monitoring EXAMPLE 2	HOW	Utilize an AI-powered app that prompts clients daily to report symptoms or mood. The AI then analyzes this longitudinal data to provide a graphical overview of progress and flags significant changes for the psychologist.
	GAIN	Provides objective, continuous insight into client symptoms and progress between sessions, aiding in more timely and data-driven adjustments to treatment.
Integrate AI-Powered Digital Therapeutic Exercises EXAMPLE 3	HOW	Recommend or assign AI-powered digital therapeutic modules (e.g., a CBT app for anxiety or a mindfulness program) to clients as homework between sessions, allowing them to practice skills and receive automated feedback.
	GAIN	Extends the reach of therapy beyond the session, reinforces learned skills, and provides accessible support, potentially improving treatment outcomes.
Streamline Session Note Summarization EXAMPLE 4	HOW	Use AI integrated into telehealth platforms or a separate tool to automatically transcribe a session recording (with consent), then generate a concise summary of key themes, interventions, and action points for your notes.
	GAIN	Saves significant time on manual note-taking, improves documentation accuracy, and allows more focus on the therapeutic conversation during sessions.

Predict Risk of Crisis or Treatment Non-Response EXAMPLE 5	HOW	Deploy an AI model that analyzes client data (e.g., past crises, adherence to appointments, symptom progression) to predict the likelihood of a future crisis event or potential non-response to a particular treatment plan, prompting proactive intervention.
	GAIN	Enables proactive intervention for at-risk clients, optimizes treatment selection, and potentially improves safety and efficacy of mental health care.

§ 09

CONTEXT

How this role compares

Three neighbouring roles chosen to show the direction of travel.

Mental Health Coaches (Routine Advice) / Psychometricians (Basic scoring) MORE EXPOSED	AI IMPACT	High (AI can provide routine advice; AI can automate the scoring and basic interpretation of many psychometric tests.)
	WORK MOVES TO	Role redefinition towards overseeing AI-driven coaching platforms, handling complex exceptions, or specializing in manual test administration/interpretation.
AI/ML Engineers (Digital Therapeutics) / AI Ethicists (Healthcare AI) DIFFERENT SKILLS, GROWING	AI IMPACT	Foundational (They build the AI algorithms and systems that power digital therapeutics and provide ethical frameworks for mental health AI.)
	WORK MOVES TO	Deep expertise in AI/ML algorithms, data science, software engineering, and specific knowledge of mental health data, ethics, and regulations.
Psychiatrists (Medication Management) / Social Workers (Community Support/Crisis Intervention) COMPLEMENTARY, LESS EXPOSED	AI IMPACT	Low-Moderate Augmentation (AI assists in diagnostic support for psychiatrists; AI may provide data for social workers), but core medication management, crisis intervention, and community-based support remain human-led.
	WORK MOVES TO	Expertise in psychopharmacology and medication management (Psychiatrists); deep interpersonal skills, community resource navigation, and crisis intervention (Social Workers).

§ 10

VERDICT

Closing judgement

For Clinical and Counseling Psychologists, AI is a powerful partner that will automate the routine and augment the complex. It empowers practitioners to dedicate more time to the irreplaceable human elements of therapy: building profound therapeutic relationships, offering nuanced judgment for complex cases, and providing compassionate, ethically-grounded care. The future of mental healthcare is a symbiotic relationship between advanced AI tools and human clinical expertise.

§ 11 BASIS

REVISED 4 OCTOBER 2026

Evidence and revisions

What the exposure figure rests on, what changed when it was last revised, and the published work cited for this role.

SCORE

40 (held)

WINDOW

5-10 years (unchanged)

The 4 October 2026 review held the score.

Microsoft's AI applicability score for the matching occupation is 0.21, in the upper half of 785 US occupations; Anthropic's observed exposure (the share of the occupation's tasks already being done with Claude) is 0.06, which is modest by the standards of the 756 occupations measured; the US Bureau of Labor Statistics places it in the 'high' AI-exposure tier; BLS projects employment to grow 11.7% over 2025–35. Taken together this is consistent with our previous figure of 40, which we have held.

