

# Walk-n-Talk THERAPY

## Walking the Walk & Talking the Talk

### Walk-n-Talk therapy addresses the following:

#### MENTAL HEALTH

- Anxiety
- Adolescent Psychotherapy (academic, emotional and social concerns)
- Anger Management or Conduct Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Chemical Dependency
- Depression
- Grief and Loss
- Obsessive-Compulsive Disorder
- PTSD and Trauma healing

#### PHYSICAL HEALTH

- Lower Blood Sugar
- Lower Cholesterol
- Lower Blood Pressure
- Decrease Stress & Anxiety

# Sometimes therapy gets a bad wrap.

**The stigma of expressing personal concerns in a sterile environment may not seem like a walk in the park to clients seeking a medium to discuss their most private and personal issues.** For the person on the go, talking to a counselor, who may often seem more like a stranger, can seem time consuming and counterproductive. Contrary to popular belief, therapy can be a walk in the park.

In a society where many people are often more comfortable expressing their stresses to a personal trainer than a therapist, Walk-n-Talk Therapy combines walking exercise and cognitive behavioral therapy with a licensed practitioner to achieve the ultimate effect.

Walking releases chemicals called endorphins — the body's natural “happy” brain chemical. These endorphins interact with the receptors in your brain that reduce your perception and/or feelings of stress.

Endorphins also trigger a positive feeling in the body, similar to that of morphine. For example, the feeling that follows a run or walk is often described as “euphoric.” This feeling of “euphoria,” can be accompanied by a positive and energizing outlook on life.

Processing emotion, thinking and decision-making are enhanced when combined with walking and talking in nature. Many clients seek this form of therapy to address stress, anxiety, conflict and anger, depression and attention deficit hyperactivity disorders. After ending each session, clients reported experiencing a state of efficacy, capability and personal accomplishment.

This form of therapy allows the client to experience a relationship with their therapist that is similar to one with a confidant, mentor, friend and/or personal trainer, and much more — clients benefit from clinical expertise.



Therapist **Glenn Sevier** is a Licensed Clinical Social Worker (LCSW)/Psychotherapist in Chicago. He has been providing Walk-n-Talk Therapy since 2003 while at a suburban high school and in his private practice. Glenn would invite his clients to participate in Walk-n-Talk sessions around the school's outdoor running track during their lunch breaks. Many clients were students as well as school faculty members. They found Walk-n-Talk Therapy as a great way to “blow off steam” when experiencing anger, stress, frustration, anxiety and/or difficulties paying attention during the day.

It was Glenn's own experiences of running marathons during the poignant times of his life that gave him insight on the benefits of collaborating exercise therapy, nature and cognitive behavioral therapy to achieve clarity and focus. “I can remember using running as my opportunity to think, analyze, process and respond effectively to life distress.” He used marathon training to help create his career goals, ease the stress of returning to graduate school and establish his business, Advance Potential Psychological Services, LLC. His development of Walk-n-Talk therapy proved to be successful, and Glenn expanded it to his private practice clients.

Currently, Glenn and his clients are often found walking the north and south side trails of Lake Michigan, treading on outdoor running tracks, hiking paths in forest preserves and various city parks, and even, for the busy executive, strolling along the Chicago River post-rush hour. While Glenn is flexible in location and activity, he only considers locations that provide safety, discretion for conversation, terrain for walking, and therapeutic ambiance to provide integrity and comfort to the therapeutic session. Clients, of all fitness levels, are encouraged to experience Walk-n-Talk Therapy. Glenn makes it a point not to confine his patients to only walking, but also allows for the occasional, traditional in-office therapy session. “If a client needs to sit and rest, then, no problem; the session continues and life moves on,” Glenn said. “I want my clients to feel heard, not judged.”

For clients, this style of therapy has several benefits; it puts physical and mental distance between the client and their stress-causing environment, and it inspires self-awareness physically and creatively. The nature component is conducive to the client's lifestyle, and opens the senses to the client's natural settings; be it lakefront, forest preserves, Grant Park or city streets. Clients have reported experiencing a sense of calm, clarity, focus and energy following these sessions.



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**Glenn Sevier, LCSW**

*Licensed Psychotherapist,  
Executive Director*

2007 Greenleaf

Chicago, IL 60645

(773) 512-8813

**Lea Sevier, Ph.D.**

*Licensed Clinical Psychologist,  
Clinical Director*

glenn@advancepotential.com

www.AdvancePotential.com

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Walk-n-Talk Therapy is a modern and innovative integration of counseling, nature and exercise that produces optimal success.

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