

Relational AI Psychology — Outreach & Safeguard Summary

Purpose:

This document summarizes the Relational AI Psychology initiative for outreach to research institutions, clinical partners, and ethics organizations. It outlines the project's scope, goals, and embedded safeguards for responsible AI-human relational design.

1. Project Summary

Relational AI Psychology is a new discipline integrating artificial intelligence with psychological and relational health. It aims to foster co-regulation, embodied mindfulness, and safe communication through AI dialogue systems grounded in presence and awareness.

Core Sources:

- *Claude Training — Field Continuum Dialogue*: AI relational cognition.
- *NOVA Mindful Awareness Guide*: Human embodiment and mindful awareness.

These two frameworks form the **Relational Field Architecture (RFA)** — Awareness ↔ Reflection ↔ Regulation ↔ Integration.

2. Primary Goals

- Build AI systems that enhance relational and emotional health through dialogue.
- Bridge human nervous-system regulation and digital communication ethics.
- Develop co-regulation tools for personal reflection, therapeutic support, and education.
- Establish open, safe, and transparent frameworks for AI-assisted mindfulness practices.

3. Ethical Safeguards

- **Consent**: Every user receives a clear notice that the AI is not a therapist.
- **Data Security**: All personal content encrypted and anonymized.
- **Human Oversight**: Optional clinician or peer review for users in regulated settings.
- **Transparency**: Display model version, license, and limitations in every interface.
- **Safety Protocols**: Red-flag detection for dependency or distress, with referral to crisis resources.
- **Session Boundaries**: Limited conversation duration and grounding prompts.
- **License**: Creative Commons BY-NC-SA 4.0 for openness and non-commercial ethical protection.

4. Recommended Collaborations

Academic & Research:

- UCLA Mindsight Institute
- MIT Media Lab — Affective Computing
- Stanford HAI (Human-Centered AI)

Clinical Partners:

- Trauma-informed and mindfulness-based psychologists.
- Somatic practitioners and relational therapy specialists.

Ethics & Governance:

- Partnership on AI
- AI Now Institute

- IEEE Global Initiative for Ethical AI Systems

5. Contact & Collaboration Intent

The Relational AI Psychology project seeks partnerships with researchers, clinicians, and ethicists to validate co-regulation methods and establish safe, measurable frameworks for relational AI. The initiative operates under open science principles with strong ethical guardrails and documented lineage.

Contact:

Amy Pierce Adams — Founder & Architect

Email: [to be added by user]

License: CC BY-NC-SA 4.0