



# *5 Therapy Techniques*

to use with clients  
in the outdoors

**YOUR GUIDE**

[www.walkandtalktherapy.com](http://www.walkandtalktherapy.com)



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# Quick Intro

## Walk and Talk Therapy

### *About Us - THIS PUP CHANGED 3,651 LIVES*

Yep! That cheeky little monkey is to blame! Meet Dion.

One of our therapists Maz used to bring Dion to the office. We loved that office. We had views of the mountain and huge office windows. We had beautiful paintings of the beach, trees and skies on our walls. We lit beautifully smelling candles and played nature sounds through the speakers. But something was always missing...

In a bit of a moment of stagnant frustration, Maz suggested to her client they take Dion for a walk. She had been struggling to motivate this client to incorporate exercise into her lifestyle so she figured why not just do it right now! Therapy took on a completely different shape during that walk. As the session ended and they got back to the office Maz could tell that this was exactly what was missing!



The mountains, the fresh air, Dion, the movement, it was all working! She allowed herself to combine all the things she loves and knows work! She trialed this approach with other clients and the results were unbelievable. It finally made sense!

So she started a movement! Literally!

♥ Maz + Dion 



# Technique 1

## Collect + Save

*It could all be so simple..*

This is the technique I like to use when my clients present with overwhelm, anxiety and worry about the future or an issue in particular. Here is where I like to remind them of the temporary nature of our worries and letting go of the things we can't control before heading into Technique 1 below.

I have allowed a little reflection space below that would simply take place as a conversation with your client around how temporary everything is, good or bad.

After that I like to ask my clients how life would be different if they knew the outcome to their current dilemma, especially if it is time sensitive such as COVID.

1. It's all temporary and change is inevitable

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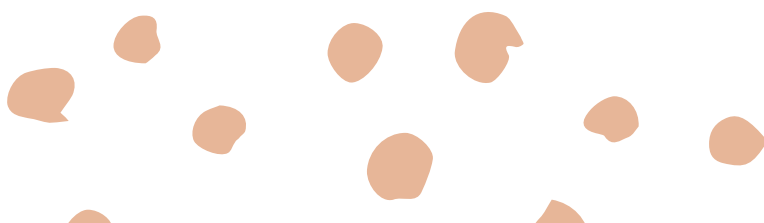
2. What if you knew that...

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## *Technique 1*

Collect + Save

*Before we jump straight into walk and talk therapy techniques here are a couple of things to take into account. If you have any questions about any of the information in this Guide please don't hesitate to get in touch: [support@walkandtalktherapy.com](mailto:support@walkandtalktherapy.com)*

- 1. Prior to commencing any walk and talk therapy sessions with your clients, please ensure that your outdoor practice has been set up adequately in relation to ethics, privacy and occupational healthy and safety*
- 2. We are also assuming that you have undertaken adequate therapy related training to engage clients in therapy and can adapt these suggestions to your own therapy style*

## *Technique 1*

*great for first sessions and goal setting*

After greeting your client, ensuring all paperwork is completed correctly and your choice of progress measure has been collected, go for a walk with your client and take their history in relation to what brought them to your "office".

While you are on your walk or spending time in the outdoors and speaking about their therapy goals, ask your client to collect one item that will remind them of this vision that they have for their life.

Make sure it is something that is sturdy, will stand the test of time and captures how they feel right now.

If it feels right for them, reflect on the item and what it means to you them and how it's reflecting their current or future state of being.

# Technique 2

## Let's build

### Technique 2

*great for anxiety, overwhelm and worry*

Introduce your client to the activity:

*"We are about to have some fun. I have two options for you to choose from for this activity, what would you prefer?"*

Option A: Get down to the beach

Option B: Get outside where you can collect some sticks / leaves

*Option A Therapist Instructions: Get down to the beach*

Get down to the beach and ask your client (or help them) build a sand castle near the water. While you are building the sandcastle ask your client to think about or bring to the forefront some of the things they worry about. Family, money, work etc.

While building the castle, ask them to notice what it feels like to create something so special with that sprinkle of worry. I also want you to remind them that no sandcastle has lasted the test of time. So when they are done building it and pouring all their worries into it, I want you to do one of these two things!

Either watch the ocean and mother nature do its thing and wash the worries away or if it feels right for your client to do so, ask them to smash those worries away! Ask your client to notice how it feels to KNOW that none of these worries truly hold up the test of time and now they have the option to leave them there and be without them.

