



Walk and Talk Therapy: A Therapist's Guide

By Megan Brown

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Walk and Talk Therapy: A Therapist's Guide By Megan Brown

Walk and Talk Therapy: A Therapist's Guide is an A to Z guide of everything a therapist needs to know about having their own Walk and Talk therapy practice. The book is for all licensed mental health professionals that want to know more about Walk and Talk therapy, a unique intervention that combines traditional psychotherapy with the physical exercise of walking. The book answers questions the therapist may have in using this technique in their own professional practice. The book covers the benefits of Walk and Talk therapy, current research on the subject, and theoretical orientations that are best suited for this type of intervention. More importantly, the book discusses patient confidentiality, practical considerations for the therapist including weather conditions, a thorough Frequently Asked Questions (FAQ) section, and even contains a sample waiver of liability form and confidentiality statement that therapist may want to consider using when beginning this type of practice. The book is written by Megan Brown, a Licensed Marriage and Family Therapist that has been using the Walk and Talk therapy technique for many years. She was inspired to write the book because of the numerous questions and great interest other therapists have shown in Walk and Talk therapy. She truly believes in the Walk and Talk therapy technique because she has been able to witness the benefits of this intervention first-hand in her own practice. She would have loved to get her hands on this type of book before beginning her practice, and knows that other therapists will be able to benefit from her experience and have all of their questions answered in one book!

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Dennis Ramirez:

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