

Mindfulness-Based Ecotherapy Program Facilitator Training Online Home Study

Course Information Packet

course presented by

Charlton Hall, MMFT, PhD



Mindful Ecotherapy Center

www.mindfulecotherapy.org

Mindfulness-Based Ecotherapy Program Facilitator Training Online Home Study

Continuing Education Course Information

- **Target Audience: Mental Health Professionals**
- **Online Home Study Continuing Education Hours: 30 (Thirty)**

Course Description

The 12-Week Mindfulness-Based Ecotherapy (MBE) Program combines the skills of mindfulness with the healing power of nature. This course trains you to start and implement your own 12-week Mindfulness-Based Ecotherapy Program.

MBE is used as a framework for helping individuals and families to find deeper connections in their own lives, and to give more meaning and enjoyment to the activities of daily living. By re-integrating ourselves with nature, we are able to tap into nature's healing power and to heal the earth as we heal ourselves.

The *Mindfulness-Based Ecotherapy Workbook* and the Mindfulness-Based Ecotherapy Workshop series were developed by Charlton Hall, MMFT, PhD as a 12-week program to help individuals re-connect with the healing power of nature. The series meets once per week for 90 minutes, usually in an outdoor setting. The first six sessions cover the skills of mindfulness, and the next six sessions cover integrating mindful skills into ecotherapy. The six mindful skills are about “what” to do, and the six ecotherapy skills are about “how” to do it.

Each of the twelve sessions covers a distinct skill that builds on previous skills and provides activities and interventions that can be used in both group and individual therapy sessions.

A free pdf copy of the workbook is included with this course. This online course also includes the complete text of the 2nd Edition of the workbook, enhanced with video meditations and tutorials.

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About the 12-Week Mindfulness-Based Ecotherapy Program

Mindfulness-Based Ecotherapy (MBE) combines the skills of mindfulness with the healing power of nature. MBE is used as a framework for helping individuals and families to find deeper connections in their own lives, and to give more meaning and enjoyment to the activities of daily living. By re-integrating ourselves with nature, we are able to tap into nature's healing power and to heal the earth as we heal ourselves.

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The *Mindfulness-Based Ecotherapy Facilitator Manual* was updated to the Second Edition in January of 2022. A free pdf copy of the manual is included in the materials for this course. If you would prefer a hard copy, you can purchase one on Amazon or any major media outlet.

Each of the twelve sessions of the Mindfulness-Based Ecotherapy program covers a distinct skill that builds on previous skills and provides activities and interventions that can be used in both group and individual therapy sessions.

Description of this Mindfulness-Based Ecotherapy Program Facilitator Training

The Mindfulness-Based Ecotherapy Program Facilitator Training will teach you how to create and implement your own Mindfulness-Based Ecotherapy Program. Each session of the 12-week program facilitator training will not only cover all of the materials in the program's workbook, but we will also review the facilitator skills needed to implement each session, along with some helpful tips about facilitating each session.

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Course Objectives

After taking 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 describe and explain all 12 skills of the Mindfulness-Based Ecotherapy Program
- Successfully create and facilitate a 12-week Mindfulness-Based Ecotherapy Program

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DISCLAIMER

The Mindful Ecotherapy Center, LLC 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, LLC is solely responsible for all aspects of the programs.

All course materials for this course 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 of our 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 licensure board for suitability for continuing education credit.

No warranty is expressed or implied as to approval or suitability for continuing education credit regarding jurisdictions outside of the United States or its territories.

If a participant or potential participant would like to express a concern about their experience with the Mindful Ecotherapy Center, LLC, NBCC ACEP #7022, they may call at (864) 384-2388 or e-mail or chuck@mindfulecotherapy.com. Emails generally get faster responses.

Although we do not guarantee a particular outcome, the individual can expect us to consider the complaint, make any necessary decisions and respond within 24 to 48 hours.



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Instructor Qualifications and Contact Information

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This course was created by Charlton Hall, MMFT, PhD.

Charlton Hall, MMFT, PhD is a former Marriage and Family Therapy Supervisor (now retired from that role) . In 2008 he was awarded a two-year post-graduate fellowship through the Westgate Training and Consultation Network to study mindfulness and ecotherapy. His chosen specialty demographic at that time was Borderline Personality Disorder.

Dr. Hall has been providing training seminars on mindfulness and ecotherapy since 2007 and has been an advocate for education in ecotherapy and mindfulness throughout his professional career, serving on the South Carolina Association for Marriage and Family Therapy's Board of Directors as Chair of Continuing Education from 2012 to 2014.

He served as the Chair of Behavioral Health for ReGenesis Health Care from 2014 to 2016 and trained all the medical staff in suicide risk assessment and prevention during his employment at that agency.

Dr. Hall is also a trained SMART Recovery Facilitator and served as a Volunteer Advisor in South Carolina for several years.

Dr. Hall's area of research and interest is using Mindfulness and Ecotherapy 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.

For a complete list of Dr. Hall's credentials, visit

<https://mindfulecotherapy.org/charlton-chuck-hall-mmft-phd>

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