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substantially enhance the ability of mental health professionals to lead inclusive conversations [9]. The increase in facilitator confidence and competence indicates that such programs are effective in bridging the gap between theoretical knowledge and practical application. However, the study also highlighted areas for improvement, including the need for ongoing support and refresher courses to maintain facilitator skills over time [10]. The discussion addresses the implications of these findings for future training initiatives and the broader impact on diversity and inclusion within psychology and psychiatry.

Conclusion

The study concludes that the "Empowering Minds" facilitator training program is an effective tool for improving the quality of inclusive conversations in psychology and psychiatry. By equipping facilitators with the necessary skills and knowledge, the program contributes to creating more inclusive and culturally competent mental health environments. Continued investment in such training programs is essential for advancing diversity and inclusion in mental health practices, ultimately leading to better outcomes for both practitioners and patients.

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None

Conflicts of Interest

None

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