

RUNNING PSYCHOTHERAPY SESSIONS

Move towards change, faster.



Running Psychotherapy moves you from the therapist's couch to the outdoors. While sitting in therapy can provide privacy, quiet, and focus for working on your difficulties, running or walking accesses a whole different part of you. People who feel stuck when sitting, or anxious in an office, can sometimes feel freer or less restricted when moving outside. Running at a conversational pace (or walking) can generate a sense of power and freedom that we can use right in the moment for working through your struggles and conflicts.

What to expect:

First, we will discuss what you want from therapy, and how we might use walking or running to help you.

Then, we will come up with a plan for when and where to have our outdoor sessions. We will mix the outdoor and office sessions in a way that serves you best. I will use your feedback to adjust the pace and length of the runs or walks so it feels safe, supportive, and useful.

By tracking how you are feeling over the course of our work together, we will make sure that you are getting the results you are after.

It can be surprising what comes up on a good run. Now, imagine your therapist is right there to help you take advantage. That's how it works.



About the Therapist:

Josh is a registered psychotherapist in the state of Colorado and completing his internship year in Clinical Mental Health Counseling at Naropa University. In addition to practicing at the Colorado Center for Clinical Excellence, he is an active member of the American Group Psychotherapy Association, a board member for the Colorado Group Psychotherapy Society, and a group facilitator for the WINGS Foundation which helps support adult survivors of childhood sex abuse. Josh is also an avid runner, long term participant in Running with the Mind of Meditation, and active in a mindful running group recently featured on CNN's "Staying Well."

For more info call

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thecoloradocenter.com/JDRmain.html



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