



COURSE DESCRIPTION FOR ECOTHERAPY AND ANXIETY

***A 3-hour online continuing education course for mental health professionals
Approved by the National Board for Certified Counselors (NBCC)***

In this online Ecotherapy for Anxiety course we will be studying the following:

What is Ecotherapy?

This module will examine what ecotherapy is and why it's important.

What is Mindfulness?

Mindfulness is a well-established aid in overcoming stress and anxiety. Natural environments facilitate mindfulness. This module will look at some of the tools and techniques of mindful awareness.

Nature-Based Mindfulness

This module examines some ways that nature can be used to facilitate mindful states.

Kaplan's Attention Restoration Theory (ART)

Anxiety is exhausting. Kaplan's Attention Restoration Theory (ART) offers a theoretical framework for how nature helps to restore positive levels of attention. This module looks at ART and how it relates to mindfulness and ecotherapy.

Anxiety and Ecotherapy

This module reviews some current research on using ecotherapy for the treatment of anxiety

Ecotherapeutic Techniques for the Treatment of Anxiety

In this module we will discuss some therapeutic techniques that have been demonstrated to be effective in the treatment of anxiety. This course includes a bonus Body Scan Meditation audio file that may be used with your clients when practicing ecotherapy.

ECOTHERAPY FOR ANXIETY COURSE OBJECTIVES

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

- Define “ecotherapy”
- Define “mindfulness”
- Discuss how ecotherapy can facilitate mindful states
- Explain the relationship between mindfulness and the management of anxiety
- Discuss and describe Kaplan and Kaplan’s Attention Restoration Theory (ART)
- Discuss how ecotherapy may be used to manage anxiety
- Discuss, describe, and facilitate several ecotherapeutic interventions

Websites

Ecotherapy and the Healing Power of Nature

<https://www.healthline.com/health/mental-health/ecotherapy>

Extinction Facts

<https://facts.net/nature/extinction-facts>

Feeling down or stressed? Try ecotherapy

<https://www.takingcharge.csh.umn.edu/feeling-down-or-stressed-try-eco-therapy>

Mindful Ecotherapy Center

<https://mindfulecotherapy.org>

ECOTHERAPY FOR ANXIETY INSTRUCTOR CONTACT INFORMATION AND CREDENTIALS

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Charlton (Chuck) Hall, MMFT, LMFT/S, RPT-S, CHt is a Licensed Marriage and Family Therapy 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 world. 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.

CREDENTIALS

- Bachelor of Science in Experimental Psychology
- Masters in Marriage and Family Therapy
- Two-Year Post-Graduate Fellowship in Mindfulness, Ecotherapy and the Family System
- Licensed Marriage and Family Therapy Supervisor in South Carolina LMFT/S#4606
- SC LMFT # 4525
- Certified Hypnotist with the National Board of Professional and Ethical Standards
- Certified Hypnotherapist with the National Board of Professional and Ethical Standards
- Certified Non-violent Crisis Intervention Trainer/Instructor through the Crisis Prevention Institute (CPI)

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