

## Spring 2024 Final Project Abstracts

### **Yuri Choi**

*Silent Echoes, Resilient Voices: Unveiling Clinical Insights in Treating Race-Based Trauma Among Asian American Women*

This qualitative phenomenological study examines the experiences of mental health clinicians treating Asian American women with racial trauma. Through three semi-structured interviews, the research identifies three key themes: "Stereotypes Unveiled," "Navigating Unique Challenges," and "Most Effective Approach to Treatment: Meeting Clients Where They Are At." These themes address the impact of societal and familial stereotypes, the challenges of acculturation and collectivism, and the importance of cultural humility in therapy. The study highlights how societal stereotypes, especially during the pandemic, exacerbate racial trauma and how clinicians can use psychoeducation and cultural sensitivity to improve therapeutic outcomes. Given the complexities of shared identity and potential countertransference, future research should explore culturally adapted therapeutic approaches and the broader effects of societal stereotypes on Asian American women's mental health. Despite limitations such as a small sample size, this study offers valuable insights for counseling practitioners.

### **Shakayla Collins**

*Beyond the Game: Exploring Clinicians' Experiences Utilizing EMDR with Athletes*

This study investigates clinicians' experiences using Eye Movement Desensitization and Reprocessing (EMDR) with athletes encountering psychological distress. Four certified EMDR mental health clinicians who work with athletes participated in semi-structured interviews, analyzed via Interpretative Phenomenological Analysis (IPA). Three themes emerged: motivations for working with athletes, reasons athletes seek treatment, and treatment considerations. The findings indicate that EMDR is effective in addressing various athlete issues, including performance blocks, transition challenges, anxiety, and depression. The study underscores EMDR's significance in supporting athletes' mental health needs and suggests the necessity for further research in this area.

### **Todd Crabtree**

*Unraveling Coercive Control: Exploring Motivational Underpinnings through Attachment and Multi-Motivational Theory*

Coercive control sits at the heart of global health issues such as interpersonal violence (IPV), sexual violence, and many other violent dynamics of human relationships. What is it that motivates an individual to exert control over another? This qualitative study explores the motivational underpinnings of coercive control through the lens of attachment and multi-motivational theory. Semi-structured interviews were conducted with three licensed mental health clinicians to investigate their experiences managing controlling behaviors in clients and themselves. Interpretive phenomenological analysis (IPA) revealed three primary themes: the need for flexibility in addressing varied clinical concerns, the complexity of coercive control, and patterns within the multi-motivational system. These findings contribute qualitative insight into attachment and multi-motivational systems theory, suggesting that control arises from the co-opting of alternative motivational systems in place of the attachment system. The discussion addresses implications for clinical practice, identifies avenues for future research, and acknowledges the limitations of the study.

### **Carly R. Curtis**

#### *I'm So Overwhelmed: Diagnosing and Treating Females with ADHD*

Given the conceptualization of ADHD as a hyperactive boy's disorder, females with ADHD are often overlooked in diagnosis and treatment. The present study explored the symptomology present in youth and young adult females with ADHD and relevant treatment considerations. Following a review of the existing literature, three mental health practitioners who had experience working with this demographic were interviewed. The subsequent themes that emerged were ADHD symptomology in females (including internalized symptoms, externalized symptoms, and the impact of symptoms), complications inherent to diagnosing females with ADHD, and treatment considerations. Findings suggest that female presentation of ADHD tends to involve inattentive symptoms such as overwhelm, inability to relax, inability to pay attention, forgetfulness, and disorganization, which is often masked by various coping strategies and contributes to negative impacts seen across various spheres of life. Suggested treatment interventions include cognitive behavioral therapy, polyvagal theory, psychodynamic theory, and solution-focused techniques involving behavioral and organizational strategies.

### **Mike Davis**

#### *The Hero's Paradox: Silent Cries of the First Responder*

First responders often face both internal and external pressures to perform and excel in a profession rife with insufficient resources, trauma exposure, chronic stress, and the threat of physical harm. Unfortunately, the demands of this profession leads to a culture which frowns upon reaching out for help due to physical and mental ailments. The present qualitative study aims to understand the experiences of clinicians working with first responders who have entered treatment. Three interviews were conducted illuminating several themes such as: the unique challenges and circumstances faced by first responders, systemic effects and first responder culture, and the utility of trauma informed care with first responders in treatment. The findings point to cultural, administrative, and familial barriers that prevent these professionals from reaching out for help. The data also suggests trauma informed care may be uniquely suited in meeting the needs of our first responder community. Despite its limitations, this study offers valuable insights and useful data which may help clinicians understand first responder context as well as useful means to honor and treat these professionals.

