



Walk & Talk / Outdoor Therapy

Client Responsibilities and Considerations: Safety, Welfare and Confidentiality

Walk & Talk (outdoor) therapy can be a refreshing and beneficial way to engage in therapy. As sessions take place in a public, outdoor environment, there are a few additional considerations to help ensure your safety, comfort, and privacy.

Your therapist will always discuss your individual needs, accessibility, and preferences with you to ensure this type of therapy is suitable. Reasonable adjustments or alternative options can be offered where appropriate, and suitability will be reviewed on an ongoing basis.

Practical Considerations

Weather and alternative delivery options for therapy

If the weather is unsuitable (e.g. heavy rain, snow, or unsafe conditions), an alternative session can be arranged:

- Online sessions are usually the most flexible option.
- In-person (room-based) sessions require at least **72 hours' notice** to book and are subject to room availability.
- If you choose not to switch to an alternative format, the Walk & Talk cancellation policy will apply (see below).

Cancellations and notice periods

- Walk & Talk sessions require **at least 24 hours' notice** to cancel. Cancellations after this time are charged at 50% of the session fee.
- Online and in-person sessions require **48 hours' notice**.

Meeting point and lateness

We will agree a clear meeting point in advance of each session.

If you are running late, please let me know as soon as possible. I will wait for up to **15 minutes** and will attempt to contact you by phone. After this time, I will leave and the session will be considered missed.



Clothing and preparation

Please wear appropriate clothing and footwear for the weather and walking conditions (e.g. sturdy shoes, waterproofs where needed).

It's recommended to bring water and any refreshments you may need, particularly in warm weather or if maintaining energy levels is important for you.

Physical ability and comfort

Walk & Talk therapy involves gentle movement. You should feel comfortable walking and being outdoors, including managing potential distractions such as noise, people, dogs, cyclists, and scenery.

Please let your therapist know about any relevant health conditions, fears or injuries that may affect or impact on your participation.

Safety and Personal Responsibility

You are responsible for your own wellbeing while attending and travelling to and from sessions. Your therapist will take reasonable care in selecting safe and appropriate routes and environments.

Outdoor environments may include uneven ground, mud, or other natural hazards, and are shared with members of the public.

While every effort is made to support your safety:

- Accidents, injuries, or loss or theft of belongings can occur in outdoor settings.
- Your therapist cannot accept responsibility for these, but will take appropriate action in the event of an emergency (e.g. contacting emergency services if needed).

If helpful or applicable, you may wish to carry emergency contact information or medication with you during sessions.

Confidentiality and Privacy

Your therapist will take all reasonable steps to protect your confidentiality, as in any therapy setting. However, outdoor sessions take place in public spaces, which means:

- There is a possibility that others may pass by or overhear parts of conversations.



- Secluded routes and quieter areas will be used where possible, though this can be more challenging at busy times (e.g. good weather or peak hours).

If you encounter someone you know during a session:

- You are free to choose how (or whether) to interact with them.
- Your therapist will follow your lead and respect your preferences regarding introductions or acknowledgement.

Final Considerations

Sessions may involve walking side-by-side, pausing, or sitting at times, depending on your needs and preferences. Silence is also welcome where helpful, and can be part of the therapeutic process.

To support focus and privacy, it is recommended that mobile phones are kept on silent during sessions. Your therapist will carry a phone for emergency use.

If you have any queries surrounding Walk and Talk (Outdoor) Therapy, please do not hesitate to contact me via e-mail at info@wisdomwithinthrapy.co.uk or by phone on 07707214119.