

Anxiety, Depression and Stress Management

March 18-19, 2019 | London, UK

Get out to get in: Walk Therapy as an innovative approach to treating anxious and depressed men

Aaron Rochlen

University of Texas at Austin, USA

The health benefits of exercise on reducing levels of anxiety, depression, and stress have been well-documented in the literature. Similarly, while efficacy questions remain, the core purpose of psychotherapy is centered on symptom reduction, often in the areas of anxiety, depression, and stress management. In this invited presentation, Dr. Aaron Rochlen, a Professor of Counseling Psychology and Licensed Psychologist describes a promising way of integrating exercise and traditional talk-therapy via Walk Therapy. As a Licensed Psychologist, Dr. Rochlen has been engaged in walk therapy for approximately 4 years, concentrating on working with men and adolescent boys. Dr. Rochlen is also a nationally recognized scholar in men and

depression, fathering, and working with counseling resistant, traditional men. Formerly, he was President of the Division of Men and Masculinities of the American Psychological Association. While research in this area is limited, his work and this presentation outlines creative benefits of walk therapy that has been found appealing and beneficial to therapy-resistant populations. This presentation includes case material shared to illustrate and integrate different theoretical components of counseling, including Gestalt and Existential therapy. The presentation will also address relevant ethical issues, multicultural considerations, and cautions to practice.

e: arochlen@austin.utexas.edu