

References for the *Mindfulness-Based Ecotherapy Workbook*

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ABOUT THE MINDFULNESS-BASED ECOTHERAPY PROGRAM

The Mindfulness-Based Ecotherapy Program is an evidence-based 12 week program that utilizes nature's healing power to facilitate well-being. It is available for use at any mental health organization. If you are a mental health professional interested in presenting the program at your organization, training is available for facilitators at www.mbft.org.

If your organization would like to implement the Mindfulness-Based Ecotherapy Program, Charlton Hall, MMFT, LMFT also offers facilitated live instruction and consultation on the program, as well as volume discounts on copies of the *Mindfulness-Based Ecotherapy Handbook*.

The *Mindfulness-Based Ecotherapy Facilitator's Manual* will be available in March of 2016.

ABOUT THE AUTHOR

Prior to becoming a Marriage and Family Therapist, Charlton (Chuck) Hall, LMFT worked in the addiction treatment field. He is a Licensed Marriage and Family Therapist in South Carolina. Chuck's area of research and interest is using Mindfulness and Ecopsychology to facilitate acceptance and change strategies within a family systemic framework, and he has presented research at several conferences and seminars on this and other topics. He facilitates workshops on Mindfulness and Ecospirituality throughout the Southeast. Chuck's approach to therapy involves helping individuals and families to facilitate change through Mindfulness and Ecopsychology techniques in a non-judgmental, patient-centered, positive environment.

Books by Charlton Hall, MMFT, LMFT-S

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Although there are many books on starting a business, and even some books on starting a therapy or counseling business, there are none that focus specifically on the special considerations of Marriage and Family Therapists thinking of going into private practice for themselves. This book was written to address these considerations. If you are a Marriage and Family Therapist going into private practice for the first time, this book is for you. If you are another type of mental health professional, you will also find much information that will be useful to you in setting up a private practice.

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