

Gloria Lakin LMFT
Glorialakinlmft@gmail.com
Marriage and Family Therapist
2720 Neilson Way, num. 5564
Santa Monica, CA. 90405
424-6457324
[Http://doxy.me/glorialakin](http://doxy.me/glorialakin)

OUTDOOR THERAPY

Walk-and-talk is a form of psychotherapy that takes place while walking outdoors in public places. I offer outdoor therapy or walk-and-talk sessions as an optional treatment modality. Outdoors takes place at the Beach, Beach picnic tables, Ocean Ave Parks. Walking sessions typically take place along the shore or walk path on Barnard Way, Palisades Park, along Ocean Ave. in Santa Monica. Some clients enjoy the experience of movement while talking and find value in having an occasional face-to-face session, rather than exclusively phone or tele-video. Walk-and-talk sessions will take place on agreed upon times, only intermittently, and as much as possible during our regularly scheduled Doxy or phone sessions. If you choose to 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, etc.
- That because walk-and-talk sessions are outdoors, you agree that there is 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 we will both follow all health and COVID safety guidance issued by the CDC and local authorities regarding mandatory wearing of masks and maintaining a safe 6' distance when walking and sitting.
- You certify that you are not currently having symptoms of COVID such as a fever and have never tested positive for the virus. You agree not to hold me in any way responsible, if you feel that participation in our walk-and-talk sessions resulted in your subsequent acquisition of COVID.

Name: _____

Date: _____