### **Jenna Goldsberry**

#### *Counselors' Experiences Working with Queer Women Dealing with Hazardous Drinking Using Aspects of RCT*

The present study explored three counselors' experiences of working with queer women who struggle with hazardous drinking using aspects of Relational-Cultural Theory and related concepts. Despite a vast amount of literature indicating that queer women are at higher risk for hazardous drinking behaviors compared to heterosexual women, there is still a large gap in what effective treatment looks like with this population, especially by therapists who have some focus on relationships and culture in their work. The analysis of the data in this study resulted in four major themes: *the role of alcohol in a queer women's life, queer women's relationship difficulties, impact of society and culture on queer women, and a non-pathological approach.* The findings of this study suggest that queer women often face various relationship difficulties and are frequently impacted by culture and society in predominantly negative ways, which can

each contribute to hazardous drinking behaviors. Results also suggest that providing power, awareness, and a holistic approach to queer women in the therapeutic environment can be effective in helping with their drinking behaviors.

### **Elliott Elvis Gonzalez**

#### *Quebrando Cyclos: A Culturally Inclusive Counseling Approach to Help Mexican Immigrants Address their Intergenerational Trauma*

The lack of culturally sensitive modalities to address intergenerational traumas within Mexican immigrant populations may leave them more at risk of being invisible because of their pre-existing barriers to care. The present study analyzed the literature regarding sources of intergenerational trauma for this population and available culturally sensitive counseling modalities to assist this population's biopsychosocial distress from their intergenerational trauma. Three mental health professionals were then interviewed to gather data on their experiences working with this population and counseling modalities. Three emerging themes were identified after synthesizing the interview data: psychological and family distress, sources of intergenerational trauma, and culturally competent counseling. The finding suggests the significance of building strong rapport and being inclusive of this population's cultural values to improve therapeutic outcomes. Suggested treatment interventions include tailoring Western modalities to address this population's intergenerational trauma or utilizing available Latinx-centric modalities.

### **Angie Hernández**

#### *No Es Para Tanto: How EMDR Helps Latinx Women Cope with the Trauma of Child Sexual Abuse*

The present study explores the use of Eye Movement Desensitization and Reprocessing (EMDR) therapy for Latinx women survivors of child sexual abuse (CSA). The researcher conducted three semi-structured interviews with mental health clinicians who are EMDR certified and have experience working with this population. Three major themes emerged from the data: (1) putting others first, (2) the effects of minimization, and (3) flexibility in treatment. The results support evidence of the existing literature on the effectiveness of EMDR with CSA survivors. The present study's findings also expand upon the limited research on the effectiveness of EMDR with Latinx women. Participants offered valuable insights on clinical implications for treating Latinx women survivors of CSA.

### **Selene Hernandez**

#### *Viviendo en el Limbo: An Exploration of Latinx Deferred Action for Childhood Arrivals (DACA) Recipients' Experiences with Acculturative Stress*

The present study aimed to capture the experiences of mental health professionals working with Latinx DACA recipients experiencing acculturation stress. Semi-structured interviews were used with three mental health clinicians who work with DACA recipients using Interpretative Phenomenological Analysis. Three overarching themes emerged including: the anxiety caused by the uncertainty of their future, feelings of loneliness due to their legal status, treatment modality depends on what the client brings in. The results indicate there is no best treatment modality suited for this population. Instead, the clinician must be intentional about being present during sessions and should process any trauma due to their immigration status. This study highlights the need for more research on DACA recipients' legal status and mental health issues,

including, but not limited to acculturation stress. Increased research on DACA recipients can provide more insight on the experiences of this population, and better equip clinicians interested in working with them.

