

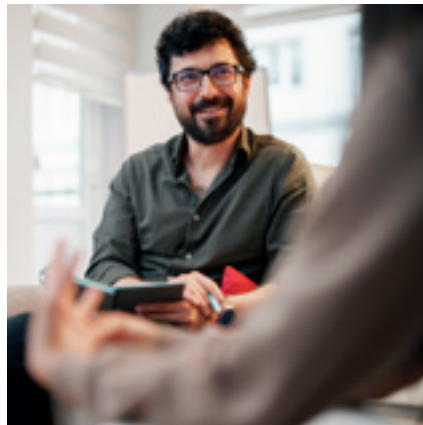
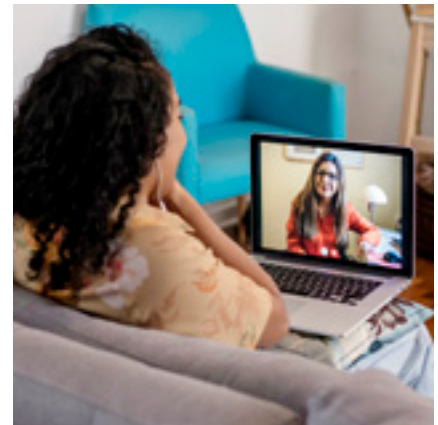


AMERICAN
PSYCHOLOGICAL
ASSOCIATION

AI in the Therapist's Office

2025 PRACTITIONER PULSE SURVEY

DECEMBER 2025



INTRODUCTION

Psychologists are rapidly adopting artificial intelligence (AI) tools in their practices, but their concerns about how the technology may affect their patients and society are also rising, according to the 2025 Practitioner Pulse Survey by the American Psychological Association and its companion organization, APA Services Inc.

Though few psychologists use AI for clinical assistance, these tools may become an increasingly important part of routine administrative work, such as research and writing, as more experiment with AI. In the past year, the number of psychologists who reported that they had never used AI to assist with their practices fell dramatically from 71% in 2024 to 44% in 2025. And close to three in 10 respondents (29%) said they use AI on at least a monthly basis – more than twice as many who said the same in 2024 (11%).

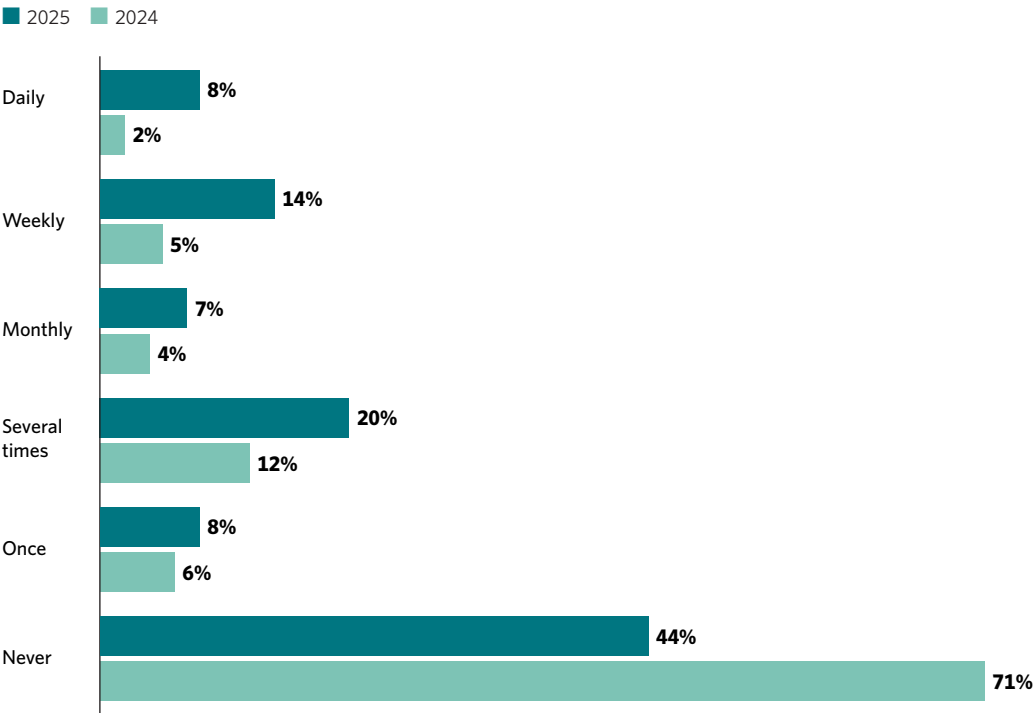
Despite the growing use of new technologies, psychologists continue to struggle to overcome burdens including insurance requirements and demands for treatment. Fewer than two-thirds of psychologists (62%) said that they accept some form of insurance, and even fewer accept public insurance plans like traditional fee-for-service Medicare (33%) and traditional fee-for-service Medicaid (20%).

