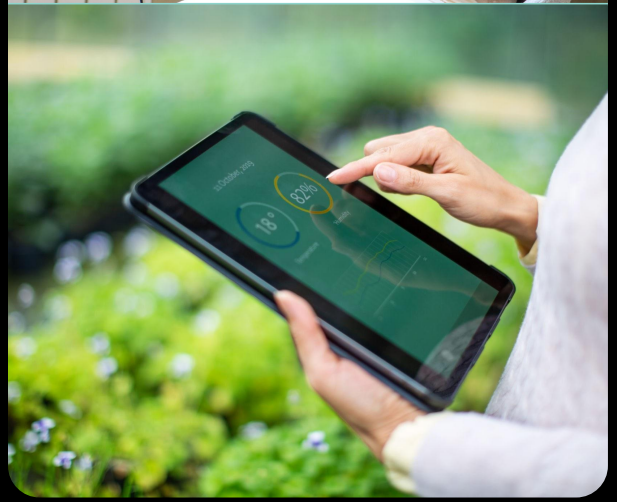


Therapist Accelerator

Lead the future of mental health care with AI literacy and evidence-based practice.

www.artaicare.academy

ArtAICare Academy

ArtAICare Therapist Accelerator Training Program

ArtAICare Academy

1. Interdisciplinary Foundations

This program integrates **Artificial Intelligence (AI), human–computer interaction**, **cognitive neuroscience, brain–computer interfaces**, and i**mmersive technologies (VR/AR/XR)** to advance therapeutic design. Therapists gain practical skills in computational modeling, neurotechnology, and affective systems to support cognitive and emotional processes. The interdisciplinary scope ensures a rigorous understanding of how these domains interact within therapeutic workflows.

2. Human-Centered Practice

We empower therapists to be at the forefront of AI-enabled care with confidence. This means building fluency in both the benefits and risks of emerging technologies ensuring therapists remain in control of the therapeutic process. From **data protection** and **GDPR** to the **EU AI Act** and **ethical compliance**, our training prepares practitioners to navigate the legal, technical, and clinical demands of digital mental health interventions.

3. Evidence-Based Methodology

All practices taught are grounded in cognitive science, affective neuroscience, and empirical research in HCAI. Participants learn to assess and validate the effectiveness of digital interventions using both subjective and objective measures. This foundation ensures that creative therapeutic approaches are not only innovative but also replicable, measurable, and clinically sound.

4. Therapeutic Leadership

Participants are trained to lead the evolution of mental health care beyond technical skills to strategic capability. The program develops therapist agency in shaping ethical innovation,co-designing intelligent systems, and advocating for responsible AI in clinical contexts. Graduates emerge equipped to guide interdisciplinary teams, influence digital policy, and design the future of care.

ArtAICare Academy

Bridging Clinical Expertise and Machine Intelligence

Why This Accelerator?

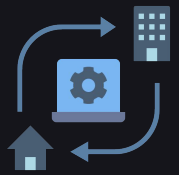
There's no denying it anymore: ***AI is becoming a therapist***; because it's cheap, fast, and always available. The dangers are beyond imagination. Millions now turn to chatbots for mental health support, without oversight, ethics, or care. Yet alongside the myriad of dangers AI brings to mental health care, there are powerful potentials to be harnessed.

This accelerator trains therapists to reclaim their rightful leadership in mental health care. We don't just teach tech we equip therapists to **safeguard, scale, and evolve their practice in an AI-driven world.**

Flexible Programme Formats

ArtAICare Academy

Choose the Delivery That Fits Your Needs



Hybrid (8 Weeks)

Combines online modules with 6 hours in-person immersive tech and BCI labs. Best suited for learners who want flexibility without missing immersive tech experiences.

Fully Online (6 Weeks)

All content delivered remotely, including live demos of Immersive tech and BCI tools. Ideal for global access or those unable to attend in person.

In-Person (5-Day Intensive)

Hosted at our facilities or your institution. Includes Lectures, hands-on labs and expert workshops. Tailored for team training or deep dives.

