



Mindful Ecotherapy Center

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Mindfulness-Based Ecotherapy (MBE) In Clinical Practice

COURSE DESCRIPTION WITH REFERENCES

Charlton Hall, MMFT, LMFT/S, RPT-S, CHt

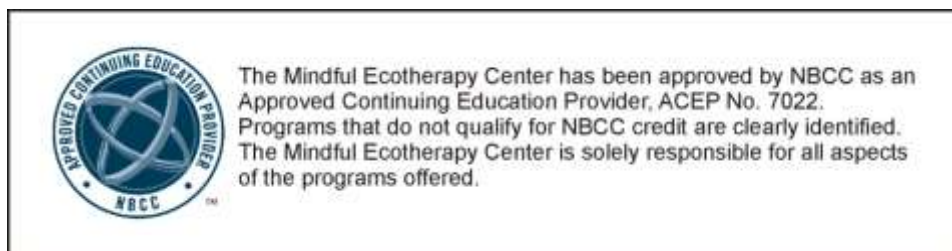
MINDFULNESS-BASED ECOTHERAPY IN CLINICAL PRACTICE

Although this self-guided online course is a part of the course requirements for certification as a facilitator in Mindfulness-Based Ecotherapy, it may also be taken as a stand-alone course.

In this online study course, we will complete the *Mindfulness-Based Ecotherapy Workbook*, and learn the 12 skills of Mindfulness-Based Ecotherapy. We'll also examine recent research in the fields of mindfulness and ecotherapy.

DISCLAIMER

This course is approved for NBCC credit for online continuing education. The Mindful Ecotherapy Center has been approved by [NBCC](#) as an Approved Continuing Education Provider, ACEP No. 7022. Programs that do not qualify for NBCC credit are clearly identified. The Mindful Ecotherapy Center is solely responsible for all aspects of the programs. All course materials are evidence-based, with clearly defined learning objectives, references and citations, and post-course evaluations. Upon request a copy of this information and a course description containing objectives, course description, references and citations will be given to you for your local licensing board. All online courses and webinars contain course objectives, references and citations as a part of the course materials; however, it is your responsibility to check with your local licensing board for suitability for continuing education credit if your licensing board does not recognize [National Board for Certified Counselors \(NBCC\)](#) approval. No warranty is expressed or implied as to approval regarding jurisdictions outside of the United States or its territories or for organizations that do not accept NBCC approval for continuing education courses.



INSTRUCTOR CREDENTIALS for Charlton Hall, MMFT, LMFT/S, RPT-S, CHt

B.S. in Experimental Psychology, USC Upstate
Masters in Marriage and Family Therapy, Converse College
Two-Year Post-Graduate Fellowship in Mindfulness, Ecotherapy and the Family System
Licensed Marriage and Family Therapy Supervisor in South Carolina LMFT/S#4606
Licensed Marriage and Family Therapist in NC LMFT # 1628 and SC LMFT # 4525
Registered Play Therapy Supervisor # S1947
Member of the Association for Play Therapy
Member of the South Carolina Association for Play Therapy
Member of the National Board of Professional and Ethical Standards # 2017125

INSTRUCTOR CONTACT INFORMATION

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COURSE OBJECTIVES

After completing this course, the student will be able to:

- Discuss the mindful concept of Mindful Awareness
- Discuss and describe the mindful concept of Radical Acceptance
- Discuss and describe the mindful concepts of Wise Mind and Wise Body
- Discuss and describe the mindful concept of Letting Go
- Discuss and describe the mindful concept of Living in the Now
- Discuss and describe the mindful concept of centering
- Discuss and describe the mindful concept of connecting
- Discuss and describe the ecotherapy concept of Nature as Metaphor
- Discuss and describe the ecotherapy concept of Nature as Teacher
- Discuss and describe the ecotherapy concept of Nature as Nurture
- Discuss and describe the ecotherapy concept of Nature as Healer
- Discuss and describe the concept of Living in True Self
- Be able to successfully facilitate all 12 sessions of the Mindfulness-Based Ecotherapy Program

COURSE FORMAT

This is a self-directed online introductory course in Mindfulness-Based Ecotherapy in Clinical Practice. 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 and ecotherapy.

The course materials include a pdf copy of the Mindfulness-Based Ecotherapy (MBE) Workbook, and several handouts. The handouts also include this list of course objectives and a list of references and citations.

About Mindfulness-Based Ecotherapy Facilitator Certification

Although this course is part of the requirements to become a Mindfulness-Based Ecotherapy Certified Facilitator, it is also a stand-alone course. If you are interested in becoming a certified facilitator, there are five courses that you must complete before applying for facilitator certification. These are:

- Mindfulness-Based Ecotherapy in Clinical Practice – 12 hours
- Mindfulness: An Introduction – 6 hours
- Ecotherapy: An Introduction – 6 hours
- Running a Successful Group – 5 hours
- Running a Successful Mindfulness-Based Ecotherapy Group – 5 hours

TOTAL HOURS = 34

You may take the courses in any order you wish. All courses must be completed successfully prior to applying for certified facilitator status. Once you have completed all five courses, you will need to write a case presentation using the guidelines found at:

<https://mindfulecotherapy.org/about-mbe-certification/>

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