MEASURES BEHIND THE SCORE

US Bureau of Labor Statistics · *Employment Projections 2025–35 and AI Exposure Categories* (27 August 2026)

AI-exposure tier: High. Projected employment change 2025–35: +11.7%. Matched to Clinical and counseling psychologists.

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Microsoft Research · *Working with AI: Measuring the Applicability of Generative AI to Occupations* (10 July 2025)

AI applicability score 0.21 (percentile 72 of 785 occupations) for SOC 19-3033.

PUBLISHER PDF ARCHIVED COPY

Anthropic · *Anthropic Economic Index report: Cadences* (26 June 2026)

Observed exposure 0.06 for SOC 19-3033 (percentile 69 of 756 occupations).

PUBLISHER PDF

UK Department for Science, Innovation and Technology · *Assessment of AI capabilities and the impact on the UK labour market* (28 January 2026)

UK context: around 70% of UK workers are in occupations with tasks AI could perform or enhance, above the US average; a one-standard-deviation rise in exposure was associated with a 3.9% fall in UK job postings.

PUBLISHER ARCHIVED COPY

ALSO CITED FOR THIS ROLE

McKinsey Global Institute · *Agents, robots, and us: Skill partnerships in the age of AI* (25 November 2025)
Skills tied to assisting and caring are expected to change least; this is where AI most clearly complements rather than substitutes.

PUBLISHER

International Monetary Fund · *Bridging Skill Gaps for the Future: New Jobs Creation in the AI Age* (14 January 2026)
The IMF places clinical and care roles in the high-complementarity group, where AI raises productivity without reducing headcount.

PUBLISHER PDF

Indeed Hiring Lab · *AI at Work Report 2025: How GenAI is Rewiring the DNA of Jobs* (23 September 2025)
Indeed rates nursing the least exposed major occupation (68% of typical skills minimally affected).

PUBLISHER

Archived copies are served only where the licence permits; otherwise the link goes to the publisher. Full research library:
<https://www.careerguard.ai/sources>

Method and sources

Each report was written from a large body of published research and then, in October 2026, re-scored against occupation-level evidence: the US Bureau of Labor Statistics AI-exposure classification and 2025–35 projections, Microsoft Research’s AI applicability scores and Anthropic’s observed-exposure data, cross-checked against the reports listed in the Evidence section above. The organisations and publications below are the standing literature behind the narrative sections. Every source, with dates, licences and archived copies where we are permitted to hold them, is catalogued in the research library.

Scores are revised by blending the previous editorial figure (60%) with a composite of the three occupation-level measures (40%), capped at fifteen points per revision and rounded to the nearest five. The window shifts one notch when a score moves ten points or more. Hand adjustments are recorded with their reason in the revision log.

I GLOBAL AND MACROECONOMIC IMPACT OF AI ON WORK

World Economic Forum

The Future of Jobs Report series — Employer survey of expected job growth and decline, skill shifts and technology adoption (2020, 2023 and 2025 editions); *Artificial Intelligence and the Future of Entry-Level Work* (2026).
AI governance and transformation reports — Frameworks on ethical AI, talent strategy and industry transformation.

McKinsey Global Institute

AI, Automation and the Future of Work series — Research quantifying automation potential by task, sector and demographic, from "Jobs Lost, Jobs Gained" to "Agents, robots, and us" (2025).
Industry-specific reports — Financial services, healthcare, manufacturing and others.

PwC

Global AI Jobs Barometer — Annual analysis of job postings and productivity by AI exposure (2024–2026 editions).
Upskilling Hopes and Fears survey — Employee perceptions and readiness.

Microsoft Research and Anthropic

Working with AI (2025); Anthropic Economic Index (2025–2026) — Occupation-level usage data from Copilot and Claude conversations, the two observed-usage measures behind the 2026 revision.

Stanford Digital Economy Lab and Stanford HAI

Canaries in the Coal Mine? (2025–2026); AI Index Report (annual) — Payroll evidence on early-career employment in exposed occupations; annual measurement of AI capability, investment and adoption.

