

**You Talk,  
We Listen**



**free and confidential  
flexible scheduling**



[freetreetherapy.com](http://freetreetherapy.com)

**Tree Therapy** is a simple, no-cost therapeutic treatment process where trees offer their wisdom to those in need for whatever duration of time feels constructive to the client. Tree Talk has a vast network of practitioners with a wide range of expertise, but our treatments are especially useful in managing the following chronic conditions:

-  Loneliness
-  Numbness
-  Exhaustion
-  Hopelessness
-  Compulsive Thinking
-  Indecisiveness
-  Fear
-  Anger
-  Mistrust
-  Guilt

## How to begin Tree Therapy with one of our practitioners

1. Think of an issue or problem that has been weighing on your mind. Write it down in a few words below.
2. Think about the qualities that you would want in someone that you would share your thoughts about these problems or issues with. Write those qualities down in the space below.
3. <sup>Δ</sup>Find a chair that you can carry around easily. Take your chair outside. Walk with it and look for a tree that you feel has some or all of the qualities that you outlined in step two. Look closely and do not stop until you find such a tree.
4. <sup>‡</sup>Set an alarm for 30 - 50 minutes.
5. Begin just sitting with your tree. Then, after getting comfortable, begin telling your tree about your problem or issue that has been concerning you. Tell it as much as you can and then pause and listen to your tree. Continue telling and listening until your alarm goes off.

*When you are finished, your session is over. You are welcome to return to the same tree for as many sessions as you feel you need, or to meet with any other tree in the world that is in our network. If you are unsure whether a tree is within our network or not, rest assured that it is. If you are in the London area, you can easily locate one of our practitioners using the TreeTalk London app [treetalk.co.uk](http://treetalk.co.uk)*

## About Tree Talk\*

All of our practitioners are deeply rooted in your community and each has a completely unique perspective on it.

Everything is on your schedule.  
You talk, we listen.

\*Tree Talk is supported in part by a grant from the Mayor's Office of Arts and Culture and the City of Boston and is part of the fourth annual Urban Tree Festival, a UK wide celebration of trees and nature in our cities, towns, suburbs and urban landscapes. The festival takes place from the 15th-23rd May 2021. You can find out more by visiting [urbantreefestival.org](http://urbantreefestival.org)

<sup>Δ</sup>Chair not necessary for standing appointments.

<sup>‡</sup>If you are interested in a session of unlimited duration, simply skip step four.

No insurance is necessary. But you are welcome to make a contribution to the International Society of Photopsychosynthetics, which certifies Tree Talk's practitioners.

**We encourage you to find alternatives to printing out our brochure. Think of the trees. The trees are thinking of you.**