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Professional training in mindfulness in brazil: what is the profile of participants?

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ABSTRACT

Introduction: During the last 30 years, mindfulness interventions have been used worldwide for prevention and treatment of anxiety, depression, and chronic pain, with exponential growth of scientific evidence on the subject. Training professionals in Brazil is fundamental for the implementation of these interventions all over the country, and knowing the profile of those who seek training is important to make it more effective and accessible. **Objective:** To describe the professional profile of the participants of a group of the Mindfulness Instructor Training Program of the Brazilian Center for Mindfulness and Health Promotion (Open Mind - UNIFESP). **Methodology:** Twenty-nine volunteers from the basic module group of the mindfulness instructors training course held in September 2017 participated in this study. Data such as area of work, professional training, gender, age and city were collected from the partner questionnaire -demographic and provided by the Open Mind Center. **Results:** Of the 29 volunteers evaluated in this study, 79.31% were women and 20.69% were men (age = 45.44 years, \pm 12.56 years). 96.56% are Brazilian, and 85.71% of these are residents of the Southeast region. Regarding the professional profile, 68.97% work in health promotion, of which 50% are psychologists, 15% are psychotherapists and 10% are doctors. **Discussion and Conclusion:** The data obtained by this pilot study indicate that the standard profile of professionals seeking mindfulness training are psychologist women aged 45.44 years living in southeastern Brazil. It is important to emphasize that more comprehensive studies are necessary so that we can understand the professional profile of professionals who seek the Instructor Training of mindfulness in order to make such programs more effective and accessible for Brazilian professionals.

Keywords: Mindfulness; Professional Training; Health Promotion

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