

INFORMED CONSENT FOR WALK-AND-TALK SERVICES

Oceanside Family Therapy & Assessments	Nicole Story, EDS, MED, LMFT, LMHC 328 2nd Avenue North Jacksonville Beach, FL 32250 (904) 234-0574 Email: NicoleStoryLMFT@gmail.com
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Walk-and-talk is a form of psychotherapy or consultation while walking outdoors in public places. This clinician offers walk-and-talk sessions as an optional treatment modality. Walking sessions typically take place along Atlantic Beach, QHY&CC or UNF Trails. Some clients enjoy the experience of movement while talking or feel more comfortable talking side-by-side, rather than sitting face-to-face online.

If you're interested, we'll decide beforehand if it's clinically appropriate for your situation. Walk-and-talk sessions can be used intermittently or regularly, and may be discontinued at any time. If you participate in walk-and-talk, you understand and agree to the following:

- That there are risks associated with any general outdoor activity, that you're willing to assume these risks, and that I'm not liable for such risks. Hazards may include stumbling on uneven surfaces, bee stings, sunburn, twisted ankle, medical issues, accidents, etc.
- That you have no known health problems or medical conditions which could in any way limit your ability to safely participate, and that you assume all health risks associated with this activity.
- That I will be acting as a mental health professional under the scope of my mental health license—not as a fitness trainer or in any other capacity.
- That you certify you have adequate insurance to cover any injury or damage you may experience while participating in walk-and-talk sessions, or that you agree to bear the costs of such injury or damage.
- That because walk-and-talk sessions are outdoors, there's some risk to confidentiality, including but not limited to the possibility of encountering a person one of us knows, some of our conversation may be overheard by someone, or that someone may recognize me as a mental health professional. Though, there would be no obvious sign that it is a therapy session, it is possible that they may ask you who I am. Confidentiality cannot be as controlled as in the office (when available) or online in a BBA Teletherapy platform.

This informed consent form does not expire while receiving services at this practice, unless you choose to revoke it in writing.

Please sign and return: X _____

Print Name: _____ **Date Signed:** _____