### **Melissa Iraheta**

#### *Voces Liberadas: Counselors' Experiences Integrating Liberation Psychology to Focus on the Impact of Trauma Across the Central American Diaspora*

Surviving political upheaval, forced displacement, and civil wars are a few of the distinctive experiences among Central Americans. Little research has focused on the consequences of such traumas and their continual impact on future generations within this population. The present qualitative study aimed to explore the integration of liberation psychology to reduce symptoms of trauma among the Central American diaspora living in the United States. Semi-structured interviews were conducted with three mental health clinicians to gain insight into their knowledge and considerations when focusing on the implications of trauma across first-generation and second-generation Central American clients. Data collected from these interviews were analyzed through Interpretative Phenomenological Analysis (IPA), which resulted in five super-ordinate themes: *culturally responsive treatment, personalismo in therapeutic relationships, considerations when working with Central American communities, manifestations of trauma between generations, and strengths and resilience*. The results of the study corroborate with the existing, yet limited, body of literature that suggests the importance of considering the nuanced historical, cultural, and sociopolitical impact that may contribute to the mental health distress experienced by Central American clients. Further, these findings propose that culturally responsive approaches allow for the centering of marginalized voices and their expertise throughout treatment.

### **Karla Jimenez**

#### *We Have Mucha Cultura: Reimagining the Undocumented Latine Experience by Integrating their Cultural Wealth*

The Latine undocumented population possesses a wealth of cultural capital that could be integrated into treatment to enhance culturally competent care. This study aimed to explore how clinicians utilized the undocumented experience as a strength to provide culturally inclusive treatment to this population. The researcher conducted three semi-structured interviews with bilingual clinicians working with the Latine population. Using Interpretative Phenomenological Analysis (IPA), five themes emerged: *building deeper connections, therapist cultural awareness, decolonizing academia, demand for bilingual/bicultural therapists, and growth-fostering care*. Findings highlighted the unique experiences of both the client and the clinicians through their shared language, distinct cultural awareness, and desire to provide a corrective learning experience. A prominent theme that emerged was the powerful impact of bilingual therapists using the population's strengths as a tool to build a therapeutic connection with people who faced such significant societal disconnections. The research illuminated the need for culturally competent care, and participants spoke specifically about the need to decolonize Western therapy to align with the undocumented population.

### **Sadaf Kadkhodai**

#### *Unveiling Resilience: Counselor's Experiences Using Strengths-Based Approaches Among DACA Recipients Confronting Imposter Syndrome*

This qualitative study investigates therapists' narratives regarding the impact of strengths-based approaches on confronting imposter syndrome among Deferred Action for Childhood Arrivals (DACA) recipients. Relevant literature was reviewed and integrated into the study. Semi-structured interviews were conducted with three professional therapists selected through purposeful sampling. Data was collected and thematic analysis was performed using Interpretative Phenomenological Analysis (IPA). Findings reveal the presence of imposter syndrome within participants' DACA recipient clients, exacerbated by psychological feelings of uncertainty, anxiety, and non-belonging. Despite hardships and barriers, it was found that DACA recipients demonstrated strengths such as resilience and motivation for change. Strengths-based interventions, such as reframing and empowerment-oriented techniques, emerged as effective strategies to combat imposter syndrome. Therapists' cultural competence and self-awareness were highlighted as crucial in supporting DACA recipients' psychological well-being. The study underscores the need for tailored mental health interventions and advocacy efforts to address the unique challenges faced by DACA recipients. Future research should further explore the clinical implications of these findings and advocate for policies promoting social justice and mental health support for this vulnerable population.

### **Brianna N. Luria**

#### *Behind the Scars: Clinician Perspectives on Treating Adolescent Non-Suicidal Self-Injurious (NSSI) and Suicidal Behaviors*

The unique challenges faced during the developmental stage of adolescence place this population at higher risk of engaging in non-suicidal self-injurious (NSSI) and suicidal behaviors. This study intends to explore clinicians' experiences using Dialectical Behavior Therapy (DBT) to treat NSSI and suicidal behaviors in adolescents. Following a literature review, the researcher gathered qualitative data through semi-structured interviews with four mental health clinicians. Three overarching themes emerged from the interviews: factors to consider in understanding better adolescent NSSI and suicidal behaviors, barriers to treatment, and treatment considerations. Findings suggest the importance of being able to identify and understand what NSSI and suicidal behaviors look like for each adolescent and identifying risk factors. Second, the multiple barriers to treatment, including the parent's role, the unique nature of adolescence, and technology and social media. Finally, findings suggest that DBT, particularly validation and distress tolerance skills were reported to be the most effective treatment approaches when working with adolescents who struggle with NSSI and suicidal behaviors.