Deloitte

Human Capital Trends series — Workforce, talent and HR technology trends.

Tech Trends series — Emerging technologies and their business implications.

Accenture

Technology Vision series — Forward-looking analysis of emerging technology, with emphasis on AI.

Fjord Trends — Design, innovation and human experience in a digital world.

Boston Consulting Group

AI/ML insights and industry solutions — "The AI Revolution in the Workplace" and related research.

EY

AI and workforce reports — Adoption, talent strategy and ethics.

IBM Institute for Business Value

AI and automation studies — Business models, workforce evolution and leadership.

OECD

AI Policy Observatory — International data and policy on AI, labour markets and skills.

Employment Outlook — Labour-market trends including technological impact (2023–2026 editions).

International Labour Organization

Generative AI and Jobs: A Refined Global Index of Occupational Exposure (2025) — Task-level exposure gradients for every ISCO occupation; successor to the 2023 global index.

International Monetary Fund

Staff Discussion Notes on AI and work (2024, 2026) — Complementarity framing: where AI augments and where it substitutes.

UK Department for Science, Innovation and Technology

Assessment of AI capabilities and the impact on the UK labour market (2026) — UK occupational exposure and job-posting evidence.

Brookings Institution

AI and automation research — Economic and social implications, displacement and skills.

Yale Budget Lab and Goldman Sachs Research

Tracking the Impact of AI on the Labor Market; AI and the US labour market (2026) — Aggregate labour-market monitoring; macro displacement estimates.

Oxford University (Oxford Martin School)

The Future of Employment — Frey & Osborne and subsequent research on susceptibility to automation.

MIT Technology Review

AI & Work — Reporting on AI research and its implications for industries and jobs.

Gartner

Hype Cycle for Artificial Intelligence — Maturity and adoption of AI technologies.

Future of Work reports — Workplace models and talent strategy.

U.S. Bureau of Labor Statistics

Employment Projections 2025–35; AI Exposure Categories; Occupational Outlook Handbook — Ten-year employment projections and, from the 2025 cycle, an AI-exposure tier for every detailed occupation.

Indeed Hiring Lab

AI at Work Report (2025) and posting-market updates — Skill-level transformation estimates and job-posting trends by occupation.

II CORE AI AND MACHINE-LEARNING RESEARCH

OpenAI

Research papers, blog and API documentation — Large language models, generative AI, safety and societal impact.

Google DeepMind

Research papers and blog — Reinforcement learning, AI for science, AGI and ethics.

Meta AI

Research papers and blog — Large language models, computer vision, AI for social good.

Hugging Face

Transformers library and model hub — Open-source state-of-the-art NLP models.

TensorFlow and PyTorch

Documentation and community forums — Core frameworks illustrating practical capability.

arXiv

cs.AI, cs.LG, cs.CV, cs.CL — Pre-print research.

NeurIPS and ICML

Conference proceedings — Top-tier academic research.

ACM and IEEE

Journals and proceedings — ACM Computing Surveys; IEEE Transactions on AI.

Kaggle

Datasets and competition solutions — Applied machine learning on real-world problems.

The Alan Turing Institute

Research and reports — Responsible and applied AI.

III ETHICAL AND RESPONSIBLE AI DEPLOYMENT

NIST

AI Risk Management Framework — Voluntary framework for managing AI risk.

European Commission

AI Act — Risk-tiered legal framework for AI.

Ethics Guidelines for Trustworthy AI — Principles for responsible development.

Partnership on AI

Research and best practice — Responsible AI development.

AI Now Institute

Annual reports — Social implications: power, inequality, rights.

ACM FAccT

Proceedings — Fairness, accountability and transparency.

Data & Society

Publications — Social implications of data-centric technology.

WIPO

Conversation on IP and AI — Intellectual-property implications of AI.

IEEE Global Initiative on Ethics of AI/IS

Ethically Aligned Design — Recommendations for ethical AI design.

Center for AI and Digital Policy

Policy briefs — Accountable AI policy.

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