

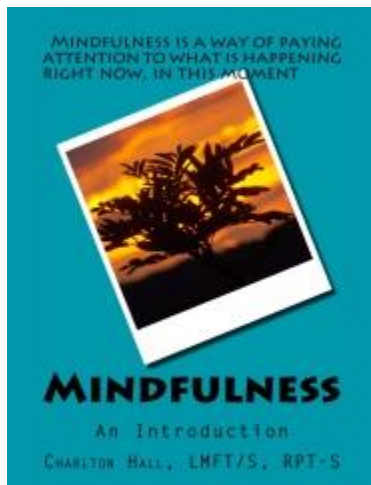
MINDFULNESS: AN INTRODUCTION COURSE FORMAT

This is a self-directed online introductory course in mindfulness. It also contains several self-guided experiential exercises in mindfulness that you may do at home.

While this course is a part of the requirements to become a certified [Mindfulness-Based Ecotherapy Facilitator](#), it is also a stand-alone course that gives the student a good basic grounding in the principles and practices of mindfulness.

The course materials include a 114 page workbook on mindfulness in pdf format, two mindful meditations in mp3 format, and over a dozen worksheets that you may use in your own practice. The workbook also includes a list of course objectives and a list of references and citations.

[Mindfulness an Introduction HOME-STUDY CEU WORKBOOK](#)



If taking the course, please download and save the pdf file by clicking on the icon to the left. Save to your computer so that you may refer back to it as needed. To save, right-click and select 'Save As,' then navigate to the folder in which you would like to save the file.

[Click here to see a list of requirements for certification in Mindfulness-Based Ecotherapy](#)

PURCHASING THIS COURSE

When you purchase this course, you will first download the course materials by clicking on the icon above. You may wish to bookmark this page so you may return to it as needed. This page contains the workbook and other course materials you will need to complete and return in order to get credit for the course. In order to get credit you will have to complete the entire workbook. No partial credit is available. You must post your completed work on the [Mindfulness: An Introduction discussion board](#).

When you have satisfactorily completed all of the worksheets and the [post-test](#) you will be emailed a Certificate of Completion in pdf format.

COMPLETING THE COURSE

STEP 1: Purchase the course

STEP 2: Download the workbook and course materials you will need to complete to get credit for the course. The worksheets are included in the workbook. Read through the workbook and do the experiential exercises described in each session, then complete the worksheets. Post your responses on the [Mindfulness: An Introduction discussion board](#).

STEP 3: To take this course you will need to have an mp3 player or some other method of listening to audio files in mp3 format. There are two meditations in mp3 format that are included

with the course. They are available for free at the bottom of this page. Scroll down to the bottom of this page to listen to them. You should listen to each of these meditations at least once, as there are worksheets that ask you to record your responses to each guided meditation. If you would like to download these meditations for use in your private practice, right-click on the link for each meditation and select "Save As," then download to your computer or other device. You may use these with your patients for free as long as you do not re-sell them or alter them in any way.

STEP 4: You may complete the worksheets as you go, or you may post them all at once to the discussion board for grading. [Click here for a thread containing templates of all of the worksheets](#) that you may cut and paste into a thread on the discussion board along with your responses to the questions. Cutting and pasting the worksheet templates will keep you from having to type out all the questions on the worksheets. All you will need to do is cut and paste each worksheet, then enter your responses on a thread in the discussion board. The post-test for this course must also be completed with a score of 70% or higher. If you do not achieve 70% on your first time with the test, you will be given an opportunity to correct your answers. [Click here to take the post-test.](#)

NOTE: You will not be emailed a Certificate of Completion unless you have purchased the course.

STEP 5: Upon successful completion of all the activities in the workbook and submission of all worksheets and the post-test, you will be issued a Certificate of Completion. This course is part of the requirements for [certification in Mindfulness-Based Ecotherapy](#), but it may also be used as stand-alone credit.

QUESTIONS

If you have any questions about this course, the materials, or how to complete the course materials, please feel free to [contact me](#).

SUPPLEMENTAL MATERIALS

Basic Mindful Meditation

[audio mp3="http://mindfulecotherapy.org/wp-content/uploads/2017/01/Basic-Meditation.mp3"][/audio]

Body Scan Meditation

[audio mp3="http://mindfulecotherapy.org/wp-content/uploads/2017/01/Mindful-Body-Scan.mp3"][/audio]

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