### **Christina Meyer**

#### *Impact of Familial and Community Support on Transgender Youths' Experience of Suicidal Ideation*

The present qualitative study serves as an exploration of the relationship between transgender youth (ages 13-24) and the development of suicidal ideation. The researcher conducted three semi-structured interviews with mental health clinicians who specialized in working with transgender and/or gender-questioning youth. Interpretive Phenomenological Analysis (IPA) methodology was used to analyze the collected data. Three predominant themes emerged from the interviews: the presence of American cultural rejection of gender non-conforming identities, the high frequency of suicidal ideation amongst transgender youth due to cultural rejection, and the effectiveness of family and community-based therapy in reducing negative mental health outcomes for transgender youth. These results are consistent with the current literature on the

treatment of transgender youth and are indicative of the utility of strengthening family and community support to reduce suicidal ideation amongst this population.

### **Imani Moreen**

#### *Counselors' Experiences Incorporating Person Centered Therapy with Incarcerated Adolescents Suffering from Post-Traumatic Stress Disorder*

The present study explores counselors' experiences incorporating person centered therapy with incarcerated adolescents suffering from post-traumatic stress disorder. Semi-structured interviews were conducted with three licensed mental health clinicians who have experience working with incarcerated adolescents. Interview data from these three conversations were analyzed using Interpretative Phenomenological Analysis (IPA) where the themes of: *a lot of heart, the strengths and struggles of forgotten youth, short end of the stick, and trauma/PTSD* were identified. A central finding was the care and compassion the participants had for their clients. Findings suggest that clinicians who build strong rapport with incarcerated adolescents while implementing humanistic approaches can provide crucial support and make an impact, even if they do not have much opportunity to treat trauma in these settings. This study examined how therapists perceived the long-term effects of untreated adolescent post-traumatic stress, including unhealthy adult development, increased risky behavior, and substance abuse issues. The findings supported the literature connecting systemic issues and barriers to the incarceration of adolescents. Lastly, the strengths and resiliencies of incarcerated adolescents are highlighted and discussed.

### **Laura Nicolas**

#### *Curando Heridas Ancestrales: Exploring the Use of Narrative Therapy to Address Intergenerational Trauma Within the Indigenous Population*

Intergenerational wounds sometimes overpower the narrative of intergenerational wisdom, resilience, and strengths within the Indigenous community. However, how can the impacts be prevented or lessened? The present study is aimed to explore how narrative therapy can be utilized to address intergenerational trauma within the Indigenous population. In this qualitative study, three mental health clinicians were interviewed to understand the utilization of narrative therapy in addressing intergenerational trauma. Results were analyzed using interpretive phenomenological analysis (IPA) which developed three themes including, cultural considerations to keep in mind when working with the Indigenous population, factors to consider when addressing intergenerational trauma with the Indigenous population and the narrative therapy approach in addressing intergenerational trauma. The findings suggest that narrative therapy can be used as a therapy approach that provides beneficial outcomes in processing intergenerational trauma. The implications for clinical practice, areas of future research and limitations of the present study were also discussed.

### **Suki Quan**

#### *A Balancing Act: Clinician's Experience to Help Immigrants Navigate Collectivistic Expectations While Still Honoring Authentic Self*

The present qualitative study explored into the experience of clinicians utilizing culturally sensitive approaches to assist immigrants in managing psychological stressors that are influenced by the pressures of upholding collectivistic values. The immigrant population specifically examined were second or higher generation Latinx or Asian communities. Three semi-structured

interviews were conducted with three mental health clinicians who have experience working with immigrant children, adolescents, and adults. Interpretive Phenomenological Analysis (IPA) methodology was used to analyze the data collected. Five superordinate themes emerged from the findings: a). *collectivistic values*, b). *acculturation process and challenges*, c). *honoring authentic self* d). *cultural competency*, and e). *barriers and stigmatization of mental health*. Results indicated that many children of immigrants struggle with conflicting identities, values, and roles as they identify with both collectivistic and individualistic influences. Clinicians incorporate culturally sensitive approaches to help immigrants balance different expectations and ethical obligations instilled from their collectivistic culture of origin while also empowering them to accept and embrace their authentic self.

### **Katelyn C. Rawlings**

#### *A Lifetime Battle for Survival: Trauma Treatment Approaches for Complex Post-Traumatic Stress Disorder in Women Veterans*

The purpose of this study was to gain an understanding of working with women veterans with complex trauma and effective trauma treatment approaches. Four clinicians were interviewed using a semi-structured approach. The major themes that emerged from the interviews were: women veterans often have complex trauma, including military sexual trauma; this population benefits from treatment approaches that are trauma-focused; and non-veteran therapists are effective in working with this population. The results of this study support existing literature that women veterans benefit from trauma-informed treatment that can address their complex trauma histories. These findings also expand upon existing research by discussing CPTSD as a potential diagnosis for some women veterans.

