



Walk and Talk Therapy

What's walk-and-talk therapy?

Walk-and-talk therapy takes your therapy sessions outdoors. Using the therapeutic qualities of nature and movement, this alternative provides a new approach by incorporating the benefits of fresh air and exercise into the therapy process. Movement, such as a leisurely walk, can make it easier for some people to discuss their feelings.

Is walk-and-talk therapy right for me?

As with all modes of treatment, consider your specific needs before opting for a walk-and-talk therapy session. Walk-and-talk therapy may be a great option for people who experience excess energy or restlessness during sessions or for those who feel uneasy when maintaining direct eye contact and sitting still. In general, physical activity and exercise are known to have a positive impact on one's mental health.

Where are walk-and-talk sessions held?

You will meet your therapist at the office to check in for your appointment. If walk-and-talk is deemed suitable for that day, you and your therapist will exit the building and make your way to the walking trail on the south end of our parking lot. The prairie trail runs east to west, and you can opt for either direction.

If you are interested in Walk-and-Talk therapy please talk with your therapist to discuss if this therapy option is right for you! More information can be found on our website at www.konickandassociates.com/walk-talk-therapy.



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