



## **Ecotherapy for Trauma**

3-hour online continuing education course

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## Ecotherapy for Trauma Course Description

According to Pretty et al. (2007), Participants in an ecotherapy study reported an improvement in mood merely following a green outdoor walk. Adams (2005) described a “vicious cycle” of trauma and lack of nature that is a negative feedback loop. He discovered that the less exposure to nature one has, the more susceptible to trauma one becomes. Lefkowitz et al. (2005) proposed an animal-assisted-therapy (AAT) model for survivors of sexual abuse suffering from post-traumatic stress, anticipating decreased number of therapy sessions after participating in the program.

These are just a few examples of how the healing power of nature experienced through ecotherapy can help heal trauma.

This course reviews some of the literature on ecotherapy for the treatment of trauma, gives an ecopsychological perspective on trauma, examines some of the therapeutic implications of ecotherapy, and finally proposes a suggested ecotherapy treatment model for trauma.

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## **Ecotherapy for Trauma Course Objectives**

- Define and describe Ecotherapy and differentiate from Ecopsychology
- Be able to discuss and give an ecopsychological perspective on trauma
- Discuss and describe some of the therapeutic implications of Ecotherapy
- Identify some of the practical considerations of Ecotherapy
- Describe and utilize a suggested ecotherapy treatment model for trauma

## **Ecotherapy for Trauma Course Instructor**

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Charlton (Chuck) Hall, MMFT, LMFT/S, RPT-S, CHt is a Licensed Marriage and Family Therapist Supervisor, a Registered Play Therapy Supervisor, and a Certified Hypnotherapist. Chuck'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. He facilitates workshops on mindfulness and ecotherapy throughout the Southeast. Chuck's approach to therapy involves helping individuals and families to facilitate change through mindfulness and ecotherapy techniques in a non-judgmental, patient-centered, positive environment.

## Ecotherapy for Trauma Course References

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