

Ecotherapy for Therapists Online Home Study

Course Information Packet

course presented by

Charlton Hall, MMFT, PhD



Mindful Ecotherapy Center

www.mindfulecotherapy.org

Ecotherapy for Therapists Online Home Study

Continuing Education Course Information

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

Course Description

Ecopsychology is the study of how the natural world impacts mental well-being. Ecotherapy is the therapeutic application of this knowledge. This online home study and experiential course will introduce you to some of the basic skills, techniques and research in the field.

Course Objectives

After taking this course the student will be able to:

- Discuss and describe the concept of Ecopsychology
- Discuss and describe the concept of Ecotherapy
- Discuss some of the characteristics of the Green Care model
- Describe a rationale for the use of ecotherapy in therapeutic settings
- 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 some of the research into Nature as Nurture
- Discuss some research in Nature and Child Development
- Discuss the Eco-Educative Model proposed by Pedretti-Burls (2007)
- Discuss how ecotherapy facilitates mindful states
- 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

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DISCLAIMER

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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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<https://www.animatedu.com>

British Psychological Society

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

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