



THERAPY THAT MOVES

GP Webinar for Walking Session

A webinar for GPs and referrers to explore the benefits of walk and talk therapy.

TODAY WE WILL COVER

THE SCIENCE BEHIND WALK & TALK THERAPY

Learn how research has shown that walking enhances mental health outcomes.

HOW IT BENEFITS CLIENTS

Explore how walk and talk therapy can improve accessibility, comfort, and outcomes for a diverse range of clients, including those resistant to traditional therapy.

HOW TO REFER CLIENTS TO OUR SERVICE

Understand the simple referral process and how partnering with us ensures your clients receive prompt, innovative mental health support.

WALKING SESSION

National phone-based
psychological service
that integrates
movement — specifically
walking — into therapy.



our story

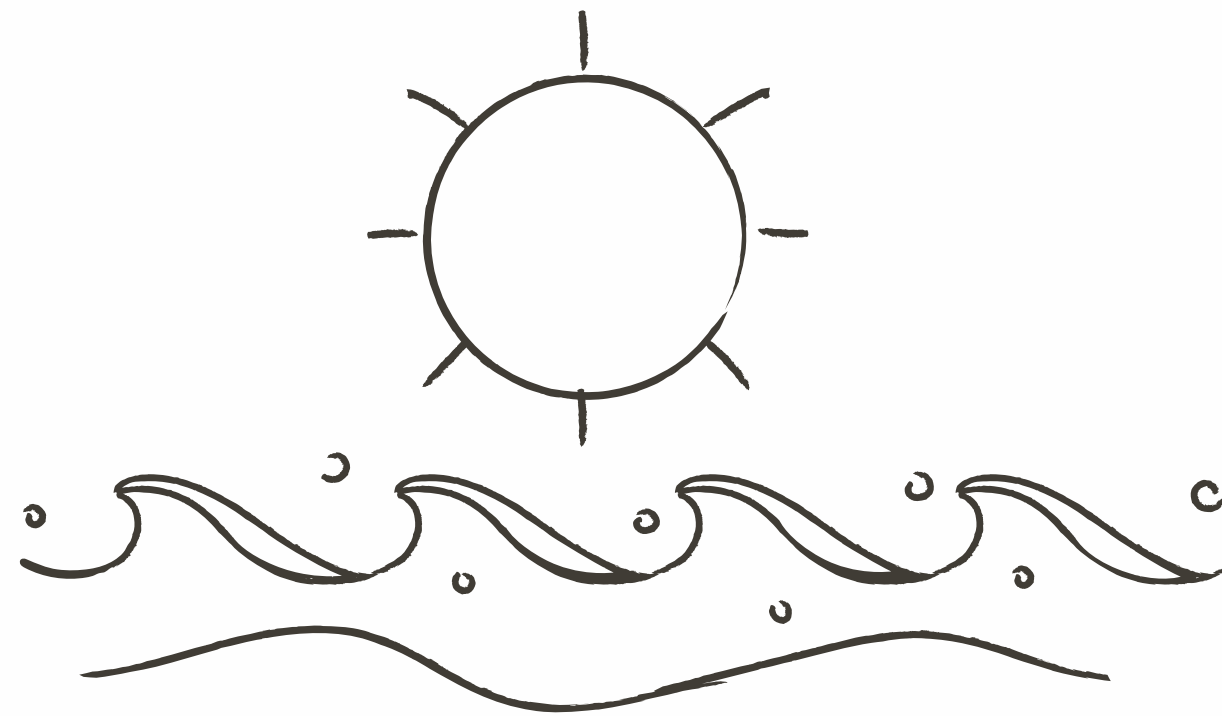


walking since 2013...

from

0

clients



to

3,651

clients

in the first 3 years..

OUR MISSION:
Make high-quality
mental health care more
accessible, flexible, and
human by combining
movement with
evidence-based therapy



THE SCIENCE BEHIND WALK & TALK THERAPY



PHYSICAL ACTIVITY AND MENTAL HEALTH

Blumenthal et al. (1999):

- Study Overview: Compared the effects of exercise, medication, and combined treatments on major depressive disorder.
- Key Findings: Exercise was as effective as antidepressants in reducing depressive symptoms, particularly for those with mild to moderate depression.

Martinsen et al. (1985):

- Study Overview: Focused on the impact of regular physical activity on anxiety and depression.
- Key Findings: Significant reduction in both anxiety and depressive symptoms, establishing exercise as a non-invasive intervention for mental health.



THE SCIENCE BEHIND WALK & TALK THERAPY

PHYSICAL ACTIVITY AND MENTAL HEALTH

Cooney et al. (2013):

- Meta Analysis: Exercise is comparable to antidepressant medication for mild-to-moderate depression.

Van der Kolk (2014) and Porges' Polyvagal Theory (2011):

- Key Findings: supports the role of movement in trauma recovery and nervous system regulation.



THE SCIENCE BEHIND WALK & TALK THERAPY

ADDITIONALLY

- **Cortisol reduction:** Physical activity helps regulate the HPA axis, lowering stress reactivity
- **Neurogenesis:** Walking increases brain-derived neurotrophic factor (BDNF), supporting neuroplasticity
- **Bilateral stimulation:** Mimics some mechanisms of EMDR, aiding emotional processing
- **Embodied cognition:** Physical movement enhances emotional awareness and insight



WHY PHONE-BASED DELIVERY?

