

# **Ecospirituality: The Way of the Coyote**

## **Coaching Certification Course**

Course Description with Objectives,  
Instructor Contact, and References



*Mindful Ecotherapy Center*

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# Ecospirituality: The Way of the Coyote

## Coaching Certification Course

### COURSE DESCRIPTION

Ecospirituality connects people to the healing power of nature using the Way of the Coyote. This 16-week journey towards ecospirituality uses the skills of Mindfulness-Based Ecotherapy to teach students and practitioners how to live in True Self according to their own true nature.

Ecospirituality isn't about a particular religious or spiritual path. The word "spirit" comes from the Latin "spiritus," which simply means, "to breathe." It's where we get the word "inspiration." Ecospirituality teaches us to seek those breathtaking moments of inspiration, using nature as our guide.

The ecospirituality program is based on the workbook, [Ecospirituality: The Way of the Coyote](#). The complete text of this workbook is included in the course.

The Ecospirituality: The Way of the Coyote program is a coaching program for people who are not licensed mental health professionals, but who wish to be certified coaches in ecospirituality. You *do not* have to be a counselor or therapist to take this course, or to become a certified ecospirituality coach.

Included in this course:

- Ecospirituality: The Way of the Coyote – 33 online and experiential continuing education hours
- Running a Successful Group – 5 online continuing education hours
- Coaching vs. Counseling: Avoiding Liability – 2 online continuing education hours

### COURSE OBJECTIVES

Upon completion of this course, the student participant will be able to:

- List and describe the stages of Joseph Campbell's Monomyth, The Hero's Journey
- Describe the significance of the "Way of the Coyote" in ecospirituality
- Discuss the Coyote as Trickster in mythology and in context of this course
- Define "ecospirituality"
- Define "mindfulness"
- Define "ecotherapy"
- Differentiate between Doing Mode and Being Mode
- Define the concepts of Wise Mind, Rational Mind and Emotional Mind
- Describe the process of Letting Go and relate it to Radical Acceptance
- Describe what it means to be living in True Self
- Define and describe "Living in the Now"
- Define and describe Centering
- Define and describe Connecting

- Define and describe Nature as Metaphor
- Define and describe Nature as Teacher
- Define and describe Nature as Nurture
- Define and describe Nature as Healer
- Discuss the Stages of Change of the Transtheoretical Model of Change
- Describe the stages of group process
- Discuss the planning process for groups
- Define and discuss the process of Group Facilitation
- Define and describe some of the differences between Coaching and Counseling/Therapy
- Describe when it is appropriate and necessary for a coach to refer a client to a mental health professional

## **COURSE INSTRUCTOR**

Charlton (Chuck) Hall, MMFT, LMFT/S, RPT-S, CHt

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Charlton (Chuck) Hall, MMFT, LMFT/S, RPT-S, CHt is a Licensed Marriage and Family Therapist Supervisor, a Registered Play Therapy Supervisor, and a Certified Hypnotherapist. Chuck'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. He facilitates workshops on mindfulness and ecotherapy throughout the Southeast. Chuck's approach to therapy involves helping individuals and families to facilitate change through mindfulness and ecotherapy techniques in a non-judgmental, patient-centered, positive environment.

## **INSTRUCTOR CREDENTIALS**

- Bachelor of Science in Experimental Psychology, USC Upstate
- Masters in Marriage and Family Therapy, Converse College
- Two-Year Post-Graduate Fellowship in Mindfulness, Ecotherapy and the Family System
- Licensed Marriage and Family Therapy Supervisor in South Carolina LMFT/S#4606
- Licensed Marriage and Family Therapist in NC LMFT # 1628
- SC LMFT # 4525
- Registered Play Therapy Supervisor #S1947
- Member of the Association for Play Therapy
- Board Member of the South Carolina Association for Play Therapy
- Certified Hypnotherapist

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