

Do you enjoy nature? Have you ever been camping, hiking or canoeing? Do you enjoy hunting and fishing? If so, you are probably already aware of nature's power to relax and heal. A large and growing body of research demonstrates that nature is good for us, not only physically, but mentally as well.

Mindfulness-Based Ecotherapy (MBE) is a blending of Mindfulness and Ecotherapy. MBE uses nature to facilitate Mindful Awareness. MBE is used as a framework for helping individuals and families to find deeper connections in their own lives, and to give more meaning and enjoyment to the activities of daily living.

The Mindfulness-Based Ecotherapy Workbook was written to replace the earlier work, *The Mindful Ecotherapy Handbook*. This new handbook is dramatically different from the prior edition. Both were written to accompany the 12-week Mindfulness-Based Ecotherapy workshop series, but this new edition was created as more information and research became available.

This new version of the handbook introduces the 12 skills of Mindfulness-Based Ecotherapy (MBE) and discusses one of these skills at each of the 12 sessions in the program. Although this book is designed to accompany the 12-week Mindfulness-Based Ecotherapy workshop series, it may also be completed on your own at home. The experiential nature of the work allows anyone with access to outdoor spaces the opportunity to complete the series.

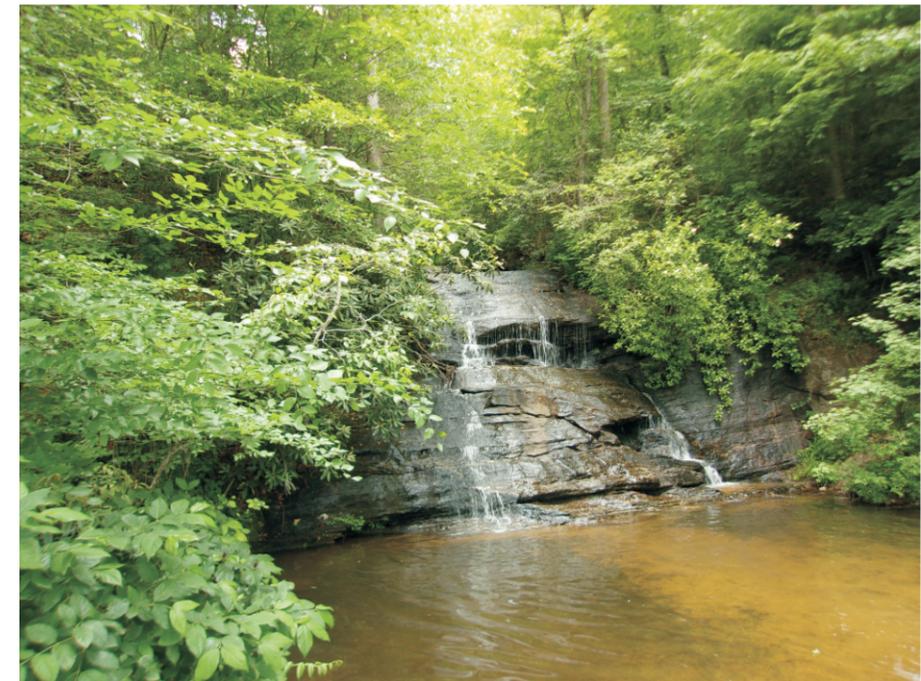


## ABOUT THE AUTHOR

Charlton Hall, LMFT-S is a Licensed Marriage and Family Therapist in South Carolina and North Carolina, and a Licensed Marriage and Family Therapy Supervisor in South Carolina. His area of research and interest is using Mindfulness and Ecopsychology 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 Ecospirituality throughout the Southeast.

THE MINDFULNESS-BASED ECOTHERAPY WORKBOOK by Charlton Hall, MMFT, LMFT-S

# Mindfulness-Based Ecotherapy Workbook



## A 12 Session Program for Reconnecting with Nature

Charlton Hall, MMFT, LMFT-S