

The Mindfulness-Based Ecotherapy Workbook

PLACE
STAMP
HERE

Mindfulness-Based Ecotherapy

Workbook



A 12 Session Program for Reconnecting with Nature

Charlton Hall, MMFT, LMFT-S

This workbook teaches you the 12 skills of Mindfulness-Based Ecotherapy (MBE) by introducing one of these skills at each of the 12 sessions in the program. The experiential nature of the work allows anyone with access to outdoor spaces the opportunity to complete the series on their own. The Mindfulness-Based Ecotherapy Workbook allows you to embrace the healing power of nature in an experiential way.

Learn more or purchase at

www.mindfulecotherapy.org



Mindfulness-Based Ecotherapy

A 12-session program for reconnecting with the healing power of nature

Mindfulness-Based Ecotherapy (MBE) is a blending of Mindfulness and Ecopsychology. MBE uses nature to facilitate mindful awareness. MBE is used as a framework for helping individuals and families to find deeper connections in their own lives, and to give more meaning and enjoyment to the activities of daily living.

TO LEARN MORE, CONTACT:



Session 1: Mindful Awareness

Mindful Awareness is a way of tuning in to what is happening right now, at this moment. It is a shift from doing mode into being mode. Mindful Awareness involves the skills of Observing, Describing, Fully Participating, Being Non-Judgmental, Focusing on One Thing at a Time, and the Power of Intention.

Session 2: Radical Acceptance

Mindful Awareness teaches us the art of acceptance. The mindful skill of acceptance teaches us that we can experience these emotions without engaging in cycles of behavior that lead us to negative consequences. Acceptance teaches us that we are not our thoughts, and that we are not our emotions. At any time we can choose which thoughts and emotions we wish to respond to.

Session 3: Wise Mind and Wise Body

When you are being logical, rational, and devoid of emotion, you are said to be in Rational Mind. When you are allowing your thoughts to be driven by your emotions, you are said to be in Emotional Mind. The idea of Mindfulness-Based Ecotherapy is to achieve Wise Mind. The Mindfulness concept of Wise Mind is the joining of Rational Mind and Emotional Mind in perfect balance and harmony. From there we see that the body can change the mind, and the mind can change the body.

Session 4: Letting Go

The art of Mindful Acceptance can best be described as the Art of Letting Go. Once you have done everything in your power to solve a problem, you have done all you can, so at that point worry and stress is counterproductive. The energy you might have used worrying about the situation could be put to better use in trying to come up with solutions. Mindfulness-Based Ecotherapy (MBE) teaches us how to let go through the power of radical acceptance.

Session 5: Living in the Now

Living in the Now means leaving Doing Mode and entering Being Mode. In Being Mode we learn that there is no past, there is no future. There is only this present moment. Living in the Now means allowing yourself to be in this moment...here and now. Mindfulness-Based Ecotherapy (MBE) teaches you the skills of Living in the Now.

Session 6: Centering

Centering yourself is allowing yourself to get in touch with and being open to your True Self. It is allowing yourself to realize that you are perfect just as you are, even with your imperfections, because those feelings and desires are also a part of who you really are. If you accept your imperfections and integrate them into your way of thinking and feeling about yourself, you will obtain peace of mind, and you will be centered.

Session 7: Connecting

Suppose you could take all the spiritual paths practiced worldwide, put them into a cauldron, and boil them down to their essence. What would remain? I believe that the common thread to all spiritual practices is a feeling of connection. In this sense, spirituality means connection to others, or connection to the divine, or simply connection to nature and to ourselves. In short: spirituality is connectedness.

Session 8: Nature as Metaphor

Each of us lives in our own personal fairy tale called "my life." We all have good things that happen to us, and we all have bad things that happen to us. We create our own personal myths by choosing which things to focus on in our own lives. The good news about the myth of our lives is that we are the authors. So if we don't like the way the story is going, we have the power to do a rewrite at any time. We can't always choose the circumstances of our lives, but we can always choose the story we create about those circumstances.

Session 9: Nature as Teacher

Our ancestors knew hundreds of medicinal uses of local plants and herbs. They knew the seasons, when to plant, when to harvest, how to forecast the weather by the behavior of plants and animals, and a host of other things based on their observations of nature. The lessons our ancestors learned haven't gone away. They're still there, waiting in the forest like an open book. All we have to do is to learn how to read it.

Session 10: Nature as Nurture

A large and growing body of research has demonstrated that nature has incredible healing and nurturing powers. People who go into the woods become calmer, more relaxed, less stressful, and healthier. Mindfulness-Based Ecotherapy (MBE) can be used to tap into the nurturing power of nature.

Session 11: Nature as Healer

Research continues to demonstrate the healing power of nature. People in hospital rooms that have windows overlooking a garden recover faster than those who do not. People who swim with dolphins recover from depression more quickly than people who take antidepressants. Children with ADHD who play outdoors regularly display fewer symptoms than those who do not. These are just a few examples of the many beneficial effects of the healing power of nature.

Session 12: Living in True Self

Do you remember a time when you knew exactly who you were, what you wanted to be, and where your life was going? When you do something that isn't healthy for you, or make a mistake, which part of you is it that recognizes the mistake? What part of you is it that holds the highest dreams and aspirations for your life? Mindfulness-Based Ecotherapy (MBE) recognizes that part of you as your True Self.



TO LEARN MORE ABOUT THE MINDFULNESS-BASED ECOTHERAPY PROGRAM, PLEASE CONTACT: