When AI Enters the Helping Space: A Counsellor's Guide to the New Landscape

Date	Saturday 19th September 2026
Time	9.30am-12.30pm
Venue	Online via Zoom
For	Counsellors/Therapists
Presenter	Kenneth Kelly
Cost	RS Members £30/ Non-Members £60
CPD Points	3 Category A
Booking	Book your place HERE

AI is no longer arriving in the counselling sector; it's already here. The people you work with may be using AI tools before or in between sessions, and AI-enabled services are appearing across the UK helping landscape.

This CPD event is for counsellors/therapists who want to understand what is happening, what it means for the people they support, and how to apply the critical thinking they already use to keep their practice safe in a changing digital landscape.

Kenneth Kelly will guide you through what AI actually is, the different forms now reaching the counselling sector, and what is already in use across UK services. You will come away knowing what to say or do when clients mention they have been turning to AI tools before or in between sessions.

The CPD event is built around the critical thinking you use every day as a practitioner. It is not new technology to learn, but a familiar professional skill applied to a new landscape. You will leave with a clear, structured framework you can use in service of the people you work with and your own practice, supporting safe and confident decisions you can stand behind.

The session includes peer-working breakout groups where you work alongside fellow practitioners to apply the thinking, surface the questions that matter most to you, and build practical material you can take directly into your work.

Learning outcomes: By the end of the session participants will be able to:

- Respond with confidence when clients mention they have been using AI tools before or in between sessions and hold a grounded conversation about what that means.
- Recognise the different types of AI appearing across the UK counselling landscape, and understand what each is designed to do, without needing to be technical.
- Identify what AI tools cannot do, and where professional responsibility, safeguarding, and the helping relationship sit alongside them.
- Apply a structured critical thinking framework to evaluate any AI tool you encounter in your work, and to support safe, defensible decisions.
- Approach questions about confidentiality, data storage, and informed consent with greater clarity when AI is part of the conversation.

Presenter: **Kenneth Kelly** is a person-centred counsellor, clinical supervisor, and the AI in Counselling Lead at Counselling Tutor. He is co-founder of the Expert Reference Group on Ethical Use of AI in Counselling and Psychotherapy (AIERG), a UK cross-sector group bringing together professional bodies, training organisations, and practitioners to shape best practice in this emerging area. Kenneth is the author of "Ethical AI Practice for Counsellors and Psychotherapists in the UK", a practitioner's framework for navigating AI ethically, protecting clients and practice with clarity. The Critical Thinking Matrix at the heart of the book is the framework participants will work with during this session.

RELATIONSHIPS counselling, mediation & family support across SCOTLAND

HOW TO BOOK

Relationships Scotland CPD events are for practitioners who are currently working for a Service that is a Member of Relationships Scotland. Booking early is encouraged as spaces on this event are limited. Spaces may be open to practitioners from external organisations where appropriate and available. We use an online booking process which can be used by:

- Member Services to book on behalf of practitioners
- Practitioners from Member Services who wish to self-fund
- Practitioners from external organisations, when spaces are available

If you have any questions about the booking process please contact:
Liz Thackwray: liz.thackwray@relationships-scotland.org.uk

EVENT TERMS AND CONDITIONS

Booking: Booking for CPD events will be confirmed by email within 10 days of submission. Please check your inbox and/or junk mail, if you have any issues receiving this email please contact us immediately. Booking will usually close 7days prior to the event. Only participants that have received a booking confirmation email will be able to access the event.

Payment: Member Services/Self-funded practitioners will be sent an invoice for the course fee before the event which will have a unique invoice number for the payment reference. Payment must be made prior to the event.

Cancellations: Cancellations within 14 days of the event and non-attendance will be charged in full. Member Services/practitioners must notify us of any cancellations by email. Where appropriate, Member Services may transfer a place to another attendee if the original person cannot attend, we must be informed of this ahead of the event taking place. If a CPD event is cancelled by Relationships Scotland (because of insufficient numbers or unforeseen circumstances) then all fees will be fully refunded. We are unable to reimburse out-of-pocket expenses, such as travel and accommodation.

In exceptional circumstances, Member Services/practitioners may request a refund of the cost of the training event or a free place at a future event. Examples of exceptional circumstances include admission to hospital at short notice, or a family bereavement. We are unable to reimburse out of pocket expenses, such as travel and accommodation. Requests for refunds or credits for future events will be considered by the Office Bearers Group (Chair, Vice-Chair, Treasurer of the National Office). All request for refunds/free places at future events should be made in writing or by email to the CPD Manager, sonia.bruce@relationships-scotland.org.uk

System Requirements: Online CPD events will usually be delivered using the Zoom platform: https://zoom.us/ Please note, some organisations have additional security settings that may prevent you from accessing the CPD event on an organisational device. Relationships Scotland are unable to provide refunds when there are issues with a participant's IT which prevents them from accessing the CPD event.

Accessing the event online: A link to a CPD event will be sent out a few days before the event to the email address noted on the Booking Form. For CPD webinars a link to register on Zoom will be sent out a few days before the event, this registration process can be completed in advance and will ask for your name and email address. For CPD events and webinars please ensure that the Zoom account uses the same name that you used to book and register for events. The Relationships Scotland CPD Host will use this information to admit participants into the event and to confirm attendance certificates. The username for your Zoom account can be amended by signing into Zoom and going to the profile section of your account.

Attending the event online: Relationships Scotland aims to create a safe and inclusive environment for all participants that attend our CPD events. Please contact sonia.bruce@relationships-scotland.org.uk if you require any adjustments to assist your learning. Our events are usually interactive and often explore sensitive areas of practice, participants agree to support a safe and inclusive environment and to protect confidentiality. This includes: to attend the session from a private space; not to share the Zoom link; not to record/transcribe the session through use of AI or other tools; to ensure that course materials are for personal use only and not to be distributed. Certificates will be provided for participation in Category A CPD events. Please note that the views of presenters are their own and may not reflect the views of Relationships Scotland.

PRIVACY

All the information you provide is regarded as confidential and will not be disclosed to any other organisation without your explicit permission. The only exception to this rule of confidentiality is in the event of a criminal offence. Under General Data Protection Regulations (GDPR), you are entitled to view, amend or ask us to delete the personal identifiable information we record about you via a Data Access Request. Please speak with our staff to request this. Please be assured that we follow all GDPR guidelines on data retention and storage of your data. Our Privacy Policy is available on our website: https://www.relationships-scotland.org.uk/help-with-our-ste/privacy