

Mindfulness-Based Ecotherapy in Clinical Practice Course
ONLINE HOMESTUDY COURSE INFORMATION PACKET

Course Information Packet

course presented by

Charlton Hall, MMFT, PhD



Mindful Ecotherapy Center

www.mindfulecotherapy.org

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Target Audience: Mental Health Professionals

Online Home Study Continuing Education Hours: 35 (thirty-five)

Course Description

Mindfulness-Based Ecotherapy in Clinical Practice offers a coherent framework for integrating mindfulness and nature-based interventions into your own therapeutic work. By following the guidance and utilizing the tools provided in this course, mental health professionals can enhance their practice, providing clients with a holistic approach to healing and well-being. Whether you are new to mindfulness and ecotherapy or looking to deepen your existing practice, this course is a comprehensive resource that can guide your journey toward incorporating these powerful techniques into your clinical practice.

This course provides a comprehensive guide to Mindfulness-Based Ecotherapy that integrates mindfulness practices with nature-based therapy techniques, offering insights and practical tools for mental health professionals looking to enrich their therapeutic approaches with mindfulness and ecotherapy. Here is a step-by-step guide on how to effectively use this resource in your clinical practice.

Mindfulness-Based Ecotherapy (MBE) is a therapeutic approach that combines traditional mindfulness practices with ecotherapy, which involves interacting with nature to promote mental well-being. MBE is rooted in the principles of mindfulness, which is the practice of being fully present and aware of the moment without judgment, and ecotherapy, which is the therapeutic use of nature and outdoor settings as a context for healing and personal growth.

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This Mindfulness-Based Ecotherapy in Clinical Practice Course is one of three courses required for certification as a Mindfulness-Based Ecotherapist, as well as a stand-alone course for those interested in integrating the skills of Mindfulness-Based Ecotherapy into their own practice.

The three courses required for certification as a Mindfulness-Based Ecotherapist are:

- **Mindfulness-Based Ecotherapy in Clinical Practice** - 35 online homestudy continuing education hours
- **Mindfulness for Therapists** - 10 online homestudy continuing education hours
- **Ecotherapy for Therapists** - 10 online homestudy continuing education hours
- **TOTAL: 55 hours of online homestudy continuing education**

If you are interested in certification, you may purchase the courses individually, or purchase the Mindfulness-Based Ecotherapy Certification Program Package at a savings of over 20%.

For more information on certification, email chuck@mindfulecotherapy.com

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Mindfulness-Based Ecotherapy (MBE) in Clinical Practice

Course Objectives

After taking this course the student will be able to:

- Discuss the historical background of Mindfulness-Based Ecotherapy (MBE)
- Discuss the core principles of MBE and what the latest research says about the benefits of MBE
- Describe a variety of mindfulness and ecotherapy exercises that can be adapted for both individual and group therapy settings
- Discuss treatment planning specific to Mindfulness-Based Ecotherapy
- Address some of the challenges unique to the practice of MBE
- Discuss the ethical and practical considerations involved in incorporating MBE into clinical practice
- Discuss some of the challenges to be overcome to maintain confidentiality even in outdoor settings
- Describe how to conduct thorough risk assessments for outdoor activities and have contingency plans for adverse weather or other issues
- Discuss how to promote environmental stewardship and encourage clients to engage with nature in a respectful and sustainable manner

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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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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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