



Consent for Eco-Therapies/Nature-Based Sessions

Nature-based sessions involve meeting outside at an agreed upon location that is physically safe for all parties to navigate. Preferably, the outside location will not be too isolating nor too crowded to ensure everyone feels safe, can access their transportation needs, and that their privacy can be adequately protected. Locations can include, but are not limited to, local parks, waterfronts, neighborhood green spaces, & easily accessed nature trails like Red Rocks or Oakledge Park in Burlington, VT.

Sometimes, one feels safer exploring one's psychic domain, emotions, & lived experiences in a more natural setting. Nature offers a different somatic & psychic experience/resonance. The natural elements often play a role in the session, be it unconsciously or consciously, through imaginal or amplified tendencies of one's personal symbolic associations with natural objects or beings present, such as specific vegetation, animal, or element.

The benefits of nature therapies include, but are not limited to, improved access to one's feelings &/or memories, a deeper sense of security (being in an open space &/or the tangible relationship to a natural object or element), an easier time accessing their imaginal/creative potential through observing &/or experiencing natural processes, or Dr. Annie's ability to notice certain cues from you that otherwise would not be instigated inside.

Potential risks include the possibility that our session may not be 100% private and there could be an unintentional breach of your confidential information if passerby's hear our conversation. If this happens, either one of us may choose to stop the session at any time. Or someone may experience a physical injury due to a fall in the natural setting, be it due to ice or rocky terrain.

It is also important to note that nature-based sessions shift the dynamic as I could miss gestures, cues, or other important non-verbal information during your session if I am looking ahead for safe walking conditions/concerns. And, if you are in crisis, I may not be able to intervene/get you to a safer location or to proper medical facilities if needed in a timely manner (depending on location- hence using green spaces near facilities). Any of these factors could impact your quality of care.

In the State of Vermont, it is against state law for either the therapist or the client to make a recording of a eco/nature-based session. All other laws and regulations which apply to in-person therapy sessions will also apply to any sessions conducted outside. Please take some time to consider whether nature-based services are right for you before signing this form.

Patient Consent to Nature-Based Sessions:

I have read and understand the information provided above and have discussed it with appropriate persons. All of my questions have been answered to my satisfaction.

I hereby give my informed consent for nature-based sessions in my psyche health care and authorize Annie Jordan, PhD to use eco-therapies in the course of my psyche health work and process.

Client Name (Please Print) _____

Date of Birth _____

Client Signature _____ Date _____