



Outdoor Session Therapy Informed Consent

This Informed Consent for Outdoor therapy is a supplement to the general informed consent that we have for our clinical work together. Please read this document carefully, and let me know if you have any questions.

Outdoor or Walk & Talk therapy involves meeting for therapy and either moving (walking, rolling, wandering) as we talk, or sitting together outside for our session. Sometimes the experience of movement while processing, talking side-by-side, or sitting outside together can be more comfortable or a change of pace to sitting face-to-face in an office.

Outdoor sessions typically take place starting at the office (at 459 Fulton St.). We then create a route and move through the surrounding neighborhoods. We can also meet at Patricia Green (the park at Fell and Octavia) and sit in the park for an outside session, or at times we might select a location we both agree on and meet there outside.

If you're interested, we'll decide together if we want to add Outdoor sessions. Outdoor or Walk & Talk sessions can be used intermittently or regularly and may be discontinued at any time.

If you participate in Outdoor session, you understand and agree to the following:

- I understand that participation in Outdoor or Walk & Talk therapy is completely voluntary and that there are alternative options such as teletherapy. In doing so, I expressly accept and assume the risks associated with this therapeutic activity.
- I acknowledge that participation in Outdoor Therapy involves both known and unanticipated risks that could result in physical and/or emotional injury. These risks include but are not limited to emotional distress; strenuous physical, mental, and intellectual activity; the possibility of injury (including slips, falls, sprains, lacerations, animal bites/stings, sunburn, concussions) or even life-threatening hazards or death.
- While Dr. Robbins seeks to be aware of and clear about the details involved, she may not be aware of all of the factors that could arise. Shifting or unknown factors may include being unaware of your shifting or specific physical abilities and needs; misjudging the weather, elements, and/or terrain; or giving inadequate or unclear warnings or instructions. If a barrier or problem arises, we will decide on a solution together, and can return to the office or end the session as needed.
- I understand that because outdoor sessions take place in public, there's some risk to confidentiality, including but not limited to the possibility of encountering a person one of us knows, some of our conversations being overheard by someone, or that someone may recognize Dr. Robbins as a mental health professional.

- I agree that if any physical or emotional discomfort comes up if we are engaging in movement sessions, I will address it when possible. We can always take a break, or adjust our route our routine. Dr. Robbins may have mobility limits at times, and will discuss any physical needs or breaks needed as we go.
- Despite the more informal and relaxed nature of Outdoor therapy, I understand that my relationship with Dr. Robbins is that of client and therapist and we are continuing our ongoing relationship by using these modalities. I understand that Dr. Robbins is a psychologist and not a medical doctor, personal trainer, or physical therapist.

I have had sufficient opportunity to read this entire document. I have read and understand everything included, and agree to bind by its terms.
