



WALK AND TALK

Dr. Berney is introducing a new option for patients receiving individual psychotherapy - **Walk and Talk**.

What is Walk and Talk? Often seen in bigger cities, the idea of Walk and Talk is simple, instead of sitting in a room and talking for 50 minutes, you have the option of walking the surrounding area for all or just part of the session. The relatively quiet neighborhood around our office is ideal, as there is little traffic, which helps to maintain confidentiality, while allowing for fresh air and exercise.

Why Walk and Talk? As an advocate for the mental health benefits of exercise, diet, and other lifestyle choices, Dr. Berney works with patients to help them better understand the relationship between daily life decisions and mental health stressors. Mental health services are typically provided in an office setting. However, this practice is counterintuitive to much of what Dr. Berney attempts to teach his patients. Walk and Talk is a great way to combine the psychological benefits of talk therapy with the physiological benefits of exercise.

What should I expect with Walk and Talk? While you can still choose a traditional, in office session, those who prefer Walk and Talk should wear or bring appropriate shoes and clothing. The walks will be leisurely, as they are not meant to serve as an intensive workout. Instead, the walks will be slow to ensure only a slight elevation in heart rate and minimal stress on your joints and muscles.

What if it rains? In the event of inclement weather, the decision will be left to the patient, as umbrellas will be available if so desired. Certainly, though, safety issues will prevail in the event of lightning or severe weather. In such situations, appointments can be rescheduled or conducted in a traditional, office-based manner. Again, that decision will be left to the patient.

Will my insurance cover it? Because these therapy sessions are “one-on-one,” Dr. Berney can bill insurance. Dr. Berney is a provider for Blue Cross and Blue Shield and for Aetna. However, he does accept private pay patients and is happy to provide detailed invoices for those seeking Out-Of-Network benefits from other insurance providers. Simply ask for those details when you call to make an appointment.

Dr. Berney is very happy to bring this new style of therapy to Lakeland and will continue to look for ways to expand it in the future. Call today if you would like to schedule an appointment.