



Sareay Counselling

Providing Evidence Based Therapy Combined with Nature and Movement



Walk & Talk Therapy

A grounded and relaxed approach, benefiting both physical and mental wellness. Taking the normal therapeutic conversation and simply moving it to the outdoors. All the components of traditional therapy are there, and more



Outdoor Face to Face

Sitting under a tree, in the park, by the creek or on the dunes. We know intuitively that being outdoors in natural spaces can be extremely restorative and helpful to our physical and mental health. Therapy in a calming, grounding environment.



Walking Phone Therapy

Get support where ever it's needed. Grab your earphones and let's go for a walk! Not living near a therapist should not be a barrier. Walking releases feel-good endorphins, clears the mind and reduces anxiety and paths the way to wellness.



Therapy in Nature

The benefits of being in nature combined with therapeutic conversation. Personal Centred, Strengths Based, CBT, Mindfulness, ACT and Talk Therapy. Traditional therapeutic approaches with a difference.

Who Benefits from Outdoor Therapy? Anyone!

- Particularly useful for people who feel they can become blocked or overwhelmed by the intimacy of therapy in an office setting.
- People who need special considerations when accessing therapy and want to be seen and heard. People who feel isolated or trapped in the therapeutic process.
- Those who feel vulnerable opening up or are overwhelmed & exhausted from the challenges in their life.
- People who live with Anxiety, Depression, PTSD, Life Transitions or Grief

Contact Us

Website: Scan the QR Code

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