And while psychologists' stress levels and work-life balance have improved since the onset of the COVID-19 pandemic, this does not necessarily indicate the mental health crisis has resolved. Nearly half of all practitioners saw an increase in the severity of their clients' symptoms (45%) and said that they do not have openings for new patients (46%).

GROWING CONCERNS ABOUT DATA BREACHES, BIAS IN AI

As more psychologists turn to AI for routine administrative tasks, they are also raising concerns about risks such as data breaches, biases in the inputs and outputs and overall harm to society.

FIGURE 1.
Psychologists' Use of AI to Assist in Their Work in the Past 12 Months, 2024-2025
% of psychologists reporting frequency of AI use



In 2024, a majority of practitioners (71%) said they had never used AI tools to assist with their work. One year later, the percentage of psychologists who had never used AI tools has dramatically decreased to 44%. Most practitioners reported in 2025 that they have used AI at work at least once, and the percentage who reported using AI tools at work on at least a monthly basis had risen to 29%, up from 11% in 2024. Close to one in 10 (8%) reported using AI tools daily over the past 12 months.

Much of this use is being driven by practitioners earlier in their careers. While more than half of late senior career psychologists (52%) and 44% of senior career psychologists¹ have never used AI to assist with their work, only 37% of early career psychologists and 36% of mid-career practitioners said they have never used AI.

¹ Psychologists in the survey were divided into career stages based on the number of years that have passed since they earned a doctorate. Early career psychologists earned their degree 10 or fewer years ago, mid-career psychologists earned their degree 11-20 years ago, senior career psychologists earned their degree 21-30 years ago and late senior career psychologists earned their degree 31 or more years ago.



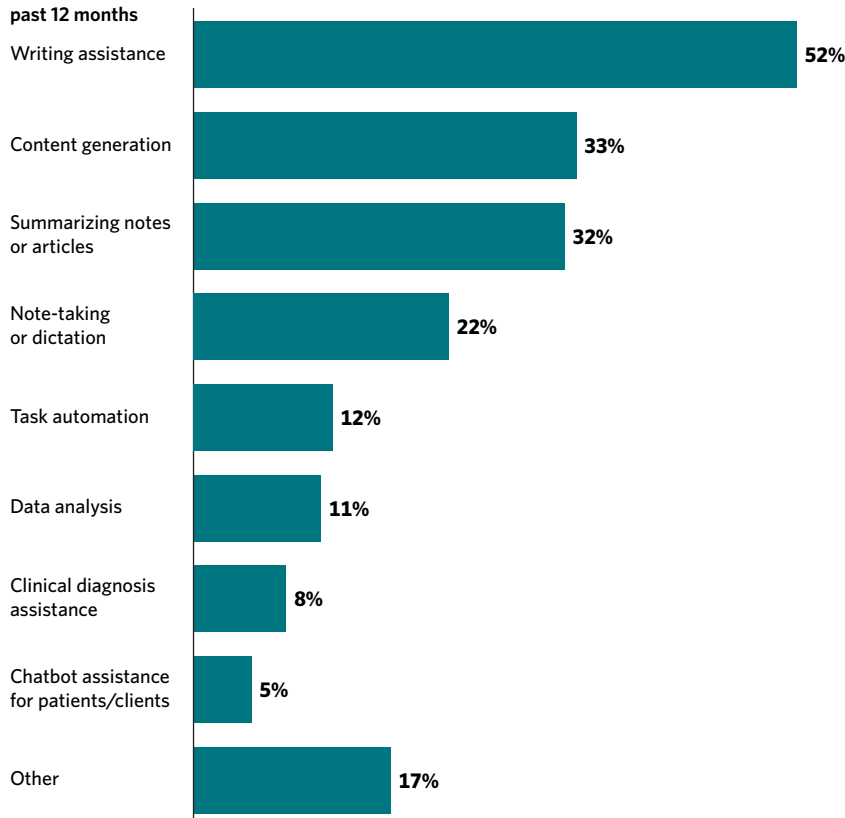
Among practitioners who reported using AI at work, more than half (52%) said that they used AI for writing assistance. Other common uses included content generation (33%), summarization (32%) and note-taking and dictation (22%).

FIGURE 2.

