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INFORMED CONSENT FOR WALK-AND-TALK THERAPY

Walk-and-talk is a form of psychotherapy or consultation while walking outdoors in public places. Your therapist at Konick and Associates may offer walk-and-talk sessions as an optional treatment modality. Walking sessions typically take place along the paved walking trail on the south end of our parking lot. Some clients enjoy the experience of movement while talking or feel more comfortable talking side-by-side, rather than sitting face-to-face in an office.

If you are interested, we will decide beforehand if it is clinically appropriate for your situation. Walk-and-talk sessions can be used intermittently or regularly, and may be discontinued at any time. If you participate in walk-and-talk, you understand and agree to the following:

- That there are risks associated with any general outdoor activity, that you're willing to assume these risks, and that Konick and Associates and/or your therapist are not liable for such risks. Hazards may include stumbling on uneven surfaces, bee stings, sunburn, twisted ankle, etc.
- That you have no known health problems or medical conditions which could in any way limit your ability to safely participate, and that you assume all health risks associated with this activity. Since walk-and-talk sessions are outdoors, there is some risk to confidentiality, including but not limited to the possibility of encountering a person one of us knows, some of our conversation may be overheard by someone, or someone may recognize your therapist as a mental health professional.
- That your therapist will be acting as a mental health professional under the scope of his/her mental health license—not as a fitness trainer or in any other capacity.
- That you certify you have adequate insurance to cover any injury or damage you may experience while participating in walk-and-talk sessions, or that you agree to bear the costs of such injury or damage.
- That you certify that we will both follow all health and safety guidance issued by the CDC and local authorities regarding wearing masks and maintaining a safe distance during the COVID-19 pandemic.
- Minors (clients under the age of 18) may not be suitable for this form of therapy if they present as a flight risk or safety risk when outside of the office with their therapist. Parents and the treating therapist must agree that the minor will be able to maintain appropriate safety guidelines outside of the office setting in order to participate in walk and talk sessions.

BY SIGNING BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.

Signature of Client or Personal Representative

Date

Signature of Minor (age 12 or older)

Date