Module 1

Artificial Intelligence (AI) Demystified

What is AI? – Definitions, myths, and reality

- **Historical Context:**

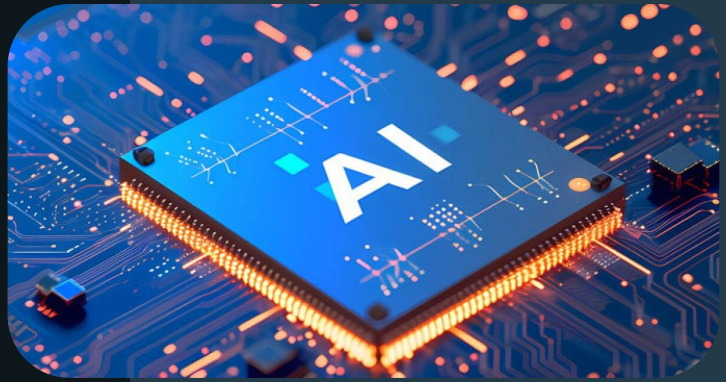
  Evolution of human-interaction; from manual tools to digital interfaces and now to intelligent systems

- **Types of AI:**

  Paradigms of Intelligence: Narrow, General, and Super
  Symbolic AI vs Machine Learning

- **Key characteristics of AI:**

  From perception and decision-making to learning and adaptation, define what makes a system artificially intelligent and what doesn't.



This opening module gives therapists an accessible but robust foundation in AI. It demystifies the terminology, clears common misconceptions, and shows how AI systems have evolved to impact daily life.

Module 2

How Does AI Learn?

- **Human Intelligence vs Artificial Intelligence**

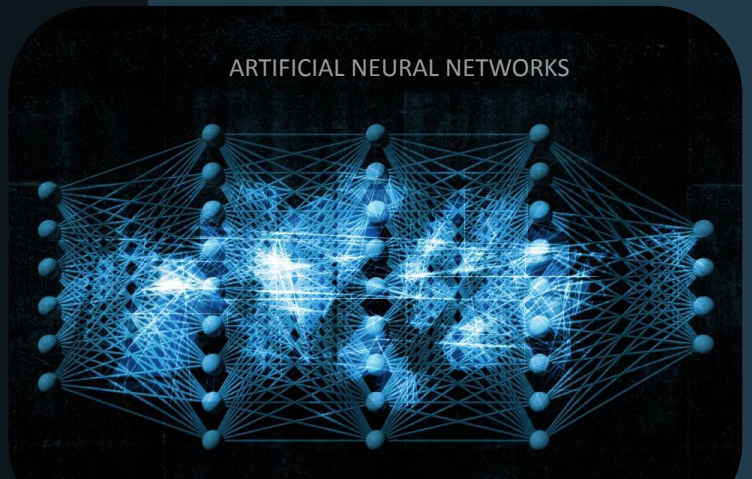
  A contrastive look at Learning, creativity, and embodiment

- **AI Learning paradigms:**

  Supervised, unsupervised, reinforcement, semi-supervised learning.

- **Artificial Neural networks & architectures:**

  A non-technical conceptual dive into the working mechanisms of black-box AI models. Data, features & training What AI models recognize “speech” detect objects (“see”), solve problems and how they adapt and plan an approach for future tasks?



This module gives therapists a peek behind the curtain: how does AI actually “learn” to make decisions? Understanding the differences between AI models builds confidence in evaluating which tools are trustworthy, how they make predictions, and where bias might creep in.

