

## DIRECTIONS

### Mindful Ecotherapy Center



The Mindful Ecotherapy Center is located at:  
12 Pelham Road, Suite B  
Greenville SC 29615

Telephone: (864) 384-2388

FAX: 888-525-5318

The office is in the State Farm building. It is a red brick building. There is a State Farm sign on the road, and the sign for the Mindful Ecotherapy Center is on the building. It is across the street from the Eagle Convenience Store, near the juncture of Pelham Road and East North Street.



[www.mindfulecotherapy.org](http://www.mindfulecotherapy.org)

chuck@mindfulecotherapy.org

PLACE  
STAMP  
HERE



Mindful Ecotherapy Center  
PO Box 102  
Cleveland SC 29635  
[www.mindfulecotherapy.org](http://www.mindfulecotherapy.org)



## Play Therapy



Children may not have the complex vocabulary required to communicate about their deeper emotional needs. A child's natural language is play. Play therapy allows children to express and integrate their thoughts, needs and feelings in their natural language.

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## About Play Therapy

Nondirective, child-centered play therapy is a counseling and therapy technique method used to help children communicate their thoughts and feelings through the use of toys and play. Children may not have the complex vocabulary needed to discuss deeper emotional issues. Play is a child's natural language, and child-centered play therapy allows children to express themselves and their feelings in the way they know best...through play.



As children participate in play, they engage in their own natural tendencies towards wellness by acting out their thoughts and feelings in the play room. In a play therapy setting the therapist or parent facilitates the play experience by allowing the child to lead the play while setting limits on any inappropriate behaviors. Through play children learn self-control and positive decision making.

## About Filial Therapy

Filial therapy is a special type of play therapy in which parents are taught to be their child's own "play therapist." In this form of therapy, parents are directly involved in the play, acting as facilitators and learning the tools and techniques of play therapy so they may do it at home with their children.

## About Ecoplay

*Ecoplay* is a special type of play therapy developed by Charlton Hall and the Mindful Ecotherapy Center. Ecoplay draws on the 7Cs of Mindfulness-Based Play Therapy. The 7Cs are:

*Compassion*: Focusing on the relationship instead of on the problem

*Communication*: Listening to your child in the moment

*Control*: Learning and teaching your child self-control

*Choices*: Making healthy, positive choices for you and your child

*Consequences*: Establishing a chain of consequences for behaviors

*Consistency*: Helping your child achieve balance, stability and self-regulation

*Confidence*: Using all of the skills of Ecoplay to live a meaningful, mindful life in the present moment

Ecoplay is also a nature-based form of therapy, using outdoor experiences whenever possible to facilitate play therapy, or incorporating materials like wood, feathers, sand, seashells, leaves and other natural objects. Ecoplay reintroduces children to the outdoors while facilitating bonding between parent and child in a healing and healthful environment.



## INSURANCES ACCEPTED

The Mindful Ecotherapy Center currently accepts the following insurances:

South Carolina Healthy Connections  
Blue Care Network

Blue Choice Medicaid  
SC Blue Cross & Blue Shield

If you have an insurance not listed above, please contact us about out-of-network benefits to obtain prior authorization before scheduling an appointment.

If your Blue Cross/Blue Shield is from a state other than South Carolina, please contact me about obtaining prior authorization before scheduling an appointment.

To schedule an appointment, please call  
(864) 384-2388

Or schedule an appointment online at  
<http://mindfulecotherapy.com/appointments/>

SOUTH CAROLINA  
**Healthy Connections**  
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**1-877-552-4642**



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Blue Cross and Blue Shield Association