Common Work Tasks Completed by Psychologists with AI, 2025

% of all psychologists who used AI in the past year

Types of AI tools
used at work in the
past 12 months



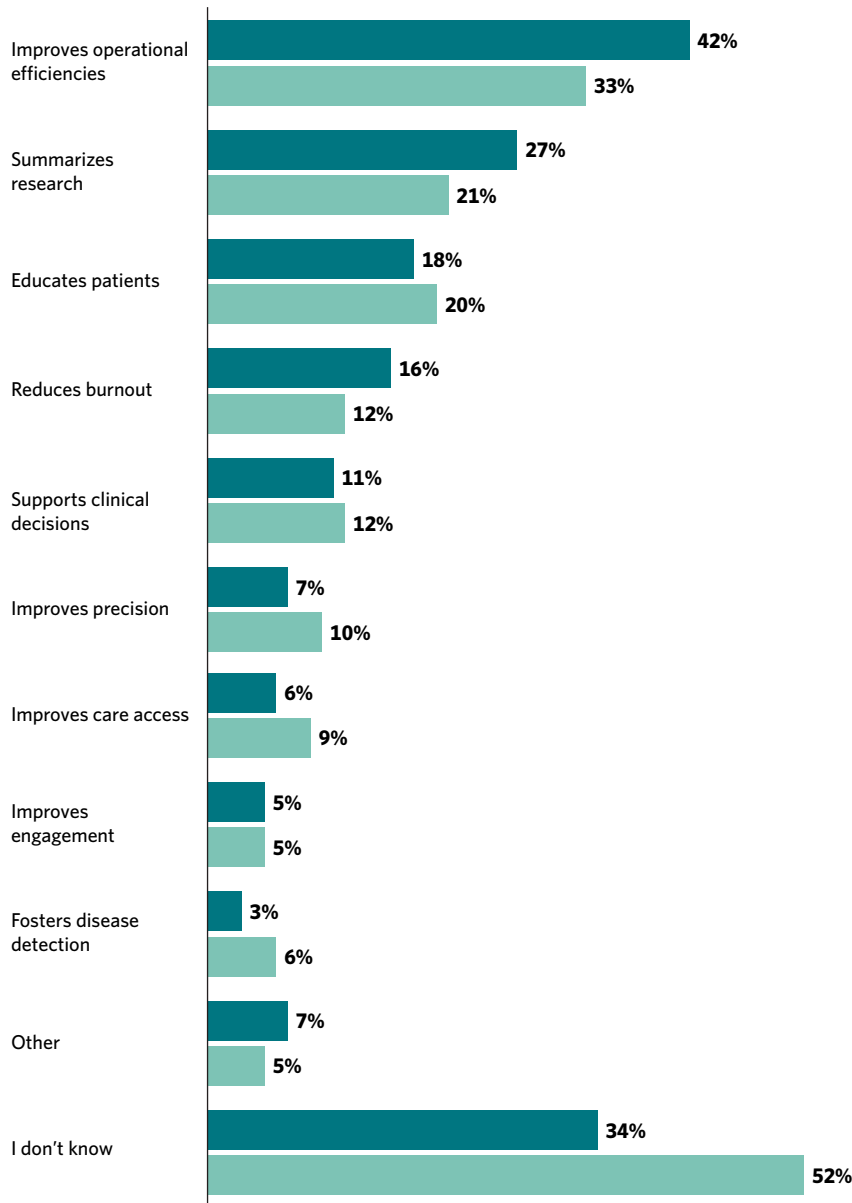
Approximately a third of practitioners (34%) said they didn't know what would be the biggest benefits of using AI tools in psychology, but a higher percentage (42%) said that AI could help improve operational efficiencies and reduce administrative burdens. About 27% of practitioners said that AI could help providers consume and summarize publicized, scientifically validated data, and 18% said AI could improve patient education. When asked whether advancements in technology were helping them work more efficiently and accurately, a majority of practitioners agreed (62%).

FIGURE 3.