### **Lishtyeri A. Robles**

#### *Heridas Invisibles: An Exploration of Clinicians' Experiences Working with Latine Women with Sexual Trauma*

The present study explored clinicians' experiences when counseling Latine women with sexual trauma. Following a review of the existing literature, three mental health clinicians were interviewed using a semi-structured approach. Three major themes emerged from the interviews: cultural considerations in treating Latine women, barriers present for Latine women with sexual trauma, and strategies for treating sexual trauma. The findings expand upon existing research by discussing approaches for treating symptoms and behavioral issues associated with PTSD because of sexual trauma. Suggested treatment interventions include psychoeducation, EMDR, IFS, and mindfulness-based approaches to help increase client insight about sexual violence, reduce feelings of shame and guilt, and navigate the complex roles and pressures experienced when clients have intersecting cultural identities.

### **Daniela F. Rodriguez**

#### *My Body Found Its Voice: Counseling Women Through Infertility and the Psychological Strain on the Body and Self*

Women grappling with infertility frequently leave medical appointments feeling invalidated and overwhelmed, simultaneously navigating the psychological symptoms arising from the grief and loss inherent in their journey. The present study delved into the experiences of women grappling with infertility, focusing on their navigation and processing of traumatic encounters alongside the exploration of optimal methods to support their mental health needs. Through interviews with

four mental health professionals, informed by an extensive literature review, four prominent themes emerged: coping with emotional devastation, understanding the psychological impacts of infertility, exploring coping mechanisms, and implementing trauma-informed care. The findings underscore the profound impact of infertility as a life crisis, often resulting in feelings of inadequacy, shame, and diminished self-esteem. Recommended treatment interventions include Acceptance and Commitment Therapy (ACT) to cultivate resilience and promote emotional well-being, alongside trauma-informed approaches like Eye Movement Desensitization and Reprocessing (EMDR) to aid in grief processing and trauma resolution. Establishing a safe, non-judgmental, and culturally sensitive environment can cultivate a supportive and validating atmosphere, which is crucial in motivating individuals to participate in treatment.

### **Simran Kaur Sekhon**

#### *Medical Trauma Leading to PTSD in Adult Chronically Ill and Cancer Patients*

The study explores how chronically ill patients develop medical trauma, leading to the diagnosis of PTSD. The study examined how individuals could also develop comorbid diagnoses. Five interviews were done to collect data from experienced clinicians. The general themes that emerged are how discrimination works toward patients, how PTSD is developed, the meaning of age with diagnoses with chronic illness, and what modalities can be used to treat PTSD. The findings suggest that long-term EMDR and psychotherapy are beneficial. The study pays attention to the medical system's discrimination against low-SES and the discrimination towards marginalized communities in the medical field.

### **Alexis C. Sutherland**

#### *Ready, Set, Go! Counselors' Experiences Incorporating Narrative Therapy Techniques with Student-Athletes Facing Identity Development Challenges*

Student-athletes can experience several mental health difficulties due to the pressures, demands, and time commitments expected from this population. Narrative therapy practices are helpful in numerous contexts and with different populations but, little is known about how counselors use these techniques with student-athletes. This study explored counselors' experiences using narrative therapy techniques with student-athletes facing identity development challenges. The researcher used interpretative phenomenological analysis (IPA) to conduct semi-structured interviews with three mental health therapists. Four superordinate themes emerged: *athlete experience, identity development, narrative therapy techniques, and culture*. The results expanded upon existing literature and highlighted that when student-athletes retire from sports they can experience loss of self, anxiety, depression, and grief. To mitigate mental health challenges, participants discussed the benefit of using narrative theory techniques like creating space, interrogating the problem, externalizing, and re-authoring to help athletes expand their preferred stories. A narrative therapy approach concerning student-athletes' identity development challenges shows promise in providing non-judgmental and culturally competent care for this unique population. Future work should entail exploring the efficacy of narrative therapy techniques with student-athletes from different sports and intersectional identities.

