

Feedback Form n=200 of 294 attending CognitiVe BehaVior Therapy for Bipolar Disorder in Adults & Adolescents NoVember 18 & 19, 2010 Presented By Monica Basco, Ph.D.

Thank you for attending this program. We Value your comments. Please give us your feedback.

1. How helpful was the program in increasing your understanding of:

<u>Day 1</u>	<u>Very Helpful</u>		<u>Some Help</u>		<u>No Help</u>	<u>AVG</u>
1) <u>Theory for Bipolar Disorder The Phenomenology of Bipolar Disorder ...</u>	5	4	3	2	1	4.3
2) <u>CognitiVe BehaVior Therapy</u>	5	4	3	2	1	4.2
3) <u>Stages of InterVention</u>	5	4	3	2	1	4.3
4) <u>Symptom Recognition</u>	5	4	3	2	1	4.4
<u>Day 2</u>						
5) <u>Experienced & Symptomatic Stages</u>	5	4	3	2	1	4.3
6) <u>Correcting CognitiVe Distortions.....</u>	5	4	3	2	1	4.3
7) <u>Mental Meltdown.....</u>	5	4	3	2	1	4.1
8) <u>ImproVing Treatment Adherence</u>	5	4	3	2	1	3.9

2. How effective was Dr. Basco in presenting this program?	<u>Very Effective</u>				<u>Ineffective</u>	
	5	4	3	2	1	4.7
3. How responsive was Dr. Basco to the participants?	<u>Very Responsive</u>				<u>Nonresponsive</u>	
	5	4	3	2	1	4.8
4. Were the handouts suitable and useful?	<u>Very Useful</u>				<u>Useless</u>	
	5	4	3	2	1	4.7
5. Did Dr. Basco use technology effectively in her presentation?	<u>Very Effective</u>				<u>Ineffective</u>	
	5	4	3	2	1	4.4
6. How knowledgeable was Dr. Basco regarding the material?	<u>Most Knowledgeable</u>				<u>Not Knowledgeable</u>	
	5	4	3	2	1	5.0
7. How appropriate was this program to your level of education & experience?	<u>Very Appropriate</u>				<u>Inappropriate</u>	
	5	4	3	2	1	4.5
8. How current was the information Dr. Basco presented?	<u>Very Current</u>				<u>Out of Date</u>	
	5	4	3	2	1	4.7

Comments regarding Dr. Basco's quality of instruction and teaching ability:

9. BEFORE the program began, how valuable did you anticipate that this program would be for you?	<u>Very Valuable</u>				<u>No Value</u>	
	5	4	3	2	1	4.0
10. NOW that the program is over, how Valuable did you find it?	<u>Very Valuable</u>				<u>No Value</u>	
	5	4	3	2	1	4.7

11. Please rate the facility.	<u>Excellent</u>		<u>Acceptable</u>		<u>Poor</u>	
The room in which the seminar was held	5	4	3	2	1	4.1
The Host Hotel in general as a site to hold seminars	5	4	3	2	1	4.1

Comments:

12. **Did you require an accommodation for a disability?** ___Yes ___No. 1.8
 If Yes, please comment on the ease with which you were able to request accommodation and the effectiveness of J&K Seminars in fulfilling your requests.

13. Please rate the J&K Seminars staff.	<u>Excellent</u>		<u>Acceptable</u>		<u>Poor</u>	
At the seminar, were you greeted and made to feel welcome?	5	4	3	2	1	4.4
Was the staff at the seminar registration tables courteous and helpful?	5	4	3	2	1	4.5
Was the staff at the bookstore courteous and helpful?	5	4	3	2	1	4.0
Your overall rating of the J&K Seminars staff	5	4	3	2	1	4.0

Comments:

14. Please rate the refreshments served at the program.	<u>Excellent</u>		<u>Acceptable</u>		<u>Poor</u>	
	5	4	3	2	1	4.3

Comments:

15. Have you attended other J&K Seminars? ___Yes ___No						
16. Now that you have attended this J&K Seminar, how inclined are you to attend another J&K Seminar?	<u>Highly Inclined</u>		<u>Somewhat Inclined</u>		<u>Disinclined</u>	
	5	4	3	2	1	4.6

Comments:

Additional Overall Comments, Criticisms, Compliments and Suggestions (What can we do to improve our programs?):

Please give this form to our staff when you pick up your certificate

OR

Mail to: J&K Seminars, 1861 Wickersham Lane, Lancaster, PA 17603
 Fax: (717) 393-4605

