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Walk-and-talk is a form of psychotherapy or consultation while walking outdoors in public places. I offer walk-and-talk sessions as an optional treatment modality. Walking sessions typically take place along (Dutchess County Rail Trail, Walkway over the Hudson, Vassar College, Wibur Blvd, near your home if you desire, ect). Some clients enjoy the experience of movement while talking and being outdoors in nature in the fresh air. I am currently offering a hybrid of teletherapy and walk and talk therapy. You may choose to only do teletherapy, if you wish. Walk and talk sessions will be planned out ahead of time and most often will not be able to be conducted on a weekly basis, but periodically throughout treatment. Also, they may have to be cancelled due to inclement weather, ect, and will then be scheduled as teletherapy.

If you’re interested, we’ll decide beforehand if it’s clinically appropriate for your situation. Walk-and-talk sessions will mostly be done intermittently, 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 I’m not liable for such risks. Hazards may include stumbling on uneven surfaces, bee stings, sunburn, twisted ankle, dog bites, 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. That because walk-and-talk sessions are outdoors, there’s 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 that someone may recognize me as a mental health professional.
* That I will be acting as a mental health professional under the scope of my 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.
* If you are dropping off a minor child who is not yet able to drive themselves to session, that you will wait in the parking lot and not leave for any reason, and will provide me a phone number to reach in case of an emergency.

Please sign, date, and return.

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