Module 3

ArtAICare Academy

AI in Daily Life

- **Personalization & Recommendation systems**

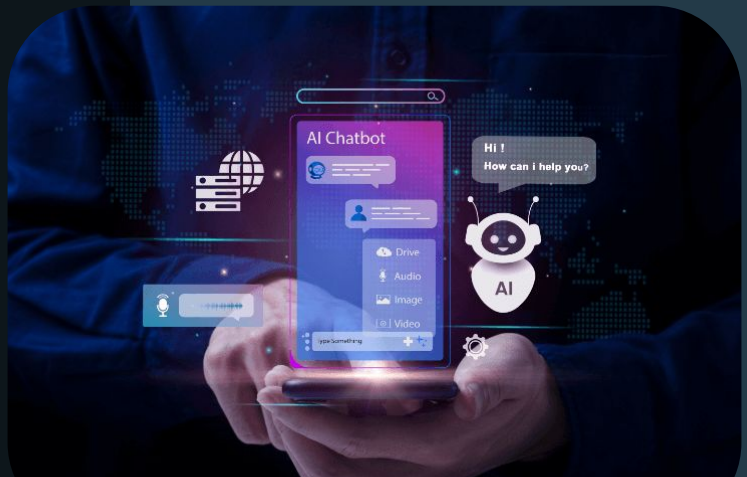
  From pattern recognition in user preference and behaviour to adaptive and persuasive technologies. RecSys paradigms, design principles, common issues and challenges.

- **AI at Home, Workplace and in Public**

  Smart assistants,personal health trackers, decision supports, surveillance, urban services, chatbots

- **AI-induced Psychosis**

  Explore emerging clinical concerns around overexposure to AI, where blurred reality boundaries, chatbot overuse and algorithmic reinforcement may contribute to dissociation or psychotic symptoms.



This module helps therapists connect the dots between the AI systems shaping everyday life and the subtle psychological impacts they may trigger. By understanding personalization logic, and potential harms therapists gain insight into how clients relate to digital systems and how to respond with informed care.

Module 4

ArtAICare Academy

New Frontiers: Human-Centered AI (HCAI)

- **Why HCAI?**

  Principles of human-centered design, agency, etics, transparency

- **AI Personalization in Smart environments: A case study approach in Art and Cultural Experience Design**

  Visual Art Recommendation Systems from Unimodal to multimodal and Multi Stakeholder awareness.

- **Human Centered Recommender Systems**

  Personalization with design ethics, introducing frameworks for building recommender systems that are transparent, inclusive, and user-aligned.

This module introduces a foundational shift in AI moving from autonomous systems to tools that extend human values and agency. Through case studies in museums and cultural spaces, it demonstrates how human-centered design is already shaping user experiences, and how these principles can later be adapted to clinical, creative, and therapeutic spaces.

Module 5

ArtAICare Academy

AI in Mental-Health Care

- **Post-Intensive Care Syndrome (PICS) intervention**

  A case study on art therapy with Visual exposition and the role of Visual art recommendation systems to prevent and reduce PICS.

- **Human–AI collaboration in the therapeutic process**

  A case study on PICS intervention with visual exposition Risks (Misalignment, over-reliance, bias) and opportunities (Scaling access, personalization, data-driven reflection)

- **Art Therapy workflow redesign**

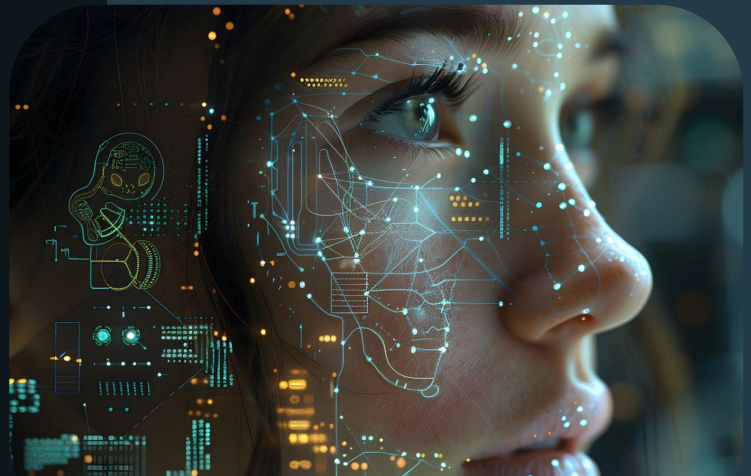
  integrating AI tools into therapeutic workflows with human oversight.

