



Mindful Ecotherapy Center

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ECOTHERAPY: AN INTRODUCTION

Ecopsychology is the study of how the natural world impacts our mental wellbeing. Ecotherapy is the therapeutic application of this knowledge. This 10-hour online course will introduce you to some of the basic skills, techniques and research in the field of ecotherapy.

COURSE OBJECTIVES

After completing this course, the student will be able to:

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

INSTRUCTOR

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INSTRUCTOR'S BIOGRAPHY

Charlton (Chuck) Hall has a Masters in Marriage and Family Therapy from Converse College and a Bachelor of Science in Experimental Psychology from the University of South Carolina Upstate. He is currently a doctoral student in Applied Ecopsychology. In 2008 Charlton was awarded a two-year postgraduate fellowship in Mindfulness, Ecopsychology and the Family System where he studied applied ecopsychology and mindfulness in a clinical setting. Prior to becoming a Marriage and Family Therapist Hall worked in the addiction treatment field. He is currently a doctoral student in Applied Ecopsychology through Akamai University with Project Nature Connect.

In addition to ecotherapy Charlton Hall is trained in Sandtray Expressive Arts Therapy, Play Therapy with victims of trauma, Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Ecopsychology, and Mindfulness.

Hall's area of research and interest is using Mindfulness and Ecopsychology to facilitate Acceptance/Change strategies within a family systemic framework, and he has presented research at several conferences and seminars on this and other topics. He also facilitates workshops on Mindfulness, Family Therapy and Ecopsychology throughout the Southeast.

He is the author of *Green Circles: A Sustainable Journey from the Cradle to the Grave*, *The Mindfulness-Based Ecotherapy Workbook* and *The Mindfulness-Based Ecotherapy Facilitator Manual, Starting a Family Therapy Business*, the *Mindful Mood Management Workbook*, and the *Mindful Mood Management Facilitator Manual*.

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Websites

Animal Behavior Institute

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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

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