

Nature-Based Spirituality and Religion

Clinical Competence for Mental Health Professionals

Course Information Packet

course presented by

Charlton Hall, MMFT, PhD



Mindful Ecotherapy Center

www.mindfulecotherapy.org

Continuing Education Course Information

- Target Audience: Mental Health Professionals
- Online Home Study Continuing Education Hours: 2 (two)
- The Mindful Ecotherapy Center, PLLC is an approved continuing education provider with the National Board for Certified Counselors, NBCC ACEP # 7022

Course Description

As spiritual diversity continues to expand in contemporary society, mental health professionals increasingly encounter clients whose beliefs and practices include nature-based religions and spiritual traditions. These traditions may include Paganism, Druidry, Wicca, Heathenry, Indigenous nature-based practices, animistic worldviews, contemporary earth-centered spirituality, and other forms of ecological spirituality. Many clinicians receive little formal training regarding these traditions, creating the potential for misunderstanding, bias, or misdiagnosis.

This course provides an introduction to nature-based religion and spirituality for mental health professionals. Participants will learn about the history, beliefs, practices, ethical considerations, and clinical implications of working with clients whose spiritual identities are rooted in nature-centered traditions. Emphasis is placed on cultural humility, ethical competence, and evidence-informed approaches to integrating spiritual diversity into psychotherapy.

TERMS OF COMPLETION

You will have one year from the date of purchase to complete the course. At the Mindful Ecotherapy Center, course materials are reviewed and updated on a regular basis to ensure they reflect current best practices, research developments, and continuing education standards required for professional relevance and accreditation alignment.

Because of this ongoing process of revision, the content you receive at the time of purchase is considered part of a living curriculum that may be enhanced or refined over time. To ensure fairness to all learners and to maintain the integrity of the training experience, you are granted one year from the date of purchase to complete your course.

This timeframe gives you sufficient opportunity to engage with the material at a steady, meaningful pace while also ensuring you are working within the most current version of the curriculum. After one year, continued access may require re-enrollment at additional cost to reflect any updates or improvements made to the course content.

Course Objectives

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

- Define nature-based spirituality and religion across cultural, indigenous, and contemporary clinical contexts.
- Assess clients' nature-based spiritual beliefs in a culturally responsive and non-pathologizing manner.
- Distinguish adaptive spiritual experiences in nature from symptoms of mental health disorders.
- Integrate clients' spiritual and ecological worldviews into treatment planning with informed consent and clinical appropriateness.
- Apply ethical guidelines for incorporating spirituality into psychotherapy, including the scope of practice and cultural humility.
- Identify risks such as spiritual bypassing, trauma triggers, and cultural appropriation in nature-based interventions.
- Develop case conceptualizations using a biopsychosocial-spiritual framework.
- Reflect on personal beliefs and biases and their influence on clinical judgment and countertransference.
- Design ethically sound, client-centered interventions involving nature-based spiritual practices when appropriate

DISCLAIMER

The Mindful Ecotherapy Center, PLLC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7022. Programs that do not qualify for NBCC credit are clearly identified. The Mindful Ecotherapy Center, PLLC is solely responsible for all aspects of the programs.

All course materials for this online home study continuing education 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, a 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 his/her experience with the Mindful Ecotherapy Center, NBCC ACEP #7022, he/she may call or e-mail at (864) 384-2388 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.

Instructor Qualifications and Contact Information

Charlton Hall, MMFT, PhD
c/o Mindful Ecotherapy Center, PLLC
9524 E E St.
Tacoma WA 98445

Mindful Ecotherapy Center, PLLC
www.mindfulecotherapy.org
chuck@mindfulecotherapy.com

(864) 384-2388

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>

References for Nature-Based Spirituality and Religion

Online Home Study Continuing Education Course

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