### **Rebecca Vasconez**

#### *The Invisible Sentence: Addressing the Mental Health Concerns of Children of Incarcerated Parents Utilizing Therapeutic Approaches*



The present study explores clinicians' experiences and perceptions of working with children of incarcerated parents utilizing various therapeutic approaches, such as child-centered play therapy. Following a review of the existing literature, three mental health professionals were interviewed using a semi-structured approach. Three major themes emerged from these interviews: the impacts the population faces, cultural context, and treatment considerations. The results of this study support existing literature that discusses the distinctive concerns the population faces, such as detriments to psychological, social, and emotional wellness. The findings indicated the complexity of the interrelationship between the various cultural contexts of the population, systemic issues, and stigma. Suggested treatment approaches include child-centered play therapy, bibliotherapy, and several therapeutic considerations. The present study is a call to action for the necessity of individualized mental health programs to address the complex trauma of parental separation from incarceration.

### **Daniel Andres Vázquez**

#### *Clinician's Perspectives on Understanding How Mindfulness Can Improve Quality of Life for Clients with ADHD*

Individuals seeking clinical intervention for symptoms relating to a diagnosis of ADHD face varied and unique challenges. Counseling these individuals may pose a challenge for clinicians without an understanding of the detriments to quality of life (QoL) stemming from ADHD symptomology. The present study explored the impacts on QoL and the effectiveness of mindful awareness practices regarding clients with ADHD. A review of the existing literature was done to provide a research base for the data collected from three participants who were interviewed about their clinical experiences with the topics being discussed in the present study. The results of the study were categorized into four emergent themes: diverse presentations of ADHD, various treatment approaches for ADHD, components of effective mindful awareness practices, and the efficacy of mindful awareness practices. Results of the present study indicate MAP as being an effective intervention for addressing the various detriments to QoL experienced by clients with ADHD.

### **Kelley Yue Fan Wu**

#### *"Nothing Tastes as Good as Skinny Feels": Clinician Experiences in Treating Asian American Women with Eating Disorders*

While there is a substantial amount of existing literature regarding the treatment of eating disorders in White women, there is little information about the experiences of Asian American women with eating disorders. The present study aimed to fill in some gaps in the existing literature and provide new insights into the etiology and treatment of eating disorders within the Asian American population. This study is a qualitative exploration of clinicians' experiences with treating eating disorders among Asian American women. The data was collected through semi-structured interviews and coded through a peer reviewer, which was then used to generate three themes: (1) the contributing factors to disordered eating within the community, (2) cultural considerations for working with Asian American clients, and (3) approaches to working with this population. Findings suggest Asian American women face unique challenges in finding appropriate treatment, and certain cultural factors may contribute to (and protect against) the development of eating disorders.

### **Michael Yau**

### *Therapeutic Horizons: Clinician Perspectives on Psychedelic-Assisted Therapy for Veterans*

This qualitative study explores the perspectives of mental health workers regarding the efficacy and therapeutic processes of psychedelic-assisted therapy (PAT) for veterans with post-traumatic stress disorder (PTSD). Semi-structured interviews were conducted with three licensed mental health clinicians who currently practice psychedelic-assisted therapy. Data collected from these conversations were analyzed using Interpretative Phenomenological Analysis (IPA), with the following six overarching themes identified: *reverence, processes and protocols, efficacy and outcomes, barriers and challenges, veterans and their experience, and ethics and educational imperatives*. Therapeutic approach, symptom reduction, psychological breakthroughs and legal constraints were discussed. Findings in these areas expanded upon the breath of research on PAT, providing increased evidence toward understanding the clinician's perspective on the psychedelic treatment process. Results indicate that PAT has the capacity to accelerate symptomatic relief and support existential healing and is practical for veterans reintegrating into civilian life. This study highlights the potential of PAT to supplement existing PTSD treatments and suggests a need for policy reform to broaden the clinical use of psychedelics.

### **Amanda Zuidema**

#### *This Magic Moment: Counselors' Experiences Integrating Mindfulness to Address Burnout in Healthcare Workers*

The present study explored the lived experiences of licensed mental health counselors who utilize mindfulness-based interventions in their work with clients. The study aimed to understand their process of using mindfulness with healthcare workers dealing with burnout and highlight themes that are important to be aware of to prevent and effectively deal with burnout in the future. Following a review of the current literature, three semi-structured interviews were conducted with counselors. Interpretive Phenomenological Analysis (IPA) methodology was used to analyze the collected data. Five super-ordinate themes emerged from the data: structural and external factors, relationship with self, interpersonal relationships, building healthy coping skills, and COVID pandemic impact. The results of the study suggest that there are both internal and external factors that contribute to burnout, and mindfulness can help mitigate burnout in healthcare workers.