

# Walk & Talk Therapy

Walk and Talk Therapy is a method of treatment developed by NYC psychotherapist Clay Cockrell. This is a safer alternative to meeting online or in an office setting. There will be a designated disinfecting station outdoors where I will provide a contactless infrared thermometer, Lysol disinfectant wipes, and hand sanitizer. A mask must be worn at all times and all participants must confirm that they've recently tested negative for COVID-19. To reduce risks, only one person can participate in Walk and Talk therapy at a time. Group therapy must take place online.

## COVID-19 Safety Plan

**Location/Meeting Place.** All individuals must meet at the office 233 Hydraulic Ridge Road Suite 101 Charlottesville, Va. Please text (434)202-4155 once you arrive. **Remain in your car and I will greet you and walk you to a disinfecting station.** Individuals must wear a mask in order for the session to begin.

**Mandatory Testing.** All individuals who plan to participate in walk and talk therapy must confirm their negative COVID-19 viral test prior to their appointment.

**Provision of Supplies.** I will provide hand sanitizer, and Lysol sanitizing wipes, contactless infrared thermometer at the beginning of each session. For early morning clients who'd like to practice yoga, individuals must bring their own yoga mat.

**Distancing/Face Coverings.** All individuals are required to wear face coverings and observe strict distancing throughout their session. This means maintaining a minimum of six-feet separation, judged from head to head.

**Awareness Measures.** Individuals must sign a walk and talk therapy consent form which outlines safety protocols, requirements, and risks. Individuals must sign in order to participate in walk and talk therapy.

