



OUTDOOR THERAPY FACT SHEET

This fact sheet is provided to answer some basic questions about Outdoor Therapy. As it is an individualized service, not all questions can be answered in a basic fact sheet, so please contact me with specific questions!

What is Outdoor Therapy?

Outdoor therapy, or mental health care held outdoors, is a behavioral treatment strategy that combines nature with traditional talk therapy. The benefits of being outdoors will enhance the gains of traditional talk therapy. These benefits may be in the form of walking, hiking and/or immersing oneself in the tranquility of the setting. From the peace gained from simply being in nature to the natural endorphins released during a more strenuous hike, the physical effects of outdoor therapy will enhance the talk therapy that accompanies the outing.

How much does it cost?

Cost depends on the length of the duration of the session. Outdoor Therapy is \$200/hour with a 2 hour minimum and 4 hour maximum. Contact me to plan your individualized outing tailored to your fitness level, therapeutic needs, preferences and budget.

Besides the therapy, what types of activities happen during Outdoor Therapy?

Each outing is specifically tailored to you (ex. walking, hiking, sitting and taking in the serenity of a tranquil landscape or all of the above).

Do I have to be your therapy client to sign up for Outdoor Therapy?

No. Outings are a separate service but, as they are still considered therapy, you will need to complete standard paperwork, such as a Client Information Form, Emergency Contact Form, Consent for Services, Waiver and Release of Liability, Payment Authorization Form and be given a Notice of Privacy Practices.

How long is the session?

Each Outdoor Therapy session is between 2 and 4 hours in length. There is a 2 hour minimum.

Where do sessions take place?

Outdoor Therapy sessions take place in North Central and Western Pennsylvania at locations no further than a 1 hour drive from my residence. The Outdoor Therapy Location will be decided upon together. You may suggest a location or I can make recommendations, and then together we will discuss the best option based on your fitness level, therapeutic needs, preferences and budget.

What happens during Outdoor Therapy?

We will meet at a mutually agreed upon location and time. The most important thing that happens during Outdoor Therapy is that I accept you just as you are and hear and understand what you want and need. Amazing things are happening to you when you are outside. The Great Outdoors is a healing tonic for our busy brains. Spending time in nature is linked to both cognitive benefits and improvements in mood, mental health and emotional well-being. Combining nature and psychotherapy can lead to new breakthroughs, insights and understanding.

How many people will be on the outing? Can I bring someone?

Yes. Outings are considered private therapy sessions, however, you are permitted one additional participant of your choice (ex. friend, partner, family member). Each participant will be required to pay the outing fee and complete all standard paperwork.

What do I need to bring with me?

Dress for the destination, duration of session and the weather (ex. warm clothes, jacket, hat and gloves; dress in layers; wear sturdy hiking shoes/boots; poncho; trekking poles; backpack; insect repellent; sun protection - if necessary). Bring plenty of water, snacks and a packed meal if you desire.

Are you a professional guide or orienteer?

No. I hold no special training in orienteering or guiding. Like many, I learned on the trails over many decades and have extensive knowledge of the landscape/terrain where I conduct Outdoor Therapy. Navigation and safety protocols are in place.

Please note:

- Weather: All Outdoor Therapy sessions are subject to change based on weather and trail conditions. If the weather is questionable, a decision will be made within 24 hours of a scheduled Outdoor Therapy session. We can discuss an alternate location or reschedule. If we are not able to meet for the session due to weather, you will not be charged for the session.
- Liability: You will be required to sign a Waiver and Release of Liability on the day of the outing

Still have questions?
Contact me today:
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