

# **Starting an Ecotherapy Practice**

## **Course Information**



*Mindful Ecotherapy Center*

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

# Ethics of Ecotherapy Course Information

This course is presented by the Mindful Ecotherapy Center, LLC

## Course Description

**Target Audience: Mental Health Professionals; Professional Counselors & Therapists**

**Total Online Continuing Education Hours: Six (6)**

**NBCC Approval: YES**

**This course is approved by the National Board for Certified Counselors (NBCC ACEP #7022).**

This program is entirely self-paced with no start or end date and may be completed entirely online.

This continuing education online course will cover everything you need to know to start your own ecotherapy private practice from the ground up. We'll cover types of business entity and the advantages and disadvantages of each, how to get on insurance panels, EAPs, and HMOs, advantages and disadvantages of taking insurance and third-party payments, how to create a CAQH account and what it does for you, how to advertise and market your business, and advantages and disadvantages of various types of advertising and branding.

This course focuses specifically on the special considerations for mental health professionals thinking of going into private practice for themselves as ecotherapists, covering practical and ethical considerations specific to ecotherapy and doing therapy outdoors. There is also a section on how to organize your office for maximum efficiency as an ecotherapist, and a section on how to choose clinical software.

## Course Objectives

After taking this course the student will be able to describe, define and discuss:

- Is private practice right for you?
- Types of business entity - advantages and disadvantages of each
- Taxes and licenses needed for each type of business entity
- Getting on insurance panels and the process of billing
- How to get on EAPs and HMOs
- Professional Organizations: Should you join them?
- Advertising and Branding
- Special considerations for ecotherapy practices

## Course Instructions

This course consists of several videos and several documents that accompany each video. Videos are embedded in the lessons. Course documents may be downloaded and viewed from the Course Documents section that follows in the next lesson. Pertinent worksheets for each lesson will also be imbedded in the appropriate lesson for each worksheet.

The videos in this course are:

- VIDEO ONE Types of Business Structure
- VIDEO TWO Insurance Panels and EAPs
- VIDEO THREE Advertising and Marketing
- VIDEO FOUR Organizing Your Office
- VIDEO FIVE Special Considerations for Ecotherapy
- VIDEO SIX Course Summary and Review

Nothing in this course should be construed or interpreted as legal advice. The materials in this course are for informational purposes only. When in doubt regarding legal issues in your jurisdiction, consult with an attorney who specializes in private practice law for mental health professionals.

Once you've completed all the videos and read all the course materials, you are ready to are ready to take the final exam.

Upon passing the final exam you will be able to print your certificate from the "PRINT YOUR CERTIFICATE" button. All course certificates are also listed in your profile when you are logged in.

You must pass the final exam with a score of 80% or higher. You have three attempts to pass the final. You must achieve a score of 80% or higher to pass the course and obtain your Certificate of Completion.

## Instructor Qualifications and Contact Information

Charlton Hall, MMFT, PhD  
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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) . He is a licensed Marriage and Family Therapist in South Carolina (SC LMFT#4525).

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.

## **Credentials for Charlton Hall**

- Bachelor of Science in Experimental Psychology
- Masters in Marriage and Family Therapy
- Two-Year Post-Graduate Fellowship at Westgate Training and Consultation Network in Mindfulness, Ecotherapy and the Family System specializing in trauma, suicide prevention, and Borderline Personality Disorder
- Doctor of Philosophy in Transpersonal Counseling
- Marriage and Family Therapist (SC LMFT # 4525)
- Retired Marriage and Family Therapy Supervisor
- Former Registered Play Therapy Supervisor (now retired)
- Certified Hypnotist
- Certified Hypnotherapist

## **Charlton Hall, MMFT, PhD is Trained In:**

- Certified Online Trauma Treatment Specialist
- Certified Crisis Prevention Institute (CPI) Non-violent Crisis Intervention Instructor
- Suicide Risk Assessment and Prevention
- Retired Registered Play Therapy Supervisor
- Retired Registered Play Therapist
- Trauma Treatment Specialist
- Certified in Sandtray Expressive Arts Therapy
- Relapse Prevention & Recovery-Based Treatment
- Mindfulness and the Family System with Trauma Victims 24-month Internship
- Certified SMART Recovery Facilitator/Volunteer Advisor
- Motivational Interviewing
- Person-Centered Thinking
- Child-Family Team Training
- Parental Alienation Syndrome 5 hours
- LGBT-Q issues in Therapy
- Cultural Diversity
- Trauma-Focused Cognitive Behavioral Therapy
- E-Therapy Online Therapy Training

## **Books by Charlton Hall, MMFT, PhD**

*The Mindfulness-Based Ecotherapy Workbook*  
*The Mindfulness-Based Ecotherapy Facilitator Manual*  
*Ecoplay: Re-Introducing Your Children to Nature*  
*The Mindful Mood Management Workbook*  
*The Mindful Mood Management Facilitator Manual*  
*Mindfulness: An Introduction*

## DISCLAIMER

Nothing in this course should be construed as legal advice. When setting up your own private practice business entity, consult with an attorney from your jurisdiction who is familiar with and competent in corporate law. No warranty is expressed or implied with the content of these course materials. The course content for this program is approved for the National Board for Certified Counselors (NBCC) credit for online continuing education. This means that the NBCC approves course content for continuing education for online courses.

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 are evidence-based, with clearly defined learning objectives, references and citations, and post-course evaluations. All online 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 licensing board for suitability for continuing education credit if your licensing board does not recognize National Board for Certified Counselors (NBCC) approval.

No warranty is expressed or implied as to approval regarding jurisdictions outside of the United States or its territories or for organizations that do not accept NBCC approval for continuing education courses.



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## References for Starting an Ecotherapy Practice

- About Form 1023, Internal Revenue Service  
<https://www.irs.gov/forms-pubs/about-form-1023-ez>
- American Association for Marriage and Family Therapy AAMFT Code of Ethics  
[https://www.aamft.org/Legal\\_Ethics/Code\\_of\\_Ethics.aspx](https://www.aamft.org/Legal_Ethics/Code_of_Ethics.aspx)
- Application for Employer Identification Number, Internal Revenue Service  
<https://www.irs.gov/pub/irs-pdf/fss4.pdf>
- Coalition for Affordable Quality Healthcare  
<https://proview.caqh.org>
- Cummings, N., O'Donohue, W., & Cummings, J. (Eds.). (2009). *Psychology's war on religion*. Zeig, Tucker & Theisen.
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- Forester-Miller, H., & Davis, T. E. (2016). *Practitioner's guide to ethical decision making (Rev. ed.)*. Retrieved from <http://www.counseling.org/docs/default-source/ethics/practitioner's-guide-to-ethical-decision-making.pdf>
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- Knaup, A.E. & Piazza, Merissa. (2007). Business employment dynamics data: Survival and longevity, II. *Monthly Labor Review*. 130. 3-10.
- National Plan and Provider Enumeration System, NPI number application  
<https://nppes.cms.hhs.gov/#/>
- Social Media Fact Sheet, Pew Research Center  
<https://www.pewresearch.org/internet/fact-sheet/social-media>

State Labor Offices, *United States Department of Labor*  
<https://www.dol.gov/agencies/whd/state/contacts>

United States Patent and Trademark Office  
<https://www.uspto.gov>

United Way Directory  
<https://www.unitedway.org>

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