



*Mindful Ecotherapy Center*

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# **Running a Successful Mindfulness-Based Ecotherapy (MBE) Group**

**COURSE DESCRIPTION WITH REFERENCES**

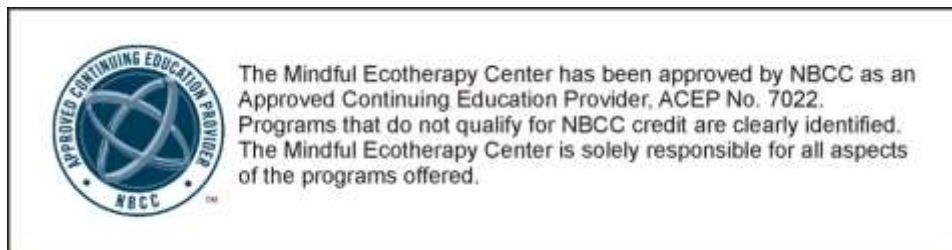
**Charlton Hall, MMFT, LMFT/S, RPT-S, CHt**

## RUNNING A SUCCESSFUL MINDFULNESS-BASED ECOTHERAPY (MBE) GROUP

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 learn how to teach and facilitate the 12 skills of Mindfulness-Based Ecotherapy. We'll also examine multiple phases of the group process and improve group facilitation skills.

### DISCLAIMER

This course is approved for the National Board for Certified Counselors (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 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  
Certified Hypnotherapist #2017125

### INSTRUCTOR CONTACT INFORMATION



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## COURSE DESCRIPTION

*Running a Successful Mindfulness-Based Ecotherapy Group* is an online continuing education course in [Mindfulness-Based Ecotherapy](#). This course is part of the educational requirements to become a certified Mindfulness-Based Ecotherapy Group Facilitator. You may take this course individually, or as part of the [Mindfulness-Based Ecotherapy Facilitator Certification Package](#).

Most of the educational material in this course is reproduced in the [Facilitator Manual for the Mindfulness-Based Ecotherapy Program](#). The Facilitator Manual contains the complete text from the *Mindfulness-Based Ecotherapy Workbook*, plus tips, suggestions and instructions for facilitating the 12-Week Mindfulness-Based Ecotherapy Program. A pdf copy of the Mindfulness-Based Ecotherapy Facilitator Manual is included in the course documents for this course in the Course Documents.

The Mindfulness-Based Ecotherapy (MBE) program is a 12-week seminar designed to be held once per week. The Mindful Ecotherapy Center has been training therapists and counselors to facilitate this program since 2015. We maintain a [directory of certified MBE facilitators](#) who are graduates of the training and certification program. Professional counselors and therapists have found these skills to be a welcome asset to their practices, and participants who have attended the program have reported increased self-esteem, self-awareness, and self-efficacy. Participants also report increased coping skills for depression, anxiety, and trauma.

## COURSE OBJECTIVES

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

- Discuss and describe the Stages of Change of the Trans-theoretical Model (TTM)
- Be able to apply the Stages of Change in a group setting
- Discuss and describe Tuckman's Stages of Group Formation
- Be able to apply the Stages of Group Formation in a group setting
- Be able to utilize the seven skills of a successful facilitator
- Be able to correctly identify and implement the 12 skills of Mindfulness-Based Ecotherapy
- Be able to teach and facilitate a Mindfulness-Based Ecotherapy group

## 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, the requirements are listed below.

There are five courses that you must complete before applying for facilitator certification. These are:

- [Mindfulness-Based Ecotherapy in Clinical Practice](#) – 15 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 = 37**

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 below. There is no required length for the presentation; however, it must address the criteria outlined below.

### Mindfulness-Based Ecotherapy Case Presentation

When applying for certified facilitator status you will need to submit your case presentation along with your application. The case presentation should meet the following criteria below.

First, select one of the 12 skills of Mindfulness-Based Ecotherapy and practice it with at least one of your clients. Remember to use pseudonyms when writing your case presentation so that your client's confidentiality and privacy are respected. You may wish to have them sign a disclosure statement giving you permission to use their information anonymously.

Next, write your case presentation based on the outcome of the session in which you taught your client the selected Mindfulness-Based Ecotherapy skill. Your presentation should address the following questions:

1. Which Mindfulness-Based Ecotherapy skill did you choose, and why?
2. How did your client respond to learning the skill?
3. What is your client's presenting problem/diagnosis?
4. How did the skill relate to the client's diagnosis?
5. How is the skill you chose to use with your client similar or different to your usual therapeutic approach?
6. What are your client's goals for treatment?
7. Did the skill you presented help or hinder those goals? How and why?
8. Were there any mitigating factors that might have affected the outcome of the session?
9. Will you be using more MBE skills with this client in the future? If so, why? If not, why not?

10. Any other pertinent information you may wish to include on integrating Mindfulness-Based Ecotherapy into your practice.

When you have completed all of the course work required for certification as a Mindfulness-Based Ecotherapy facilitator, email your case presentation to [chuck@mindfulecotherapy.com](mailto:chuck@mindfulecotherapy.com). You may send it in the body of the email or as a pdf attachment to the email. When sending your case presentation, also send the name and email you used on your account when you completed the course work. We need this information so we can verify successful completion of the required courses.

When your case presentation is received, it will be evaluated. Please allow up to two weeks for evaluation. If your evaluation is successful, you will be sent a link to the Mindfulness-Based Ecotherapy Certified Facilitator Application. Complete the application and pay the application fee and you will receive a Certified Mindfulness-Based Ecotherapy Program Facilitator in pdf format.

If your case presentation is unsatisfactory for any reason, you will receive an email explaining why and you will be given an opportunity to revise your presentation.

## References for

### Running a Successful Mindfulness-Based Ecotherapy (MBE) Group

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