

AI Policy

Why this matters

This work, whether coaching, counselling, supervision, or training, depends on presence, trust, and confidentiality. AI tools, used without care, can undermine all three.

This policy exists to protect the people in this space and the integrity of the work itself.

In sessions and live spaces

AI tools, bots, and automated note-takers are not permitted in any live coaching, counselling, supervision, or training session. This includes tools that automatically record, transcribe, or summarise conversations.

Being present with another person and a group requires full attention. Tool-directed sessions are not what this work is about.

Session content

Everything shared in a session is confidential. This means: No recordings, transcripts, notes, or summaries from real sessions may be uploaded to or processed by any AI tool. This applies even if names are removed.

If you are unsure whether something counts as session content, treat it as confidential.

Training materials

You are welcome to use AI to support your own learning, exploring concepts, creating study notes, or practising with fictional examples.

You may not use AI to reproduce, repackage, or redistribute any training materials, frameworks, or tools from my programmes. These represent significant investment and are protected accordingly.

A note on presence

Somatic and embodied work asks us to be in the room with ourselves, with each other, with what's present. AI's place is not in the live space of this work.

Questions? Get in touch directly.