Samantha Cox

Integrative Counsellor & Psychotherapist

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**Agreement: Walk & Talk Therapy**

Studies have shown that being in nature can be amazingly restorative and walking is a wonderful way to process thoughts and feelings. Living in this quiet and beautiful, rural area, I am happy to now be able to offer you Walk& Talk therapy, for which I am fully insured, where we will harness the power of nature as a positive therapeutic force.

By signing the following agreement, you are agreeing to the terms of my Walk & Talk therapy: -

* Walk & Talk therapy will be boundaried by the 50minutes of our session.
* Prior to walking, we will have agreed a route and an agreed meeting place.If you would like to meet somewhere other than directly outside my practice, we will factor in the time it will take me to reach your preferred meeting place, which may take time out of your session.
* Where there is space, a session can be extended if both parties agree and will be charged accordingly, pro rata.
* It is your responsibility to inform me of anything that may compromise your ability to walk, such as any known injuries or infirmities and I will adapt the walk accordingly.
* I will alert you to any known hazards along the route, such as: uneven ground, mud, standing water and undergrowth including nettles and brambles.
* When we have agreed our route, any effects from these hazards are to be mitigated by each of us on an individual basis.
* It is our individual responsibility to dress appropriately for the weather, with suitable footwear for walking across fields, or through mud and to apply sunscreen prior to our meeting, in the event of high UV levels.
* Please bring your own water bottle/drink to stay hydrated.
* Walking cross country can involve walking across uneven ground and through undergrowth (although I will endeavour to keep the latter to a minimum). By signing this form, you are agreeing to individual, personal responsibility for any injuries incurred such as, (but not exclusively), insect bites, nettle rash or sprained ankles, or any negative effects from walking in the sun.
* In the unlikely event that you are seriously injured, I reserve the right to call for an ambulance/medical support.
* Occasionally, we may find the fields on our route occupied by cows or sheep, in which case we will agree to change route or continue. If you choose to continue, that will be at your own risk.
* I am happy to sit on a bench before, during, or after our walk. If we agree to do so, we will sit at least one metre apart, as per current Covid restrictions.
* We will agree to limit conversation with anyone who happens upon us, so as not to distract from the session.
* If the weather is forecast to wet or windy we may revert to a session via Zoom, or F2F.

Signed: ………………………………………. Name: …………………………………. Date: …………………….