Psychologists' Reported Benefits of AI in Psychology, 2024-2025

% of all psychologists

■ 2025 ■ 2024



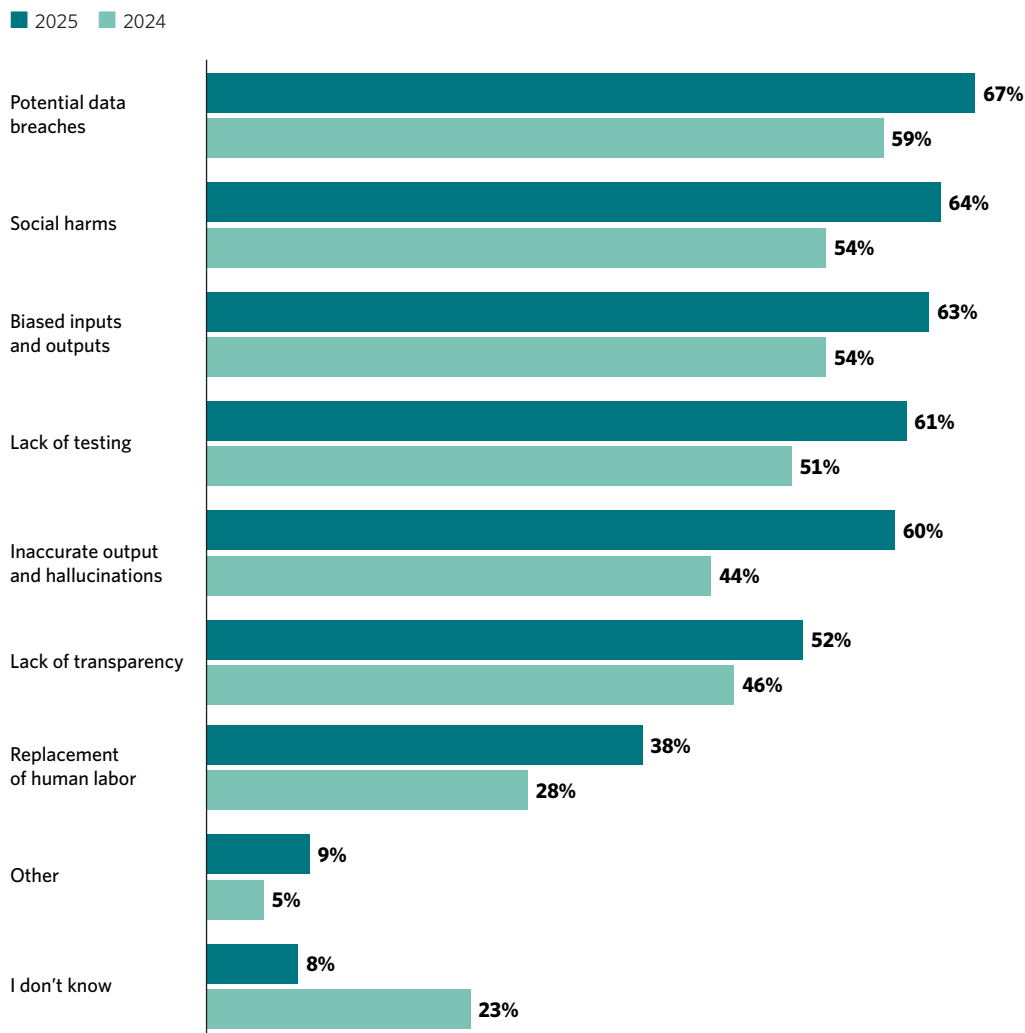
Along with this growth in usage, potential concerns with AI increased since 2024 as psychologists became more familiar with the technology. In 2024, more than one in five practitioners (23%) said they did not know what the biggest concerns would be with using AI tools in psychology – but that percentage fell to nearly one in 10 (8%) in 2025. The most commonly cited concerns were potential data breaches (67%), unanticipated social harms (64%), biased input and output (63%), lack of rigorous testing (61%) and inaccurate outputs (60%). Most concerns about the risks of AI grew by around 10 percentage points between 2024 and 2025. Other than improving efficiencies, perceived benefits of AI did not change much since 2024.

Nearly two in five practitioners (38%) agreed or strongly agreed that they were concerned that AI may make some or all their job duties obsolete in the future, up from 27% in 2024. However, psychologists may expect to have some protection from AI replacement due to the varied nature of human behavior. Psychologists rely on a



wide range of complex factors to make clinical decisions in a way that technology is unable to match yet. As such, the least common reported uses for AI included clinical diagnostic assistance (8%) and chatbot assistance (5%), and only 11% said that a benefit of AI could be support for clinical decision-making.

FIGURE 4.
Psychologists' Reported Concerns about AI in Psychology, 2024-2025
% of all psychologists



LITTLE CHANGE IN INSURANCE PARTICIPATION SINCE 2024

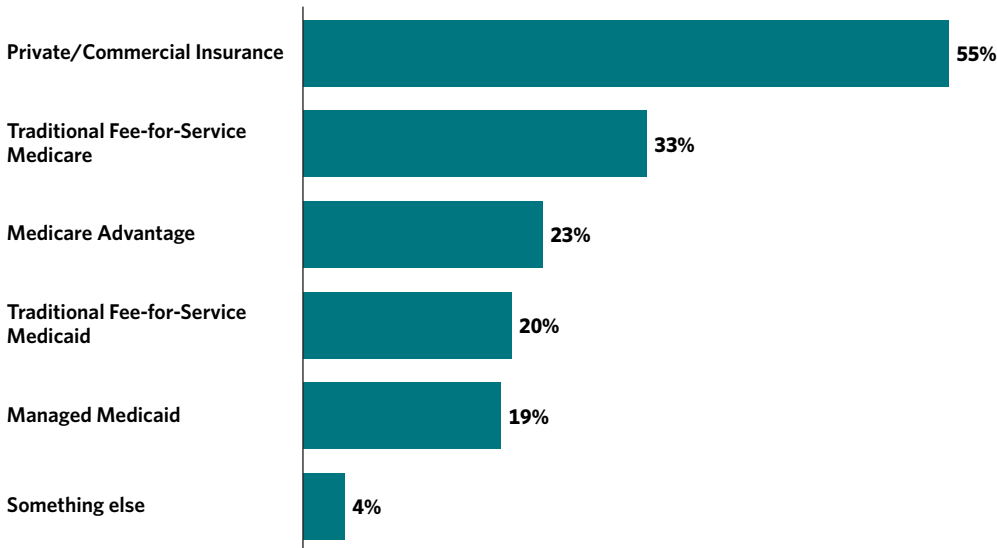
Practitioners continue to report administrative and financial barriers that make it difficult to participate in insurance networks, as more than a third of psychologists (38%) reported that they did not accept any form of health insurance. Among psychologists who did accept a form of insurance, 10% said they had stopped participating in a private or commercial insurance panel within the past year.

