

Mindfulness for Therapists Online Home Study

Course Information Packet

course presented by

Charlton Hall, MMFT, PhD



Mindful Ecotherapy Center

www.mindfulecotherapy.org

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Continuing Education Course Information

- **Target Audience: Mental Health Professionals**
- **Online Home Study Continuing Education Hours: 10 (Ten)**

Course Description

Mindfulness for Therapists is an online and experiential continuing education course for mental health professionals. Mindfulness for Therapists offers an introduction to some of the skills of mindfulness, discusses how these skills may be used in a therapeutic setting, and discusses some forms of therapy that integrate mindfulness with Cognitive Behavioral Therapy. The course also includes some experiential exercises so the student may try the skills.

Course Objectives

After taking this course the student will be able to:

- Discuss and describe the concept of Mindfulness
- Differentiate between Doing Mode and Being Mode
- Discuss Differentiation and how it relates to Mindfulness
- Discuss Individuation and how it relates to Mindfulness
- Discuss emotional regulation and how it relates to Mindfulness
- Discuss and describe Emotional Mind, Rational Mind, and Wise Mind
- Discuss the process of Externalization and how it relates to Mindfulness
- Discuss and describe Positive and Negative Thought Streams
- Describe and discuss the Mindful Skill of Observing
- Describe and discuss the Mindful Skill of Describing
- Describe and discuss the Mindful Skill of Fully Participating
- Describe and discuss the Mindful Skill of Being Non-Judgmental
- Describe and discuss the Mindful Skill of Focusing on One Thing at a Time
- Describe and discuss the Mindful Skill of Being Effective
- Describe and discuss the Mindful Skill of the Power of Intention
- Describe and discuss the dialectic of Acceptance vs. Change
- Describe and discuss Mindful Acceptance
- Describe and discuss Letting Go
- Be able to conduct a basic Mindful Meditation
- Discuss how Mindfulness may be used with CBT
- Discuss several Mindfulness-Based forms of therapy

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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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