Speaker
Wonderfully engaging speaker, Very useful and informative. Thank you
Was hoping for more in depth and comprehensive information
Videos presented were of exceptional quality and felt true
Videos appreciated and helpful
Video supplementation as helpful and also were the written handouts
Very wonderful presenter and knows the area of bipolar Very much, the Video clips were Very helpful
Very solid clinician and teacher but I believe most of us were expecting more advanced ideas, this was quite basic, should be described as introductory
Very practical and useful information in blending theory and practice a breath of fresh air
Very knowledgeable and personable
Very knowledgeable and great presentation, Very ways to follow and understand
Very knowledgeable and able to convey that to others, I found her to be clear and concise when presenting information. The Video were also Very helpful
Very knowledgeable about her presentation
Very interesting and comfortable
Very informative and Very well presented I would like to see more Videos of counseling, a bibliography would have been helpful
Very impressed with her instruction and Video clips with her own counseling techniques, her role playing with the audience member was exemplary
Very good, love the tools
Very good, difficulties with equipment was a bit frustration but not a major problem
Very good! I really enjoyed her and learned Very much about the topic
Very good presenter and powerful on her use of role play, humorous and Very knowledgeable
Very good communicator, appreciated her extra explanations and not just reading PowerPoint info, thanks for the extra sheets I can use that you put into the handouts
Very good at taking complex material and breaking it down, I feel like I have a much more comprehensive understanding of bipolar disorder after the presentation
Very enjoyable
Very engaging, well paced and down to earth, the training was excellent
Very engaging, subject matter expert w/out being condescending or arrogant
Very engaging, knowledgeable presenter, A natural teacher, she made it Very easy to learn how to competently use the instructions. I enjoyed the ability to copy the handouts to use for my patients
Very engaging and easy to follow, use of humor Very helpful
Very clean, well organized, speaks fast but that is ok
Very approachable and personable
Using the term 'treatment' adherence to mean "medication" adherence. Treatment is a larger set of services not simply medication. Balanced and organized and insightful! Thank you
Time spent dealing with questions was excellent
The workshop was excellent, the Videos were excellent, she just needs improvement in her technology management skills

The problem with the audio was distracting
The glitch needs to be avoided I the future
Style is Very clear, well thought out; power point and Video clips were really good. Dr Basso presents in a Very warm and relaxed manner
Sometimes cut questions short but not too much aggression
She was Very knowledgeable and informative, great presenter
She was interesting even when reviewing material that knew
She warmed up nicely
She keeps audience engaged, she isn't monotone and her case examples bring to life her points for those that are auditory learners as well as Visual
She is incredibly knowledgeable, however I would found the 2 days a 5 instead of a 4 had she provided more info specific to children
She is engaged and practical, Very helpful
She did an outstanding job over the last 2 days!
she did a great job of getting the material across in a Very understandable way, good sense of humor Disgusting place, rooms dirty, things broken and not convenient to carry luggage, do not feel safe staying here
Really enjoyed the presentation
Provided good introduction to CBT applied to bipolar disorder. Concrete teaching style & films helped to provide good understanding, bipolar clients often appear to have insight when they really don't
Program was clear and to the point. Good info in a short time. I enjoyed the time for questions, kept it related to the practical setting
Powerhouse of information, delightfully informative
Outstanding, good clinical applications, soundly supported and cited by research, read mixture and confidence and humility, Very natural and graceful handling of tech problem
Never say :no hope"
needed to break up lecture and bit more as it was difficult to stay focused
Much was basic and no discussion of meds
Lovely presentation style, impressed by her expertise
Lovely presentation style, I am impressed by her expertise, she showed an excellent balance between research and clinical practice, in comparison to many other presenters at trainings and was extremely responsive to questions
Liked the case examples
Liked her style of presentation, she was knowledgeable, down to earth and ways to understand, not too dry, had good humor
Liked her sense of humor
Learned a lot about bipolar disorder info Very useful for work place and personal life
Knowledgeable, however talked at rather than engaged the audience
In covering theory, it would have been useful based upon the significant knowledge to go through differential diagnosis, There are more & more other possibilities and this was perfect opportunity to educate large numbers of mental health providers
I work with children with bipolar and she did not address strategies for working with children
I loved her handouts, tool, presentation style was nice and refreshing, I thought Video & case examples were Very helpful

I enjoyed her expertise and teaching style
Great Videos to illustrate content, great use of humor, Very helpful and informative because content was appropriate to my level of knowledge, it was a good balance of audience with wide range of knowledge
Great sense of humor, she took a complex topic and presented it clearly and in a method that really worked for me. Great presentation, moved quickly but thoroughly. I lost track of time, Very engrossing
Great job
Great except for having trouble with computer
Good Speaker as well as knowledgeable about the topic
Good quality of instruction and good teaching ability but unfortunately dr basco presentation confirmed for me once and for all that CBT misses the mark by a mile, reason being the heart and core and essence of what good, in depth
Good presenter, knowledgeable of subject
Good presentation
Good description of examples in Rx intervention, great how to's, to do the therapy and excellent job in teaching a therapist how to implement skills teaching to a client
Flexible and enjoyed listening
fabulous speaker, I would definitely attend another course if she was the presenter
Extremely down to earth & comfortable, sophisticated/knowledgeable about subject @ same time combined humor, Very effective. Organization provided clarity, made it possible to internalize much of the info
Excellent, Very tangible therapeutic info, good Videos to show examples
Excellent, presented a lot of material in a short time
Excellent, engaging, informative and manageable with all the info
Excellent teacher, clear and concise but talks too fast to process what she is saying, I didn't get the info I expected to get on handling delusions with CBT in bipolar manic patients
Excellent speaker, would want to hear more from her
Excellent speaker, good sense of humor which is crucial when doing such a long seminar
Excellent speaker
Excellent seminar! Wonderful presenter
Excellent program
Excellent presenter, truly an expert in this disorder
Excellent presentation
Excellent instructor, organized, clear, systematic and energetic
Excellent examples describing problem symptoms and practical solutions. Very clear precise answers to deal with, good sense of humor
Excellent and gifted teacher, however given that I am a child psychologist, I would have preferred more instruction in specifics to children/adolescent
Excellent
Excellent
Excellent
Even though the 2 day work
Enjoyed her giving good basic definitions of diagnosis and terms

