



Walk and Talk and Outdoor Psychotherapy:

Walking and talking outdoors or meeting outdoors is an alternative to meeting inside the office or via telepsychology. It affords the opportunity to meet outdoors in a natural environment and can be used intermittently or more regularly or may be discontinued at any time. If interested, we will need to have a discussion about how appropriate it might be for you and your participation means you understand and agree to the following:

- We will meet at my office at your scheduled appointment time and decide together where best to meet outdoors or to walk.
- We will maintain 6' of distance between us at all times and will bring face masks and you or I may choose to wear a mask and either of us can request the other to wear one and we agree to abide by the request.
- We both agree to making every effort to ensure privacy and confidentiality if the session is held in a public area, knowing there is a risk that someone may recognize either one of us or come within earshot during the sessions. If someone is near us, we will cease conversation until we move to a location where we are not overheard.
- You acknowledge there are risks with outdoor activity and you assume such risks and that Dr. Lou Lichti is not liable for such risks. Hazards may be encountered with nature including other people and animals (for example stumbling on uneven surfaces, bee stings, bicyclists, sunburn, weather changes, a twisted ankle).
- You acknowledge that you lose confidentiality and privacy rights by agreeing to meet for psychotherapy sessions in a public outdoor setting by signing this agreement below and that Dr. Lichti is acting as my psychologist, not as a fitness trainer or any other capacity or role and may be recognized by others in public as a psychologist.
- You also certify that you have adequate insurance to cover any injury or damage that you may experience while participating in walk and talk or outdoor meetings and agree to bear the costs of such injury or damage.
- If there is threatening or inclement weather and you prefer not to meet indoors in my office, we agree to notify the other at least two hours (more if forecast indicates) before the appointment time and will meet via phone or video during the scheduled time.