



Walk and Talk Therapy Contract Addendum

This addendum forms part of the counselling agreement between counsellor and client and applies specifically to sessions conducted outdoors as “Walk and Talk” therapy.

Nature of Walk and Talk Therapy

Walk and Talk therapy sessions take place outdoors and may involve walking side by side rather than sitting face to face. This approach can offer a different therapeutic experience and may support some clients in feeling more at ease.

Participation in Walk and Talk sessions is entirely optional and can be reviewed or changed at any time.

Confidentiality in Public Spaces

While I will take reasonable steps to protect your privacy (such as choosing quieter routes and being mindful of voice levels), confidentiality cannot be guaranteed in the same way as in a private indoor setting.

We will agree together how to manage situations where others are nearby, such as pausing conversation or changing topic. If we encounter someone you or I know, we will follow your preference for acknowledgement or discretion as discussed in advance.

Safety and Risk Awareness

Outdoor sessions involve factors outside of my control, including uneven ground, weather conditions, traffic, and interactions with members of the public or animals.

By agreeing to Walk and Talk sessions, you acknowledge these potential risks and agree to take part at a level that feels physically safe and appropriate for you.

We agree that:

- Either of us may stop or pause the session at any time if needed
- If safety becomes a concern, we will take appropriate action (e.g. stopping, changing route, seeking assistance)
- I will carry a mobile phone for emergency use

Health and Physical Ability

By participating in Walk and Talk therapy, you confirm that you feel physically able to take part.

You agree to inform me of any health conditions or physical limitations that may impact your safety or comfort during sessions. You are free to request breaks, slow the pace, or stop at any time.

Weather and Session Changes

Outdoor sessions are subject to weather conditions.

In the event of adverse weather, we may:

- Continue the session if conditions are manageable and agreed by both parties
- Move the session online or to an indoor setting (where available)
- Reschedule the session

Decisions will be made collaboratively, with your wellbeing and safety in mind.

Boundaries and Therapeutic Frame

The agreed session time remains the same regardless of movement or location.

Professional boundaries remain in place at all times. Physical contact will be avoided unless necessary for immediate safety and with your consent where possible.

Location and Practical Arrangements

We will agree a meeting point and general route in advance of each session.

Punctuality is important, as there may not be a fixed indoor waiting space. If either of us is delayed, we will communicate as soon as possible.

Environmental Factors

Outdoor sessions may include exposure to:

- Noise (e.g. traffic, people, nature)
- Dogs or other animals
- Changing surroundings

These elements can form part of the therapeutic experience but may also occasionally interrupt or influence the flow of sessions.

Informed Consent

By agreeing to Walk and Talk therapy, you confirm that:

- You understand the nature of this way of working
- You are aware of and accept the potential risks and limitations
- You consent to participating in outdoor sessions
- You understand that you can return to indoor or online sessions at any time

Acceptance of Contract

Acceptance of this contract addendum will be assumed if you proceed with Walk and Talk sessions.

If there is any part of this that you wish to discuss with me in more detail then please do get in touch.