FIGURE 5.
Psychologist Participation in Insurance Plans, 2025
% of all psychologists

Are you currently in-network with any private or public insurance panels?



Which of the following plans do you participate in?



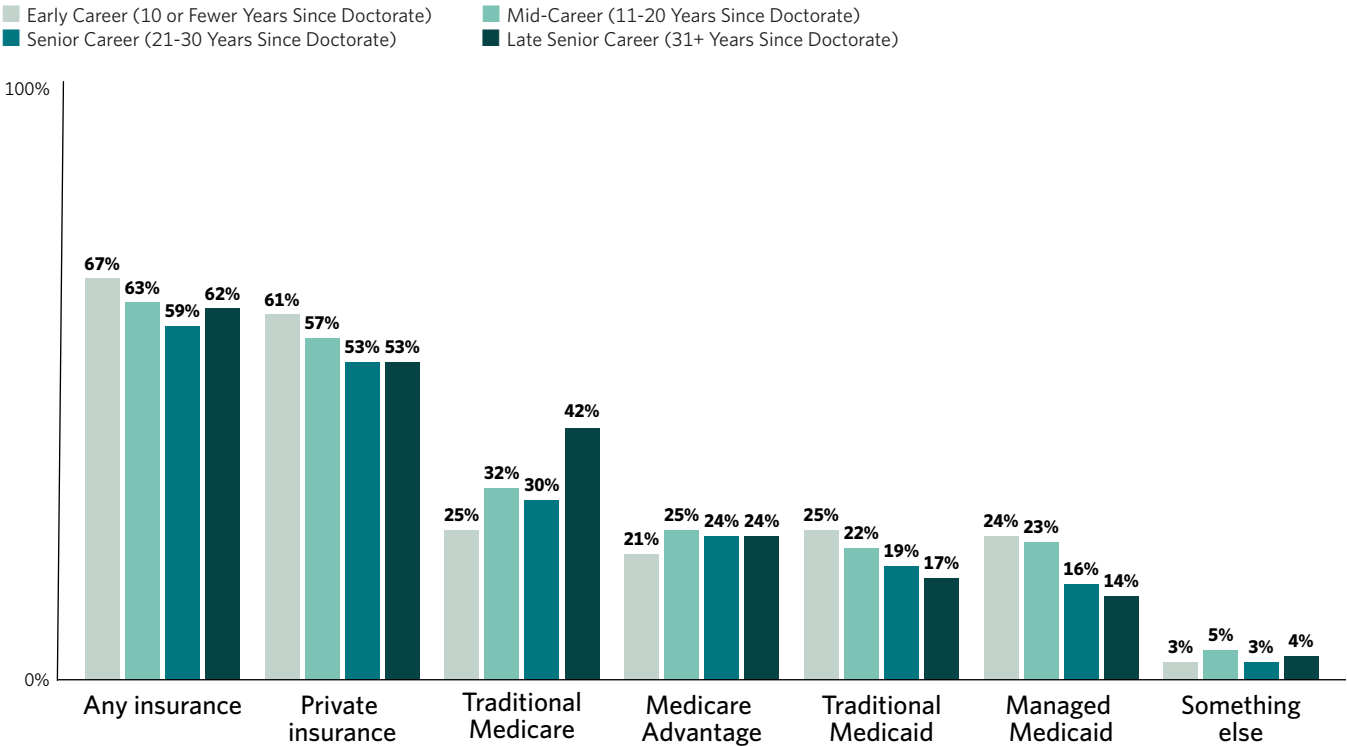
Three in five psychologists (62%) reported accepting some form of insurance – most commonly private or commercial insurance. Over half (55%) accepted private or commercial insurance, a third (33%) accepted traditional fee-for-service Medicare, and a fifth (20%) accepted traditional fee-for-service Medicaid. These proportions did not meaningfully change since 2024, except for traditional fee-for service-Medicaid, which rose from 16% in 2024.

Practitioners early in their careers were the most likely to accept insurance (67%), compared with mid-career psychologists (63%), senior career psychologists (59%) and late career psychologists (62%). Early career psychologists accepted traditional fee-for-service Medicaid more readily (25%) than the most advanced career stages. Late senior career psychologists accepted traditional fee-for-service Medicare more readily (42%) than any other career stage.

FIGURE 6.

