

# MINDFULNESS-BASED ECOTHERAPY FACILITATOR MANUAL

This is the second edition of the Mindfulness-Based Ecotherapy Facilitator Manual. The original was published in 2017 as a companion piece to the Mindfulness-Based Ecotherapy Workbook. The sciences of mindfulness and ecotherapy have advanced a great deal since that time. This second edition was updated to reflect this new research. This edition, like its predecessor, was written for facilitators of the 12-week Mindfulness-Based Ecotherapy workshop series. Some of the exercises in this new edition have changed based on participant feedback regarding what is more helpful in facilitating nature experiences.

The new version of the Facilitator Manual contains the complete text of the Mindfulness-Based Ecotherapy Workbook plus facilitator notes for each session of the series. The Facilitator Manual covers all 12 skills of Mindfulness-Based Ecotherapy (MBE) and introduces one of these skills at each session of the program.

The experiential nature of the work allows any mental health professional with access to outdoor spaces to facilitate the workshops. If you are interested in becoming a certified facilitator for the program, which includes a FREE listing on the Mindful Ecotherapy Center's directory, you may visit the website at [www.mindfulecotherapy.org](http://www.mindfulecotherapy.org).

## About Charlton Hall

Charlton (Chuck) Hall is the Director of the Mindful Ecotherapy Center, LLC in Tacoma, WA.

Chuck has retired from his former position as a Marriage and Family Therapy Supervisor and Registered Play Therapy Supervisor to serve full-time in that capacity.

He is the author of several books, including *Green Circles: A Sustainable Journey from the Cradle to the Grave* and *Ecoplay: Re-Introducing Your Children to Nature*.



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SECOND EDITION



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