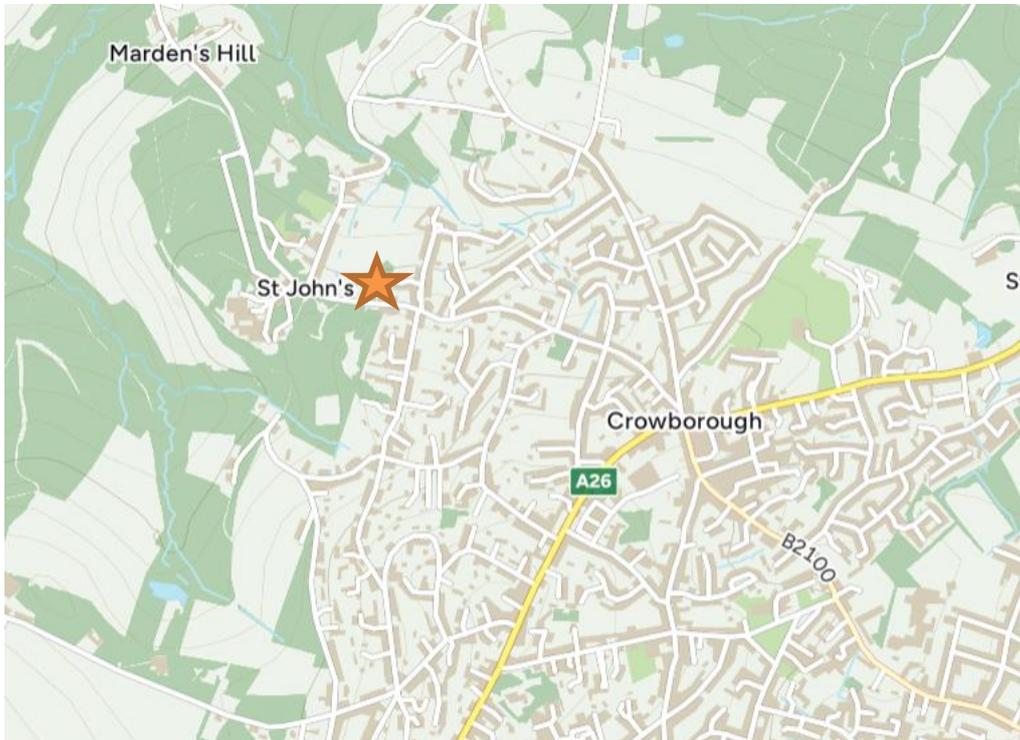


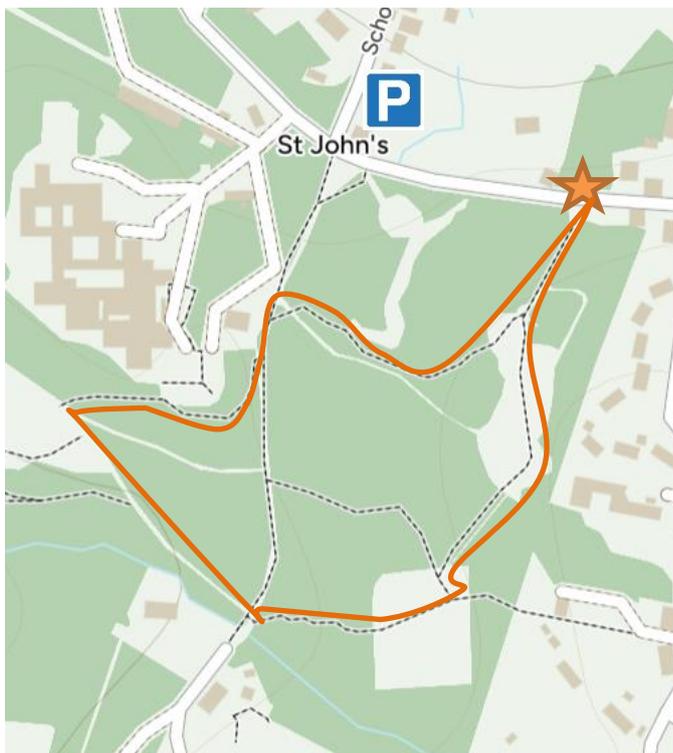
# Nicola Stewart MBACP (accred) – Walk & Talk Therapy

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## SESSION GUIDELINES



OS Maps



★ Start/Finish here

— Route – 50 minute stroll

**P** Parking (on-street or Pay/Display– St Johns Car Park)

📍 Address: St.John's Car Park  
St. John's Road  
Crowborough  
East Sussex  
TN6 1RU

## **What is Walk & Talk Therapy?**

- Walk and Talk Therapy is based on current research that being immersed in the natural world is proven to support nervous system regulation and grounding. This immersion combined with your counselling session can bring a new depth to your therapy journey. Having your counselling session outside can create a greater connection to our natural world; observing the seasons and changes internally, as well as externally.

