



## Mindful Ecotherapy Center

[www.mindfulecotherapy.org](http://www.mindfulecotherapy.org)

### ECOTHERAPY: AN INTRODUCTION

Ecopsychology is the study of how the natural world impacts our mental wellbeing. Ecotherapy is the therapeutic application of this knowledge. This 10-hour online course will introduce you to some of the basic skills, techniques and research in the field of ecotherapy.

#### COURSE/MODULE OBJECTIVES

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

- Discuss and describe the concept of Ecopsychology
- Discuss and describe the concept of Ecotherapy
- Differentiate between Ecopsychology and Ecotherapy
- Discuss some of the characteristics of the Green Care model
- Describe a rationale for the use of ecotherapy in therapeutic settings
- Discuss the history of ecotherapy
- Discuss the roots of ecotherapy in indigenous shamanism
- Discuss Nature Deficit Disorder as proposed in the book, *Last Child in the Woods* by Louv
- Describe and discuss some types of ecotherapy interventions
- Describe some of the research into Nature as Nurture
- Discuss some research in Nature and Child Development
- Discuss the Eco-Educative Model of Ecotherapy proposed by Pedretti-Burls (2007)
- Discuss how ecotherapy facilitates mindful states
- Discuss some health benefits of ecotherapy
- Discuss ecotherapy for treating addiction
- Discuss ecotherapy for treating trauma
- Describe and discuss some ethical issues of ecotherapy
- Name some colleges that offer ecotherapy programs
- Discuss some future directions for ecotherapy

#### INSTRUCTOR

Charlton Hall, Director of the Mindful Ecotherapy Center, LLC  
National Board for Certified Counselors (NBCC) ACEP #7022  
Retired Marriage and Family Therapist  
Retired Play Therapy Supervisor  
Board-Certified Hypnotherapist

## INSTRUCTOR'S BIOGRAPHY

Charlton Hall retired from his position as a Marriage and Family Therapy Supervisor and a Registered Play Therapy Supervisor in 2021 to assume the role of Director of the Mindful Ecotherapy Center, LLC. In addition to ecotherapy Charlton Hall is trained in Sandtray Expressive Arts Therapy, Play Therapy with victims of trauma, Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Ecopsychology, and Mindfulness.

Hall'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 is the author of *Green Circles: A Sustainable Journey from the Cradle to the Grave, The Mindfulness-Based Ecotherapy Workbook* and *The Mindfulness-Based Ecotherapy Facilitator Manual, Starting a Family Therapy Business*, the *Mindful Mood Management Workbook*, and the *Mindful Mood Management Facilitator Manual*.

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# Websites

Animal Behavior Institute

<https://www.animaledu.com>

British Psychological Society

[www.bps.org.uk](http://www.bps.org.uk)

Earthbody Institute

<https://www.theearthbodyinstitute.com/>

Ecotherapy: Healing with Nature in Mind

<http://www.ecotherapyheals.com>

International Community for Ecopsychology

<https://www.ecopsychology.org/>

Mindful Ecotherapy Center

[www.mindfulecotherapy.org](http://www.mindfulecotherapy.org)

Therapet

<https://www.therapet.org>

Top 25 Most Affordable, Accredited Graduate Degree Programs in Psychology and Counseling in the West

<https://www.bestcounselingdegrees.net/rankings/most-affordable-accredited-graduate-programs-psychology-counseling-in-the-west>