



Facilitator Manual for Mindfulness-Based Ecotherapy (Paperback)

By Charlton B Hall Lmft/S

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This Facilitator Manual contains the complete text of the Mindfulness-Based Ecotherapy Workbook plus additional material on how to facilitate each session of the program. The Facilitator Manual also includes information on running a successful group, and the stages of group change and group dynamics. This manual is designed to help facilitators of the Mindfulness-Based Ecotherapy program successfully implement a workshop series. The Mindfulness-Based Ecotherapy workshop series teaches you the 12 skills of Mindfulness-Based Ecotherapy (MBE) by introducing one of these skills at each of the 12 sessions in the program. The experiential nature of the work allows anyone with access to outdoor spaces the opportunity to complete the series on their own. The Mindfulness-Based Ecotherapy Workbook allows you to embrace the healing power of nature in an experiential way.



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