Insurance Psychologists Accepted by Career Stage, 2025

% of all psychologists

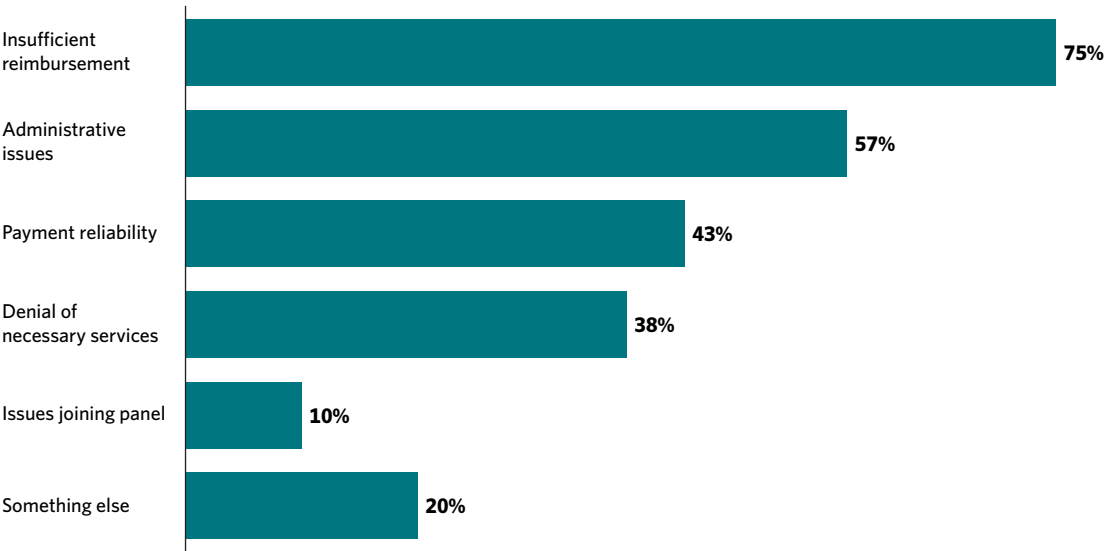


For practitioners who did not accept insurance, or who stopped participating in some form of public or private insurance panels in the past year, financial issues remained a key barrier. The most common barriers psychologists cited to accepting insurance plans were insufficient reimbursement amounts (75%), administrative issues with insurance payers (57%) and concerns about payment reliability (43%). More than a third (38%) also cited denial of coverage for services they deem necessary and appropriate for their patients.

FIGURE 7.

Psychologists' Top Barriers to Insurance Participation, 2025

% of psychologists who do not accept insurance or stopped accepting a form of insurance in the past year



NEARLY HALF OF PSYCHOLOGISTS STILL HAVE NO CAPACITY FOR NEW CLIENTS

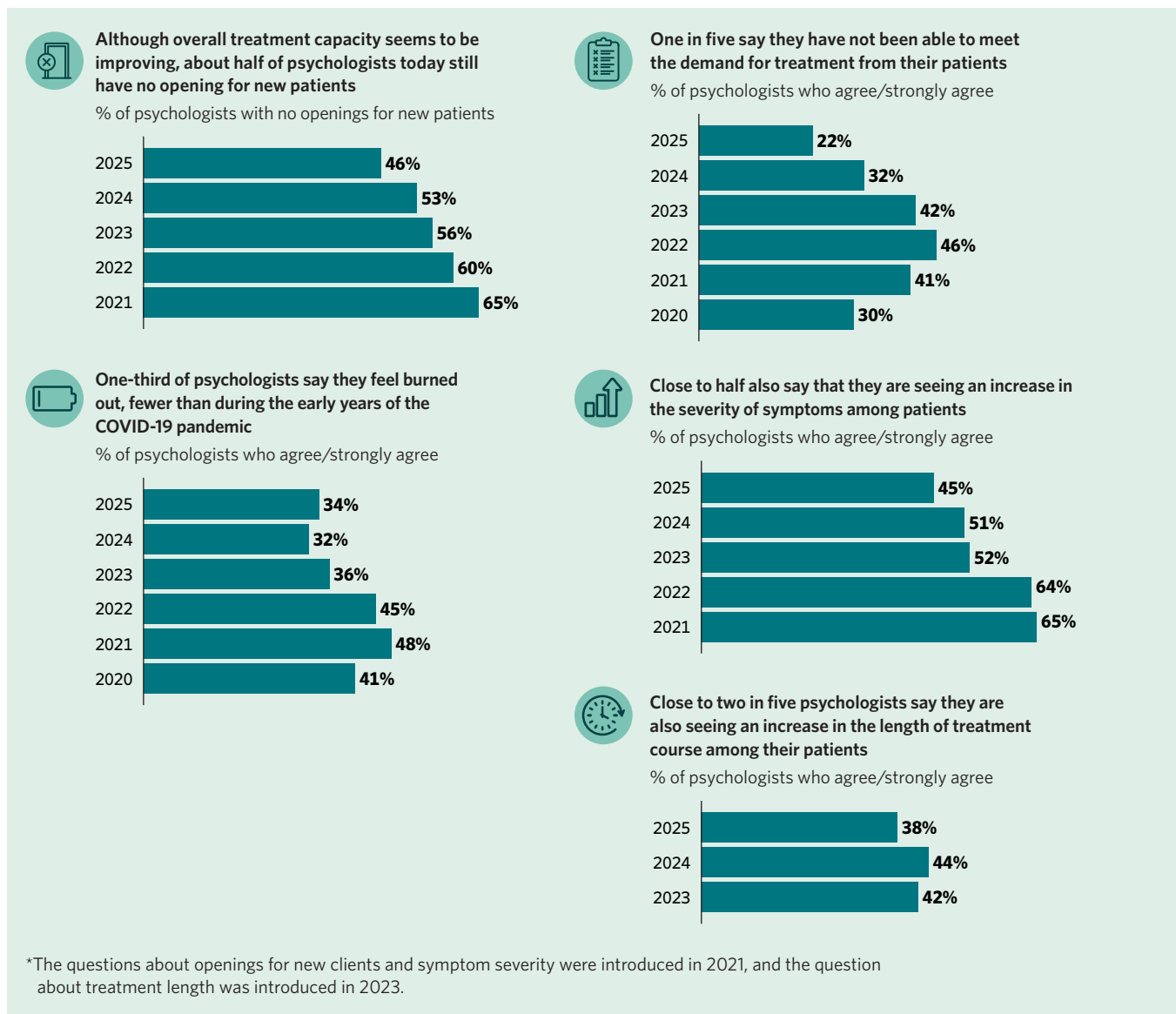
While practitioners' workloads appear to be improving since a spike in demand in the early years of the COVID-19 pandemic, about half (46%) of practitioners reported having no openings for new patients and 40% currently have a waitlist for new clients. A similar percentage (45%) reported an increase in symptom severity among patients. Some practice patterns were marked by increases followed by decreases, such as increases in treatment course length, inability to meet demand, and burnout.

