

OUTDOOR THERAPY

* BEFORE YOU START

- Find a space or spaces that call to you.
- Develop a relationship with your space. Consider asking permission of the space to do your work there.
- If you are planning to walk and talk, make sure you know your space, and the paths you will take, well. Plan how you will shorten or lengthen your journey as needed so that you can start and end in the same place.
- Make sure you can't get lost in your space so that wherever the session goes, if the client wanders off your known paths, you know where you are and can make your way back to the start point.
- Plan how many sessions you will do in one day. If you want to do more than one, where and how will you rest and eat. Where will you go if you need a loo in between clients? If you plan to stay out, make sure you bring the things you need with you. You may want to prepare a walk and talk kit with a flask, timepiece, waterproofs, first aid kit, water, tissues etc.
- Prepare a small first aid kit with basics and cream/spray for stings.
- Have a small bottle of water with you for your client particularly in the summer months.
- Have tissues available for your client. A small pack in your pocket for easy access.
- Decide how you will monitor the time. Ideally not using your phone.
- You may need to remind your client to turn off their phone - not being in a therapy room they may not remember.
- You are responsible for holding the space, as you are in the therapy room. Think about how you will manage any interruptions by animals or people.
- Prepare a rain weather kit for yourself - what suits you best? Umbrella? Waterproof gear?
- Before the first session - you can have a conversation with your prospective client to talk through how your outdoor sessions work or you can send out some information and then talk through some of the points in the first session; privacy and confidentiality outdoors, expressing emotions in public, interruptions, how they can use the session etc.
- Honour your space. Find a way to show and express your gratitude to the space before you leave.