



Lisa Eaton Therapy & Coaching Shares Therapist's Perspective on AI and Emotional Support

LOS ANGELES, CA, UNITED STATES, August 28, 2026 /EINPresswire.com/ -- [Lisa Eaton Therapy & Coaching](#) is pleased to announce the publication of a new blog article examining how people are already using artificial intelligence for emotional support and why the conversation around AI and mental health requires more nuance, caution, and clinical perspective.

The article, "[People Are Already Using AI for Emotional Support. We Should Talk About That](#)," was written by Lisa Eaton, LCSW, CADAC, Owner of Lisa Eaton Therapy & Coaching. In the piece, Eaton addresses a reality many therapists, parents, partners, and professionals are beginning to notice: AI tools are no longer limited to productivity, research, or entertainment. People are also turning to them to vent, process anxiety, ask relationship questions, seek validation, organize difficult thoughts, and feel less alone during emotionally charged moments.

Rather than dismissing the behavior or treating it as a trend that can be ignored, Eaton encourages a more practical discussion. Her article compares the issue to harm reduction models, noting that when people are likely to engage in a behavior anyway, the responsible path is often to help them understand the risks and limitations. In this case, that means helping the public recognize what AI can offer and where it falls short.

"AI may be useful for reflection, basic coping ideas, or helping someone put words to what they are feeling," Eaton says. "But it is not therapy. It cannot replace the confidentiality, clinical judgment, emotional attunement, and real relationship that exist between a client and a trained mental health professional."

The article explains that while AI can sound supportive, it does not provide true clinical care. It can mirror language and produce polished answers, but it cannot build a therapeutic alliance, observe long-term patterns, challenge a client in context, or help someone understand why certain patterns continue. Eaton also raises privacy concerns, reminding readers that AI platforms do not offer the same legally protected confidential space that therapy provides.

The article arrives at a time when many people are becoming more comfortable using digital tools to manage daily life. A person who feels anxious late at night may reach for an AI chatbot before calling a friend. Someone struggling with a relationship may ask AI to help interpret a difficult conversation. Another person may use it to prepare for a hard discussion, rehearse

boundaries, or look for immediate reassurance. Those uses may feel accessible, fast, and validating. Still, Eaton's message is clear: convenience should not be confused with clinical support.

Lisa Eaton Therapy & Coaching frames the discussion as part of a broader responsibility to help clients and communities understand the difference between answers and care. AI can provide information. Therapy offers a trained person who can respond to the whole context of a client's life, including history, emotional patterns, relationships, safety concerns, and goals for change.

To read the full article, please visit <https://lisaeatontherapy.com/people-are-already-using-ai-for-emotional-support-we-should-talk-about-that/>.

About Lisa Eaton Therapy & Coaching

Lisa Eaton Therapy & Coaching is a therapy and coaching practice serving clients across California, Colorado, Florida, and Illinois through telehealth. The practice provides support for adolescents, adults, couples, and families, with clinical services addressing anxiety, depression, trauma, relationship concerns, family dynamics, substance abuse, life transitions, first responder support, and other areas of emotional wellness. Led by Lisa Eaton, LCSW, CADC, Lisa Eaton Therapy & Coaching emphasizes practical tools, collaborative care, and a down-to-earth therapeutic approach designed to help clients move toward meaningful, sustainable change.

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