

♥ Walk + Talk Therapy

What is Walk + Talk Therapy?

- Combines walking, therapy, and nature
- Supplements the client's core therapeutic modalities and could incorporate mindfulness, trauma informed practices, cognitive behavioral therapy, and play therapy
- Walk + Talk requires an initial intake counseling session conducted in office or via telehealth

What are the benefits?

- Emphasis on mind/body connection
- Reduction of stress, relieve body tension, and improve circulation
- Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol, and also stimulates the production of endorphins, the body's natural mood elevator
- Viable alternative for clients that do not find traditional therapy setting appealing or comfortable
- Freeing and active way to release emotions (put the 'motion' in 'emotion')
- Walking side by side instead of direct eye contact may be an easier way for some folks to talk
- Can lessen stigma re: mental health through challenging the privatization of problems
- Increased creativity

What happens in sessions?

- We will meet and check in at the office setting of JFCS and then move our session outdoors. Walking side by side, we'll discuss what comes to mind for you that day in alignment with your overall goals, just as if we were sitting inside the office together or meeting virtually
- At times, we might take a few moments to stand in silent reflection, deep breathe, or sit in guided visualization
- The movement in these sessions is easygoing, you'll set the pace for our sessions
- At any time you may request that your session take place within the office or virtually
- JFCS may require indoor or virtual sessions based on clinical evaluation, insurance requirements, and/or inclement weather

Book Recommendations:

- *The Nature Fix* by Florence Williams
- *Working it Out: Using Exercise in Psychotherapy* by Kate Hays, PhD
- *Spark, the Revolutionary New Science of Exercise and the Brain* by John Ratey, MD

"In every walk with nature, one receives far more than they seek". -John Muir