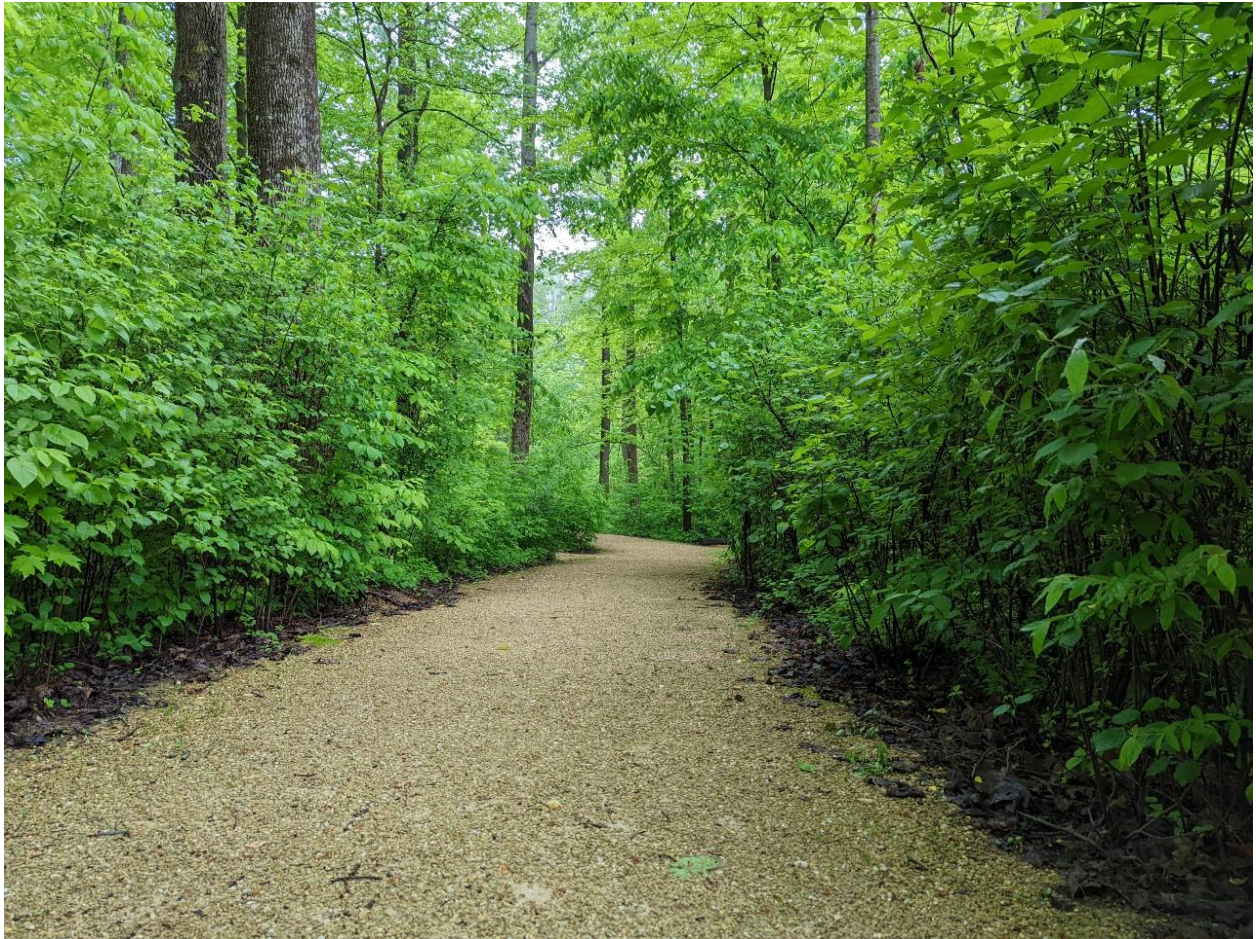


Article Summary

# People Are Taking Therapy Outside

## Why Mental Health Pros Love Outdoor Therapy

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### Introduction

This is a summary overview, with additional observations, of an article by Ashley Zlatopolsky published on the realsimple.com website on October 14, 2021. To read the full article, [go here](#).

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*“As health care continues to evolve and see a rise in convenient services like telehealth, talk therapy is also changing with the times in fascinating ways. Outdoor therapy, or traditional talk therapy sessions held outside, has become an increasingly popular option.”*

## **The Benefits of Outdoor Therapy**

In the article, the author points to the following unique benefits of counseling sessions that are conducted in an outdoor setting.

- Walking can significantly increase creative output, opening new perspectives on a presenting problem.
- Many studies have shown how exposure to nature and being outdoors can improve our mental health, including decreasing anxiety and depression.
- Clients who feel uneasy with prolonged face-to-face contact with a therapist may be more comfortable and reflective when their eyes are allowed to wander.
- It's a good alternative to video sessions for clients who want in-person interaction.
- It provides effective social distancing if health issues are a concern.

## **Additionally...**

- A conversation held with movement or in a unique location may help with information retention and recall.
- Even moderate activity, like walking, provides benefits to good mental health.