

# **Mindfulness-Based Interventions in Canadian Psychiatry Postgraduate Training Programs: Attitudes and Training Availability**

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## **Background and Objectives:**

Psychiatry trainees in Canada are supported to learn several psychotherapeutic modalities, and there is increasing interest from some psychiatric residents for formal training in delivery of mindfulness-based interventions (MBIs). As mindfulness practice comprises a way of living, rather than a circumscribed technique, this implies a significant personal commitment as well as related ethical considerations. We sought to determine the appetite for training in MBIs across Canadian postgraduate training programs, and the extent and availability of current training opportunities. We hypothesized that there would be considerable variability amongst both trainees and training programs in awareness of the unique training requirements for MBIs, and that most training programs would benefit from adopting standardized competency descriptions and accessing external training resources.

## **Methods:**

Over a 9-month period, a 10-question survey was electronically sent to program directors and resident representatives of all 16 Canadian postgraduate psychiatry training programs (n= 34 surveyed).

## **Results:**

Nineteen respondents replied (56% response rate), representing 11 of the 16 Canadian programs (69%). All endorsed the importance of MBI training, and 53% (n=10) indicated this is not reflected in current training opportunities. Only two programs reported sufficient training to fully equip residents to deliver MBIs.

## **Discussion and Conclusion:**

Currently available training in Canadian postgraduate psychiatry programs is unlikely to equip future psychiatrists with the competency to appropriately assess for suitability and prescribe MBIs. In addition, some trainees will pursue training in MBI delivery, but awareness of the unique requirements of MBI training is often lacking, and access to relevant training opportunities varies widely across programs. Postgraduate training programs would benefit from nationally standardized MBI training competencies, clear training pathways for psychiatry residents and clinicians, and awareness of training resources beyond their own faculties.