Running a Successful Group

COURSE DESCRIPTION WITH REFERENCES

Charlton Hall, MMFT, LMFT/S, RPT-S, CHt
RUNNING A SUCCESSFUL GROUP ONLINE COURSE

This self-guided online course is good for 10 hours of online home study continuing education and is a part of the course requirements for certification in Mindfulness-Based Ecotherapy.

In this online study course, we will look at some of the principles of running a successful group. We'll also examine recent research in the field, including the Stages of Change and the five phases of group process.

DISCLAIMER

This course was developed by Charlton Hall, MMFT, LMFT/S, RPT-S, CHt. Charlton Hall is a board-approved permanent sponsor of continuing education in South Carolina (permanent sponsor #495). If you are a licensed LPC or LMFT in South Carolina, these courses are pre-approved for continuing education credit. If you are a resident of another state or another country, it is your responsibility to check with your local licensure board for pre-approval for continuing education credit in your jurisdiction. No warranty is expressed or implied as to suitability for continuing education credit in jurisdictions outside of South Carolina.

All course materials are evidence-based, with clearly defined learning objectives, references and citations, and post-course evaluations. Upon request a copy of this information will be given to you for your local licensure board. All online courses and live seminars 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 in jurisdictions outside of South Carolina.

INSTRUCTOR CREDENTIALS for Charlton Hall, LMFT/S, RPT-S, CHt

B.S. 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 and SC LMFT # 4525
Registered Play Therapy Supervisor # S1947
Member of the Association for Play Therapy
Member of the South Carolina Association for Play Therapy
Member of the National Board of Professional and Ethical Standards # 2017125
PhD student in Organic Psychology through Akamai University
- Nature-Centered Spirituality: An Overview 5 hours
- Addressing Trauma with Play Therapy 6 hours
- Techniques for Child and Play Therapist Supervisors 8 hours
- Play Therapy: The Art of the Relationship 11 hours
- Sand Tray Expressive Arts Therapy 40 hours
- Earth-Based Clay and Play Therapy 2 hours
- Play Therapy Supervision 8 hours
- Core Competencies of Trauma-Informed Care 5 hours
- Trauma and the Brain 3 hours
- Clinical Supervision 12.75 hours
- Mindfulness, Ecotherapy and the Family System with Trauma Victims 24 months
- Dialectical Behavior Therapy 45 hours
- Person-Centered Thinking 14 hours
- Child-Family Team training 12 hours
- LGBT-Q issues in Therapy 2 hours
- Cultural Diversity 2.5 hours
- Trauma-Focused Cognitive Behavioral Therapy 10 hours
INSTRUCTOR CONTACT INFORMATION

You may contact the instructor by clicking here or by mail at

Mindful Ecotherapy Center
PO Box 102
Cleveland SC 29635

Email: chuck@mindfulecotherapy.com

COURSE OBJECTIVES

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

- Discuss the Stages of Change of the Transtheoretical Model of Change
- Describe the stages of group process
- Name some skills a good group facilitator possesses
- Define Group Work
- List some types of groups
- Discuss the planning process for groups
- Define and discuss the process of Group Facilitation
- Be able to successfully facilitate all 12 sessions of the Mindfulness-Based Ecotherapy Program

COURSE FORMAT

This is a self-directed online introductory course in running a successful group. While this course is a part of the requirements to become a certified Mindfulness-Based Ecotherapy Facilitator, it is also a stand-alone course that gives the student a good basic grounding in the principles and practices of group therapy and counseling.

The course materials include a pdf PowerPoint presentation for Part A of the course, a booklet in pdf format for Part B of the course, and several handouts. The handouts also include this list of course objectives and a list of references and citations.
References for Running a Successful Group