If it feels right for your client, ask them to reflect on this and what it means to them.



## Technique 2

Let's build



*Option B Therapist Instructions: Get outside where you can collect some sticks/leaves*

Get down to your local park or any other nature based area and collect sticks, leaves, debris etc. and tell your client that you are going to build something. It can take shape of any kind of home they would like. A castle, a tepee or simply a cave. While they are building ask your client to think about or bring to the forefront some of the things they worry about. Family, money, work etc.

While collecting more goodies or working on your structure, ask your client to notice what it feels like to create something so special with that sprinkle of worry. I also want you to remind them that no stick and leaf structure has lasted the test of time. So when you they are done building it and pouring all their worries into it, I want you to do one of these two things!

Either sit back and if it's a windy day, watch mother nature do its thing and swoop your worries away. Or your client might choose to leave it there and come back to visit the next day! Or if it feels right to your client, ask them smash those worries away!

Prompt your client to notice how it feels to KNOW that none of these worries truly hold up the test of time and now they have the option to leave them there and be without them.

If it feels right for your client, reflect on this activity and what it means to them.

# Technique 3

## snapshot

*I shared my vision, your turn!*

In this part of therapy, I share social proof of my own of an instance where I created change. Of course, use your clinical judgement on what is appropriate in this instance. And then we jump into Technique 3.

### Technique 3

This one is really simple. If your client has their phone camera with them, ask them to grab it out now. If they don't, that's okay too, we will make this a mindful moment for them so that they walk away with a memory that lasts forever. Below are the instructions to provide to your client:

*Grab your camera and take photos of the following. If you don't have a camera, take a moment to take note of those same things and really take them in.*

- 1. Something that reminds you of how grateful you are for where you are right now*
- 2. Something that represents this challenging time*
- 3. Something that will give you strength on your journey forward*

If it feels right for your client, reflect on this and what each choice captured means to them.



# Technique 4

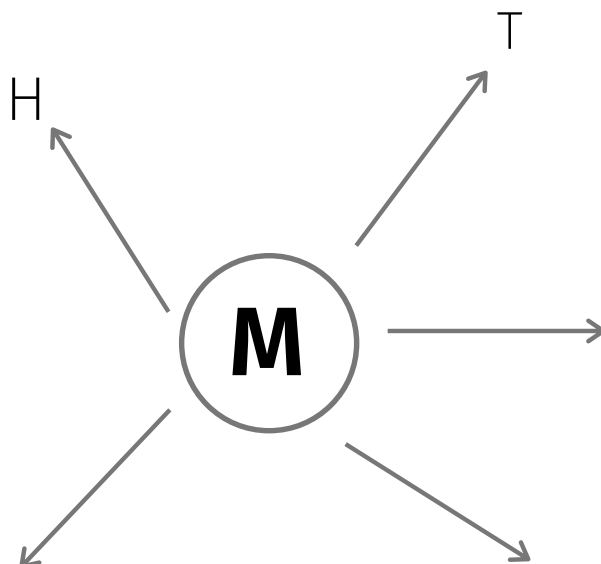
## focus

*Technique 4* allows us to visualise where our worries are

For this one, I need you to grab a stick! Make your way to a sand area or some dirt because we are about write/draw some fun stuff!

1. In the middle draw a circle with the first letter of your name
2. Surround the circle with arrow point out to all your worries. For each arrow write the First letter. E.g. M for money, F for family etc.
3. Once you have listed them all out. Cross everything off that you don't have 100% control over.
4. Go over each worry and decide if it's 100% controllable

The only 3 things that we can control are: OURSELVES, NOW AND OUR EFFORT



# Technique 5

## leave it behind

### Technique 5

*I have left my favourite activity last!*

If you live near the ocean or the water you might experience exactly the moment that I had with my client. But if you don't that's okay too.

The key of this technique is that we have an area to leave things behind, combined with a throwing action where the client experiences physically pushing something away from themselves.

Think collecting rocks and throwing them into the water.

Collecting rocks and throwing them down a hill, off a cliff (safely of course) or even into an open field where it can't be easily found again!

The key part of this exercise is observing how many rocks your client collects. How they label them. How they feel about what was in their suitcase. What they want to leave behind and what they want in their suitcase going forward.

Go with your client's flow and allow them to shape this exercise as they need to.