

Dr. Sohi Lachini

Licensed Clinical Psychologist

PSY 27858

Walk/Talk Therapy Informed Consent

You have requested walk/talk therapy as part of your treatment. Walk/talk therapy refers to sessions that take place outside of the therapy office while walking. You and I will decide on the location of our meetings during our telehealth sessions.

Please review the information below about walk/talk therapy:

- At any point during the course of treatment, you can request to stop walk/talk therapy meetings and for treatment to resume online.
- We will agree on the frequency of walk/talk therapy sessions during our telehealth sessions. Your treatment will be a combination of telehealth sessions and walk/talk therapy sessions.
- While the physical movement is beneficial, walk/talk therapy sessions are not considered exercise. You are responsible for setting the walking pace. You are also responsible to communicate to your therapist if/when you feel physically or emotionally uncomfortable.
- You are fully responsible for your medical and physical wellbeing and you will not hold your therapist legally or financially responsible for any medical conditions and/or accidents that may arise out of walk/talk therapy.

- If appropriate, please contact your primary care physician for approval before beginning walk/talk therapy.
- Confidentiality issues. Complete confidentiality cannot be guaranteed. Though every attempt will be made to not engage in private conversations when others are in close proximity to us, it is not possible to guarantee that conversations will not be heard by others.
- You understand that if you and your therapist come into contact with a person that you know, you have the right to disclose or not to disclose that you are in a therapy session. Your therapist will follow your lead in the case of coming in contact with a person that you know. Your therapist will make every effort to preserve client confidentiality and privacy while conducting your walk/talk therapy session.
- You understand that should your therapist come into contact with a person they know, they will not acknowledge you as a client or the walk/talk therapy session as counseling to preserve confidentiality.
- Perceived informality of the interaction: Although walk and talk therapy might feel more like a social interaction rather than a therapeutic interaction, it is a therapeutic activity. Despite the relative informality of the interaction, the relationship between client and therapist continues to be entirely professional, and not a social, relationship.

I understand and agree to the above regarding walk/talk therapy.