10 TIPS FOR STARTING A WALK & TALK PRACTICE

1. Create a separate liability waiver for walk and talk clients. Best practice is to have it reviewed by an attorney.

2. Confirm with your malpractice insurance that you will be covered for therapy conducted outside of your main office. Typically, malpractice insurance is portable and travels with you.

3. Determine if you will want or need additional liability/accident insurance to cover you while conducting a walk/talk session.

4. Get comfortable talking about the benefits of walk and talk therapy and be prepared to explain how walk and talk therapy is different from traditional office-based sessions.

5. Identify WHERE you will conduct your walk and talk sessions (e.g., will you leave from your office or will you meet your clients at a designated location?)

6. Identify WHEN you will conduct your walk and talk sessions (e.g., will you have a specific day or time when you schedule these clients? How many are you able to see in a day/week?)

7. Include screening questions on your intake questionnaire to assess for current physical activity/exercise and any health conditions or injuries that may preclude the client from engaging in walk and talk sessions.

8. Walk the path you will take with your clients BEFORE you conduct your first session. See it from their perspective and identify any potential hazards and how to best avoid them.

9. Create a list of what you will tell your client to bring to a walk and talk session (e.g., water bottle, hat/sunscreen, comfortable walking shoes, etc.)

10. Highlight information on your website and in your marketing materials to let potential clients know you offer walk and talk sessions.