

Mindfulness in Psychotherapist Education: Feasibility and Effects on Psychological Well-being

Wednesday 23 July 2025 11:45 (15 minutes)

Poster

Mindfulness in Psychotherapist Education: Feasibility and Effects on Psychological Well-being

Author

Andres E. Zerpa

Affiliation

Instituto Universitario de Neurociencia (IUNE)

Abstract

Mindfulness training has proven to be an effective tool for enhancing attentional regulation and reducing adverse psychological states in mental health professionals. However, its integration into university psychotherapist training programs remains limited. This pilot study aimed to assess the feasibility of incorporating mindfulness training into the academic curriculum of future psychotherapists and to analyze its impact on relevant psychological variables. To this end, 51 students were divided into two groups: an experimental group that received mindfulness training over nine weeks and a control group that continued with their regular academic activities. To examine the effects of the training, pre-intervention and post-intervention assessments included the Depression Anxiety Stress Scale-21 (DASS-21) for adverse emotional states and the Five Facet Mindfulness Questionnaire (FFMQ) along with the State Mindfulness Scale (SMS) for mindfulness levels. The results showed that the experimental group, which received mindfulness training, exhibited a significant reduction in stress, anxiety, and depression levels compared to the control group. Additionally, improvements were observed in mindfulness factors related to present-moment awareness and attentional regulation. These findings highlight the feasibility of incorporating mindfulness into psychotherapist training and its potential to enhance both personal well-being and the professional competencies of future psychotherapists.

Keywords

Mindfulness, Psychotherapist, training, Self-care

Primary author: ZERPA, Andres E. (Instituto Universitario de Neurociencia (IUNE))

Co-authors: Ms MIRÓ, María Teresa (Facultad de Psicología y Logopedia (ULL)); Mr DÍEZ, Emiliano (Instituto Universitario de Integración en la Comunicación (INICO)); Ms ALONSO, Maria A. (Instituto Universitario de Neurociencia (IUNE))

Presenter: ZERPA, Andres E. (Instituto Universitario de Neurociencia (IUNE))

Session Classification: Poster Session 1

Track Classification: Applications/Substantive areas: Applications/Substantive areas