

Nature-Based Therapy Policies

ABOUT WALK AND TALK THERAPY: Walk and Talk Therapy is a form of psychotherapy that incorporates casual walking alongside a therapist while addressing therapeutic goals and topics. Some of the activities that we might participate in include walking on sidewalks, bike paths, hiking trails, paved paths, exploring public parks, open spaces, or forested areas. The focus of the experience is psychotherapy and is not intended for exercise.

ABOUT ECO-ART THERAPY: Eco-Art Therapy is a form of psychotherapy that is like Walk and Talk Therapy but integrates the healing properties from nature and art making into mental health treatment. Art therapy can be facilitated in outdoor settings by making art outside, and as such is referred to here as Eco-Art Therapy. When meeting for Eco-Art Therapy material usage expands to include found natural materials such as leaves, sticks, stones, etc. We will also bring along supplies to assist the creative process, such as yarn, watercolors, paper, etc. Lastly, we may create ephemeral art, which is a temporary art object or installation that is created in and with nature, that may be documented via camera or video before deconstructed.

TERMS OF SERVICE & FEES: Session time length is the same as the standard 50–60-minute session. Choosing a time length for session will be collaboratively discussed with your provider prior to beginning services. Standard psychotherapy rates apply per time-length of session (see Good Faith Estimate / CMC Practice Policies: Therapy Fees & Responsibilities). There is an additional \$5 service fee per session. This fee covers the cost of any hydration, nutrition, first-aid, and transportation during session. The Nature-Based Therapy Service Fee is not covered by insurance and will be billed to your card on file at the time of service.

RISKS, CONFIDENTIALITY FACTORS, & ADDITIONAL CONSIDERATIONS: These forms of therapy are not appropriate for all individuals. We will discuss prior to participation if it would be therapeutically beneficial. Factors that influence this decision include: your reasons for seeking therapy, severity of mental health symptoms, health, and safety factors. The decision is also based on current conditions, health and safety guidelines and may change at any time. It is possible that a return to telehealth services may be necessary at some point, based on mental health status, physical health and safety, public health issues, and weather conditions. This decision will be made in consultation with you the Client, based on careful determination of risks and applicable regulations.

There are possible risks associated with Nature-Based Therapy, including, but not limited to: 1) Accidental injuries from tripping or falling while walking, falling near or into water, potentially being struck by a bicycle or a moving vehicle. 2) Physical dangers including insect stings, animal bites, falling branches or sticks, rash, cuts, or irritation from plant-life, sunburn, exposure to heat/cold and similar risks. 3) Unforeseen risk or danger if you the Client make any choices that may compromise your health and safety (ex. Jumping into water, eating wild plant-life, climbing a tree, etc.). 4) Confidentiality risks may arise, and complete confidentiality cannot be guaranteed. Though every attempt will be made to not engage in private conversation when others are in proximity, it is not possible to guarantee that conversations will not be heard by others. 5) Risk of coming in close contact with someone you or I know. If I come into contact with a known person, I will not disclose that you are a Client or any other confidential information. If you encounter a known person, I will not interact with that person but will follow your lead in guiding any interactions. 6) Given the prevalence of cellphones, it is also possible that we may be photographed or videoed together without our knowledge and that we would have no control over the dissemination of those photos/videos. 7) If you use location-based services on your mobile phone, you should be aware of the privacy issues related to using those services. Crescent Moon Counseling, LLC does not place the practice as a check-in location on various sites such as Foursquare. However, if you have GPS tracking enabled on your device, it is possible that others may surmise that you are in therapy as a Client due to regular check-ins. Please be aware of this risk of “checking in.” Also be aware if you have a passive GPS app enabled on your phone such as Life360, that enables others to see your location. 8) Adverse weather conditions including heat, rain, and storms may reschedule or interrupt a session. Please note that when rain or storms are forecasted, it may be necessary to reschedule the session or use telehealth instead. Per policy, rescheduling must occur 24 hours prior to your appointment. 9) Perceived informality of the interaction will be addressed. Although these forms of 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 the Client and the therapist continues to be entirely professional and not a social relationship.

WAYS TO PREPARE FOR A COMFORTABLE EXPERIENCE:

- Dress accordingly for the weather (hot weather/cool weather clothes & layers), hat, jacket, etc.
- Walking or hiking shoes.
- Hydration-It is strongly recommended you bring water along with you to stay hydrated.
- Nutrition-You may want to bring a snack to enjoy following the walk to refuel.
- Prescribed Life Saving Medications-Please bring any prescribed lifesaving medications with you. i.e., EpiPen or Inhaler
- Insect repellent and sunscreen