Hispanic/Latina Student Perspectives on Mindfulness
SIG 20

INTRODUCTION

In this SIG 20 activity, Medina and Mead share a study of Hispanic/Latina SLP graduate students’ perceptions of mindfulness. Participants in this study discuss the benefits of mindfulness and their willingness to practice; however, stigmatizing beliefs and lack of education about mindfulness within their cultural communities need to be addressed. Readers of this article will gain a better understanding of how to promote mindfulness in future speech-language pathologists.

LEARNING OUTCOMES
You will be able to:

- discuss perceived parallels between mindfulness and cultural practices, as well as the significance of family- and community-based stigma.

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“Why Are You Meditating? You Can Just Pray”: A Focus Group Study With Hispanic/Latina Speech-Language Pathology Graduate Students by Angela M. Medina and Jean S. Mead

PROGRAM HISTORY and IMPORTANT INFORMATION

Start date: October 30, 2023
End date: October 30, 2028

To earn continuing education credit, you must complete the learning assessment on or before October 30, 2028.

This course is offered for 0.10 ASHA CEUs (Intermediate level, Related area).