



## Walk and Talk Therapy Sessions

Walk and Talk Therapy is much like traditional psychotherapy; we just take our session outside. Nature is an incredibly healing environment. During this time, we can walk, sit, play on the playground, and participate in other mindful activities while processing your experiences. You get to choose. We just need to be able to hold a conversation.



### **Benefits:**

The outdoors have been proven to positively affect our mood. The exposure to natural light, fresh air, minerals, and our physical movement is beneficial to our overall health. Being in an outdoor environment has been shown to improve our focus and mental clarity, and we can also experience an increase in creativity and problem solving. There are a multitude of opportunities to engage in mindfulness exercises due to the complexity of nature around us. Additionally, activities involving bi-lateral movement such as walking, hiking, and running stimulate our brain function.

### **Location:**

Sessions are 53 minutes. We can meet at the office and walk around town, or, we have the option to explore Sannaik Forest Preserve, which is located roughly 1 mile from the office.



### **Weather:**

Sessions are available all year long... I'd say we could merely dress for the season; however, in Illinois, weather can fluctuate over 40 degrees in one day! In fact, the record in this state is a 52 degree change (February of 1900)!!! So, we just need to come prepared. Please dress comfortably with appropriate footwear. In the event the weather is less than ideal, we can switch over to a session in the office.

# Dogs welcome!!!



During our Walk and Talk sessions, you are welcome to bring your dog. Both of you will receive therapeutic benefits from the walk.

## Basic rules for Dog Walk And Talk Sessions:

1. We'll choose a dog-friendly location.
2. Your dog must be kept on leash.
3. You must pick up after your dog.

*To read more about benefits of dog ownership & dog walking,  
click on the different paw prints below:*

