





and treatment effects, as well as appropriate thematic

treatment to suit the structure of their programs. CSD programs should accept that mindfulness practices improve the wellness of students but, there may be a need to trial different types of practices to determine the most effective method for each individual student. Perhaps, students could be provided with a variety of strategies within which they try each and choose their preferred one. Based on the strong relationship between mental health and CSD student's stress levels, academic performance, program satisfaction, and clinical competence, it is imperative that wellness practices are encouraged among all CSD programs and that there are