

# MAKING A *difference*

## walk talk therapy *moving forward together*

### Walk Talk Therapy *Moving Forward Together*

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Photos By: Celia Davis Photography

Tammie Rosenbloom, MSW, LICSW, not only loves fitness and the great outdoors, but uses it as her office!

Tammie grew up in Duluth, Minnesota. She went to University of Wisconsin Madison for her undergraduate degree and got her Masters in Social Work (MSW) at Loyola University of Chicago. She lived and worked in the city for ten years before moving to Minneapolis 23 years ago.

Having over 25 years of experience, Tammie conducts her outdoor counseling sessions around the Minneapolis lakes and St Paul areas for people who want to live a more healthy and active lifestyle. She also promotes and encourages physical, mental, emotional, and spiritual health through Walk Talk Therapy.

Do you wish you had someone you could talk freely to? Someone who is friendly, non-judgmental and a great listener? Walk Talk Therapy can help. It is designed to give people the therapy and problem solving tools they need, whether they are going through a loss, life transition, or have anxiety about a pressing issue. Tammie says, "Walk Talk Therapy's goal is to help you feel better and more in control of your life." Walking side-by-side with Tammie creates a relaxed, informal environment to ease the flow of communication. "It's like talking to your girlfriends," she says.

Walk Talk Therapy is often used as a starting point to encourage accountability. Tammie says, "I am known for helping clients take action and DO something about their concerns."





“Some people come to me for help getting over a rough patch, while others come to me when their situation is more urgent,” Tammie says, “We will find out what’s working and not working in your life, and learn new ways to handle your concerns. Think of me as your coach, providing you encouragement and problem solving.”

There are numerous benefits to active therapy sessions. Many researchers suggest that exercise can have a considerable impact on anxiety and stress levels, while also boosting overall mood. Walking is simultaneously good for physical and mental health, and self care is an extremely important component in the Walk Talk Therapy process.

All of Tammie’s sessions are confidential, so her clients can communicate openly and effectively. Tammie can provide advice and help her clients confront difficult subject matters. She has incredible listening skills, so her clients can vent or validate their feelings and emotions, too. Tammie says, “Walking while sharing your struggles and life situations can also be meditative.”

If you’re in need of someone to talk to, or just need some fresh air, please don’t hesitate to contact Tammie at 612-987-5258, or visit [www.walktalktherapymn.com](http://www.walktalktherapymn.com).



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