



## PARTICIPANTS NEEDED: Wellness Among BIPOC Counselors-in-Training: Mediation Impact on Stress and Burnout

### *About this Study:*

It examines the levels of wellness, stress, and burnout among counselors-in-training (CITs) who identify as Black, Indigenous, and People of Color (BIPOC).

### *Participation Eligibility:*

- Participants must be at least 18 years old and current master's CITs in their second or third year who identify as BIPOC. Their program must be CACREP accredited. Participants will take around 45 minutes to complete the three online assessments.

### *Benefits of Participation:*

- Although there is no direct personal benefit, participants will contribute to the counseling field by providing data to inform wellness interventions and decrease the effects of stress and burnout among BIPOC CITs.

### *How to Participate:*

Please click on the following link: [https://fau.az1.qualtrics.com/jfe/form/SV\\_3lAyUP4KtZAvRMa](https://fau.az1.qualtrics.com/jfe/form/SV_3lAyUP4KtZAvRMa)

### *Contact Information:*

Phone: (561)-297-3602

Email: email us at [gillc@fau.edu](mailto:gillc@fau.edu) or [jponce3@fau.edu](mailto:jponce3@fau.edu) to contact Dr. Carman Gill or Mr. Javier Ponce, respectively.