## **What are the benefits of being outside?**

- In recent research by [The Woodland Trust](#), around 90% of people said that experiencing woodland biodiversity, like hearing birdsong, boosts their wellbeing. The research also revealed that woodland smells, colours, textures, sounds, shapes and wildlife behaviours enhance wellbeing too. We will use our senses on the walk to experience all the woodland has to offer.

## **How does a session look?**

- We would meet at woodlands located in St. John's Common, St. John's Road, Crowborough, East Sussex. For the duration of your 50 minute session we would walk a route within the woodland. This is a beautiful setting offering a tranquil space under the canopy of the trees whilst talking about how you are feeling. This side by side walking can aid emotional expression and a feeling of freedom from the confines of the therapy room.

## **Are our sessions still confidential?**

- Yes, confidentiality is still a focus and consideration as the woodland is very quiet with only the birds as company. I will ensure we maintain the client confidentiality agreement and discuss our approach to this with you at our first session.

## **What if I see someone I know on the walk?**

- On the rare occasion we encounter another walker and you or I know the other person, I will be led by you how you wish to manage that. Your sessions are confidential so you can choose to say whatever works for you. We can talk about this at our first session so you feel comfortable with managing this boundary. I will not disclose you as a client to maintain full confidentiality for you.

## **What should I wear?**

- You want to be comfortable, so clothing appropriate for the weather is best. Bearing in mind when we walk our body temperature can increase so I recommend layers of clothing so you can adjust according to your own comfort. I recommend sturdy shoes such as walking boots, trainers or flat soled shoes. In the winter months the ground can become muddy so wellington boots can be a good option then.

## **Is our session weather dependent?**

- No, our session will continue whatever the weather (unless there is a MET office weather warning in place). We will be under the tree canopy for most of the session so even in the rain we will have some shelter. Being outside in rain can feel very grounding and as long as you stay dry by wearing a waterproof jacket.

### **Do I need to be physically fit to do a Walk & Talk session?**

- No, we will walk at a pace comfortable for you. There are benches along the route if you wish to take a break. The woodland does have slight inclines which we will explore together on our first session and if needed we can adjust the route to suit your level of comfort.

### **What if I have a medical condition?**

- We can discuss this before your session and ensure that your welfare is paramount. Please consult your GP if you are unsure to proceed. Please bring any medication with you that you may need eg: inhaler for asthma, EpiPen etc.

### **As this is a nature based walk what will we see?**

- **TREES:** There are many species of trees in the woodland - you will see Birch, Scots Pine, Oak, Holly, Beech and Chestnut trees.
- **BIRDS:** In *Spring* the Woodland is alive with bird song. Robins, Blackcap, Garden Warbler, Willow Warbler, Chiffchaff, Dartford Warbler, Greater Whitethroat, increasingly Lesser Whitethroat, Cuckoo, Tree Pipit, Yellowhammer, Skylark and Woodlark can be seen and heard. In *Summer* things quieten down as the breeding season is in full swing. Most of the warblers will be present and a few birds of prey. Look out for early migrants like Whinchat. Spotted Flycatcher. In *Autumn* the woodland is host to migratory birds coming south. Winter sees Meadow Pipit, Redwing, Mistle Thrush, Fieldfare all over-*Winter* on the Forest and Dartford Warbler become more visible.
- **FLORA & FAUNA:** Many wildflowers grow on the woodland floor in the Summer months. We will see Butterflies such as the Peacock, Red Admirals or sometimes even a rare Silver-studded Blue. Many mosses and lichen grow on tree trunks. The woodland is home to Deer, Badger sets, Rabbit warrens, Fox dens – most nocturnal so most probably not out when we will be there. In the Autumn months it is all about the Fungi spotting – the beautiful red and white spotted Fly Agaric/Amanita can make an appearance.

### **What if I don't enjoy the experience of being outside?**

- Autonomy is so important in this work – so if you feel Walk & Talk therapy doesn't work for you I completely respect your choice.

### **Can I bring my dog?**

- This is completely your choice – I love dogs so as long as you feel this works for you and you are able to talk at the same time as caring for your four legged friend then please feel free to bring them.

### **What if I have an accident?**

- I will carry a first aid kit and am able to offer first aid for any stings, grazes, cuts or scrapes.

### **What should I bring?**

- Just yourself and a willingness to be open to the offerings being immersed in nature can bring. You may like to bring a bottle of water to keep you hydrated.