- Greater comfort for clients with trauma or social anxiety
- Increased attendance and consistency
- A sense of anonymity that promotes openness

CLINICAL SUITABILITY

– WHO BENEFITS MOST

- Clients with complex trauma or PTSD (van der Kolk, 2014)
- Individuals experiencing social anxiety or agoraphobia
- Clients with ADHD, especially those who struggle with seated sessions
- Postnatal mothers and caregivers needing flexible, accessible care
- People with burnout, mood disorders, or high-functioning anxiety



CLINICAL FRAMEWORK AND INTERVENTION PROCESS

- Behavioural activation in depression
- Distress tolerance and mindfulness in anxiety
- Grounding and body-awareness in trauma recovery

+ *Use of the environment*



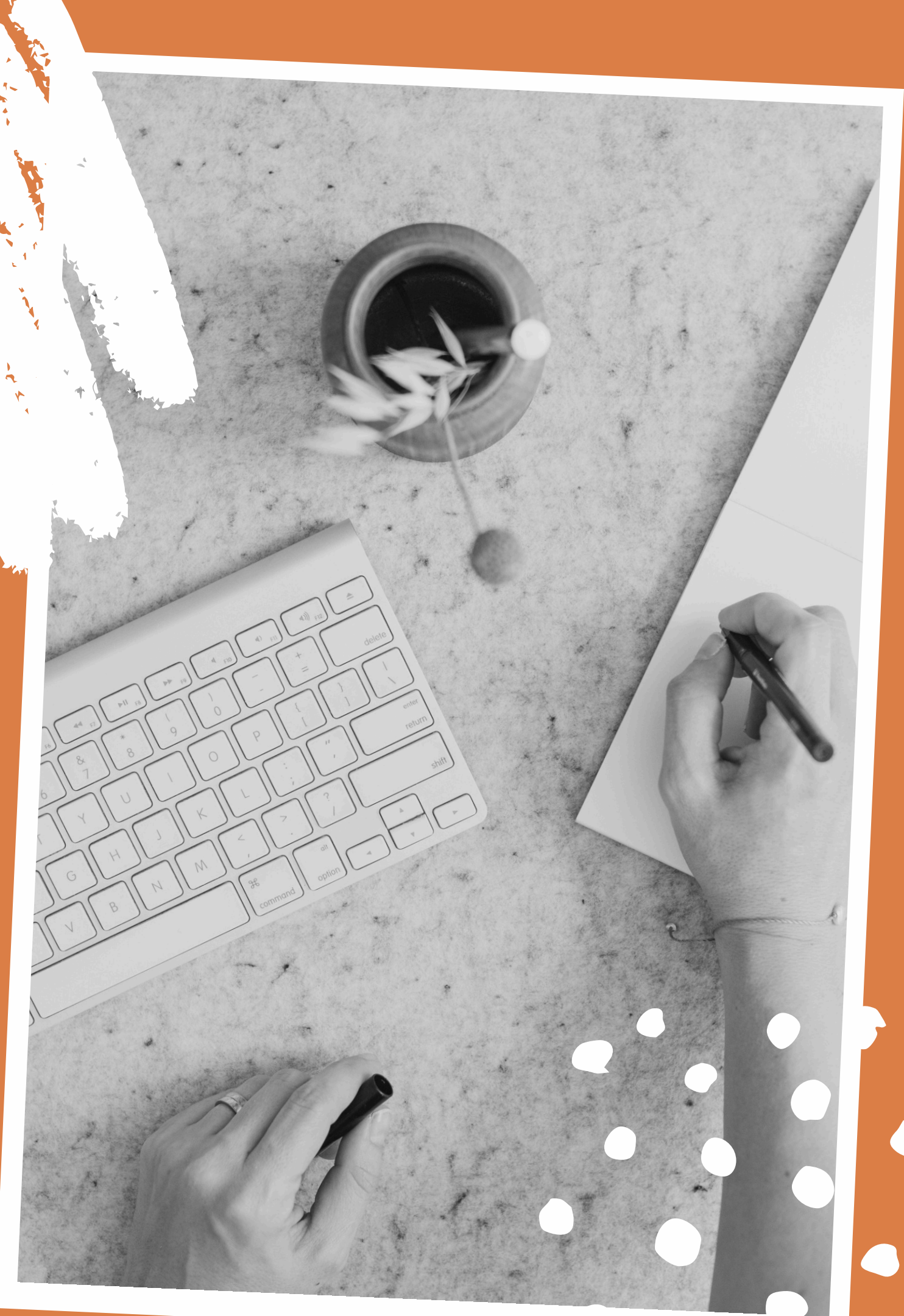
REFERRAL PATHWAYS & MEDICARE ACCESS

Referring to Walking Session is simple:

- Complete a Mental Health Treatment Plan
- Email (admin@walkingsession.com.au) or fax (02 4216 9438)
- Client is contacted within 48 hours and matched to a psychologist
- GP receives Referral Acceptance and Outcome Reports in line with Better Access compliance

Bulk billing is available for eligible clients.

www.walkingsession.com.au/bulk-billing





NEXT STEPS & CONTACT

To refer a client or learn more:

- Download our GP Referral Pack
- Visit www.walkingsession.com.au/information-for-gps
- Contact us at:
admin@walkingsession.com.au or (02) 4214 8788