The majority of psychologists said that they had maintained their workload since last year; 59% said they were working the same amount as they did 12 months ago and 56% said they were treating the same number of clients. Only one in five psychologists said they were working more (20%) or less (21%) than they did 12 months ago.

However, stabilizing practice patterns do not necessarily indicate the mental health crisis has resolved; limited capacity for new patients, increases in symptom severity and increases in length of treatment course restrict psychologists' ability to fully meet needs for health services. Among psychologists who do not have a waitlist, 22% said they do not have the capacity to manage a waitlist and 9% said that too many people were requesting services.

FIGURE 8.

Changes in Psychologists' Workload and Well-Being from 2020-2025

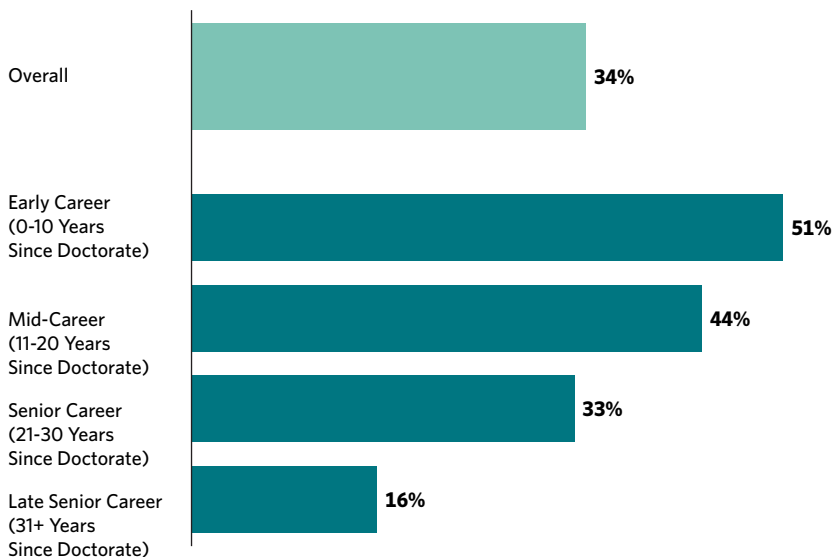




In addition, psychologists earlier in their careers continued to feel burned out at higher rates than psychologists who were later in their careers. Approximately half of early career practitioners (51%) either agreed or strongly agreed that they feel burned out compared with 16% of practitioners in the most advanced career stage. Overall, 34% of practitioners said that they felt burned out, and close to one in five (19%) said that they were not able to maintain a positive work-life balance.

When asked to rate their stress on a scale from 1 to 10, where 1 meant they had “little or no stress” and 10 meant they had “a great deal of stress,” early career psychologists on average rated their stress higher than those later in their careers. For psychologists who earned their doctorate in the past 10 years, the average stress rating was 6.29 – similar to those who earned their doctorate 11-20 years ago (6.32). Psychologists in the latest stage of their careers rated their stress a 5.14 on average.