Engaging, realistic, great with time management, spontaneous role play was great, addressed audience needs and honest when she couldn't

Engaging, pleasant and knowledgeable

Engaging presenter and lots of knowledge

Easy to follow and insightful

Down to earth and gave adequate time for questions and answers

Couldn't operate the Video/audio system

Completely enjoyed this program, I found it interesting and educational, she is a great speaker with a nice sense of humor

Clearly knowledgeable about the topic and a wonderful person

Appreciated her presentation, knowledge base & practicality use of DVD & role play clips are helpful

an entertaining and knowledgeable instructor, the Videos were Very helpful

Absolutely fantastic presenter, stays focused, excellent knowledge, great sense of humor, also ways to apply to other types of counseling not just bipolar

Overall
You do this right
You and your staff and speakers never fail to deliver an excellent learning experience
Well done overall this was a positive experience and worth the drive from Baltimore
Very well ran
Very well organized
Very impressive, Loved the combination of healthy snacks and sweets
Very high quality
This was my 4th J&K seminar and I do not plan to attend anymore if they continue to be held at the Host, that being unfortunate as the workshops are Very good
This is my favorite place to come for seminars. J&K makes it a Very comfortable setting
Thank you! I am impressed with the consistency of high quality seminars over the years. Keep up the great work!
suicide role play was great and helped in learning how to deal with such a situation
Start a little later
She was the best presenter I've seen at this conference and I have been attending for 10 years
Rooms are such poor quality, isn't there another place for conferences?
Please try and Do more programs designed to go to younger children (5 or below), Perhaps on autism, bonding/adoption, infant mental health, etc.
people leaving early in day 2 were Very distracting, should wait till end of program to open certificate area
Music during breaks was terrible. Any relaxing music without someone singing (the country and Spanish music was nearly unbearable_ especially first thing in the morning.
Kind of far from home but Very inclined to return regardless
Keep up the wonderful job you are doing!
keep up the great work, thanks for the hand lotions, antibacterial lotion, dental floss and incidentals, thanks for running a tight schedule
Keep up the good work, I will be back
J&K are the best
J&K are so wonderful at making sure people have a pleasant and enjoyable learning experience, keep doing what you're doing, you've got it right
J&K Always the best
It would have been helpful to see Video of work with an adolescent since this was advertized in the title and my my primary interest in attending
It would be helpful to clarify level of overview e.g. Introductory, intermediate, advanced, regarding the topic

I would be interested in a seminar on the new research on the brains nuero plasticity and also something on understanding MH issues as related to DNA
I will continue to attend in spite of your attitudes, I have been coming over 15 years
I suppose that you've done everything possible concerning the room temp, I have learned to bring a sweater/jacket.
I so appreciate the preparation and organization that has gone into presentations from all involved
I like the idea of having books for children like being sad and dealing with divorce
I have been attending these seminars over the last 5 years and am looking forward to attending more seminars in the future, thank you for 2 great days of learning about this disease.
I have always been impressed with the quality and knowledge of speakers, there is no comparison to learning at J&K
I always look forward to attending, everything is always top quality
I always check your seminars first, I prefer to get my CEU's here if you are offering a topic I need
Hotel staff is invariably polite/courteous, but I've never before had my belonging piled by door before I've checked out. Clean rooms after guest check out. This has happened last 2 Visits
hotel itself rooms are rather decrepit, needs to be remodeled badly
have 2nd day shorter to avoid Harrisburg traffic
Great program and presentation. A very informative presenter. I thoroughly enjoyed the conference but more info on suicidality and bipolar would have been helpful
Great program and glad that I came, I would be interested in training targeted for more experienced clinicians
Good role play experience
Excellent Value for the cost
Excellent conference, presentation facility, duration really made for an enjoyable experience
As always you thought of everything to make the 2 days comfortable as well as a learning opportunity. You think of all
Arthur Freeman please
A J&K seminar is an annual event for me, a pleasant day out of the office without the guilt, thinking of attending twice a year now
A bibliography on suggested reading material would have been helpful