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FACILITATOR MANUAL FOR MINDFULNESS-BASED ECOTHERAPY (PAPERBACK)

Mindfulness-Based Ecotherapy Facilitator Manual



A 12 Session Program for
Reconnecting with Nature

Charlton Hall, MMFT, 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...

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- Authored by Charlton B Hall Lmft/S
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