FIGURE 9.
Psychologists Who Feel Burned Out, 2025
% of psychologists by career stage





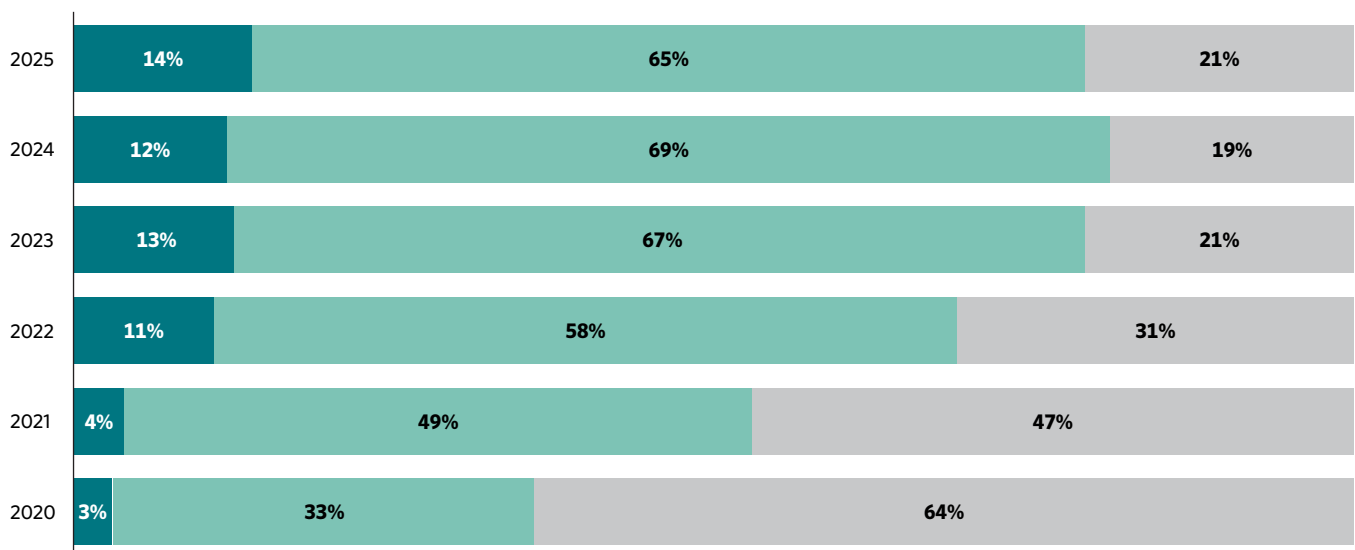
In 2020, almost two-thirds (64%) of respondents were treating their patients entirely by telehealth. Five years later, this rate fell to 21%. Since 2023, hybrid practice (treating patients both in-person and with remote modalities) has been common; approximately two-thirds of practitioners engaged in hybrid practice (67% in 2023, 69% in 2024, and 65% in 2025).

FIGURE 10.

Psychologists' Telehealth Use, 2020-2025

% of all psychologists

■ In person only ■ Hybrid ■ Remotely only



METHODOLOGY

The 2025 Practitioner Pulse Survey is the most recent survey cycle of a series of annual, online surveys conducted by the APA that explores psychologists' practice patterns. Contact information for the 2025 survey was drawn from APA membership data as well as state licensing board data and used to create a probability-based sample. Of the 30,000 survey invitations sent via email, 26,502 were received, and 1,742 respondents completed the survey for a completion rate of 6.6%. Eligibility criteria included all the following: having a doctoral degree, having a psychologist license, actively working, and treating patients.

For more information about the 2025 Practitioner Pulse Survey (technical documentation of the methodology and sample, complete topline table results, and survey instrument), see the supplementary documents linked with the release of this report at: <https://www.apa.org/pubs/reports/practitioner>

For reports and data on previous cycles of this survey, see:

American Psychological Association. (2020). *2020 COVID-19 Telehealth Practitioner Survey*. <https://www.apa.org/workforce/publications/response-coronavirus>

American Psychological Association. (2021). *Worsening mental health crisis pressures psychologist workforce: 2021 COVID-19 Practitioner survey*. <https://www.apa.org/pubs/reports/practitioner/covid-19-2021>

American Psychological Association. (2022). *Psychologists struggle to meet demand amid mental health crisis: 2022 COVID-19 Practitioner Impact Survey*. <https://www.apa.org/pubs/reports/practitioner/2022-covid-psychologist-workload>

American Psychological Association. (2023). *Psychologists reaching their limits as patients present with worsening symptoms year after year: 2023 Practitioner Pulse Survey*. <https://www.apa.org/pubs/reports/practitioner/2023-psychologist-reach-limits>

American Psychological Association. (2024). *Barriers to care in a changing practice environment: 2024 Practitioner Pulse Survey*. <https://www.apa.org/pubs/reports/practitioner/2024>

2025 PRACTITIONER PULSE SURVEY

American Psychological Association

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