This module takes the design principles introduced in the previous module and brings them directly into the therapy room. Therapists will explore how AI can support the therapeutic process. Using a real-world case study taken from clinical trials it maps risk mitigation and best practices to amplify therapeutic outcomes.

Module 6

Affective Computing for Art Therapy

- **Foundations**
  What is affective computing and why it matters
- **Emotion Models**
  How AI systems represent human emotion using dimensional and categorical models.
- **Modalities for emotion detection**
- **Tools and technologies**
  introduction to affective sensing platforms and no-code solutions for research & experiment
- **Case study: Art, Affect and Semantics**
  Mapping emotion across modalities for Cross-domain Recommendation in art therapy



This module gives therapists practical insight into how affective computing extends their ability to detect subtle affective shifts, monitor emotional dynamics, and access nonverbal signals that enhance therapeutic precision, especially in digital, remote, or hard-to-access contexts.

Module 7

Immersive Technologies in Arts Therapy

- **Device spectrum**

  Desktop, mobile, tablets, paper tablets, VR/AR/XR understanding capabilities and trade-offs

- **Spatial interaction**

  how space and embodiment contribute to therapeutic presence during Exposure, Drawing, sculpting, and movement in immersive spaces.
  Augmented Reality (AR), Virtual Reality (VR), Extended reality (XR): from overlaying expressive art into real-world spaces to designing full-immersion art therapy sessions

- **Opportunities and risks**

This module introduces the foundations of immersive technologies and trains therapists to adapt classic art therapy techniques from guided exposition to drawing and sculpting into virtual environments. Using immersive wearables such as VR headsets, therapists explore how presence, embodiment, and spatial interaction can support trauma recovery, remote care, and new modes of creative expression. This module prepares therapists to lead in the future of digitally mediated therapeutic practice.

Module 8

ArtAICare Academy

Measuring Therapeutic Effects

- **Neurophysiological sensing**

  Brain–Computer Interfaces (BCI):
  - Electroencephalography (EEG)
  - functional near-infrared spectroscopy (fNIRS)

  Eye tracking: gaze patterns, attention, cognitive load and engagement in creative tasks.

  Galvanic Skin Response (GSR) / motion tracking / UI mouse tracking

- **Subjective vs Objective measures**

  Combining self-report, qualitative data and sensor-based metrics to Balance experience and measurement.

- **The Therapy Impact Score (TIS)**

This module introduces non-invasive sensing tools that can help therapists evaluate what's working in a session. By integrating objective and subjective data, therapists gain new insight into client progress and session design.

Module 9

Regulation, Data Protection & Therapist Accountability

- **Regulatory frameworks and compliance**

  GDPR, HIPAA, health-data regulations, anonymization, consent frameworks.

  EU AI Act (and global equivalents): classification of AI systems, risk management.

- **Secure systems**

  Designing with privacy and accountability in mind.
  Secure data pipelines in digital therapeutic systems

- **Therapist accountability and ethical use of AI**

  Boundaries, clinical judgement, machine vs human roles

This module provides the legal, ethical and practical guardrails needed when therapists integrate AI and digital technology into their practice.

Module 10

Capstone Project & Integration

- **Project briefing**

  Participants propose and develop a pilot art-therapy protocol integrating AI, immersive tech & physiological sensing.

- **Workflow design with Expert feedback**

  Designing an end-to-end process with ethical plan, user flow, measurement design.

- **Pilot Study**

  Conduct a pilot therapy session. With access to full Digital therapy Kit

- **Presentation, peer-review, certification**

  Boundaries, clinical judgement, machine vs human roles

In this final module, therapists bring it all together. Participants design their own AI-augmented arts therapy project; a fully scoped, ethically considered pilot. This is where therapists step into their new role as digital innovators, ready to lead change in their institutions.