

Ecospirituality Group Program Facilitator Course
ONLINE HOMESTUDY

Course Information Packet

course presented by
Charlton Hall, MMFT, PhD



Mindful Ecotherapy Center

www.mindfulecotherapy.org

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Ecospirituality Group Program Facilitator Course Description

This course teaches you to be a facilitator for the Ecospirituality Group Program developed by the Mindful Ecotherapy Center, LLC. The Ecospirituality Program is a 12-week nature-based spiritual self-improvement group program. Each group meets outdoors for about 90 minutes and is guided by a trained Ecospirituality Facilitator.

There is a companion workbook for the program that is available for purchase here. A FREE copy of this workbook in pdf format is included in the course documents section for this course. This workbook was designed to accompany the 12-week program.

Each session of the program includes ecotherapy activities and worksheets. There are also optional activities for each session of the program. You can choose to have your students do any of them, or all of them, if you wish. They are designed to enhance the theme of each session. The more optional activities you choose, the more you'll help your students develop their ecospiritual skills.

Ecospirituality Group Facilitator Certification

This course is one of the three courses required to be a Certified Ecospirituality Group Facilitator. The courses in this program are:

- Ecotherapy for Therapists - 10 Online Homestudy Hours
- Mindfulness for Therapists - 10 Online Homestudy Hours
- Ecospirituality Group Facilitator Course - 25 Online Homestudy Hours

If you are interested in becoming a Certified Ecospirituality Group Facilitator, first complete all of the courses listed above, then contact chuck@mindfulecotherapy.com to verify your completion. Upon verification, you will be emailed a Certificate of Completion in pdf format.

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Ecospirituality Group Facilitator Course Objectives

After taking this course the student will be able to:

- Define “ecospirituality”
- Define "mindfulness"
- Define "ecotherapy"
- Differentiate between Doing Mode and Being Mode
- Define the concepts of Wise Mind, Rational Mind and Emotional Mind
- Describe the process of Letting Go and relate it to Radical Acceptance
- Describe what it means to be living in True Self
- Define and describe "Living in the Now"
- Define and describe "Centering"
- Define and describe "Connecting"
- Define and describe "Nature as Metaphor"
- Define and describe "Nature as Teacher"
- Define and describe "Nature as Nurture"
- Define and describe "Nature as Healer"
- Describe the stages of group process
- Discuss the planning process for groups
- Define and discuss the process of Group Facilitation
- Define and describe some of the differences between Coaching and Counseling/Therapy
- Describe when it is appropriate and necessary for a coach to refer a client to a mental health professional

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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.

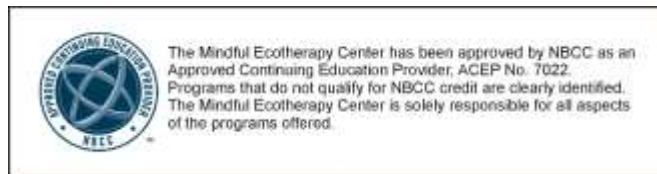
All course materials for this course are evidence-based, with clearly defined learning objectives, references and citations, and post-course evaluations. Upon request a copy of this information and a course description containing objectives, course description, references and citations will be given 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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