# **Feedback Form**

## Managing Sleep Problems in People with Anxiety, Depression, Trauma or Pain May 29 & 30, 2014 Colleen Carney, 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 you	r understanding of:	
Doy 1	Vory Halpful	Come Help

1.	from helpful was the program in mercasing your une	ierstanding or.						
	<u>Day 1</u>	Very Helpful		ne Help		lo Help	<u>AVG</u>	
	1) <u>Assessment</u>		5	4	3	2	1	4.6
	2) <u>Step-by-Step CBT-I: Core Elements</u>		5	4	3	2	1	4.6
	3) Cognitive Therapy & Coutner Arousal		5	4	3	2	1	4.6
	4) <u>Final Competencies</u> .		5	4	3	2	1	5.0
	<u>Day 2</u>							
	5) <u>Understanding Comorbidity</u> l.		. 5	4	3	2	1	4.4
	6) <u>Depression</u>		5	4	3	2	1	4.3
	7) Anxiety & Trauma.		5	4	3	2	1	4.1
	8) <u>Medical Issues</u> <u></u> .		5	4	3	2	1	3.9
2.	How effective was Dr. Carney's presentation?	<u>Very E</u>	ffectiv 5	<u>e</u> 4	3	2 Ine	ffective 1	5.0
3.	How responsive was Dr. Carney to the participants?	Very Re	espons	ive		Nonres	ponsive	
٠.	The wife participants.	<u> </u>	5	4	3	2	1	5.0
4.	Were the handouts suitable and useful?	Very Us	seful			U	seless	
			5	4	3	2	1	4.6
5.	How effectively did Dr. Carney use technology?	Very Ef	fective	2		<u>Ine</u>	<u>ffective</u>	
			5	4	3	2	1	4.7
6.	How knowledgeable was Dr. Carney regarding the mater	rial she presented?						
		Most K	nowled 5	lgeable 4	<u>Not</u>	Knowledge 2	geable 1	5.0
			3	4	3	2	1	3.0
7.	How appropriate was this program to your level of educa			. ,		<b>T</b>	• .	
		Very A	ppropr 5	<u>tate</u> 4	3	2 <u>Ina</u>	appropriate 1	4.7
8.	How current was the information Dr. Carney presented?	Very Cı	ırrant			Ο.,	it of Date	
ο.	now current was the information Dr. Carney presented?	<u>very Cr</u>	5	4	3	2	1	4.1
	C	4:	. 1. :1:4					

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

9	<b>BEFORE</b> the program began,	how valuable did	you anticinate that this pro-	ram would be for you?
<i>-</i> -	ber one program began,	now variable ala	you and of pare that this pro-	grain would be for you.

٦.	5. <b>BEFORE</b> the program began, now variable did you underpate that this program would be for you.						
		Very Valuable			No Value		
		5	4	3	2	1	4.1
10.	<b>NOW</b> that the program is over, how valuable did you find it?						
		Very Valuable			No Va	<u>alue</u>	
		5	4	3	2	1	4.7

11. <b>Please rate the facility</b> .  The room in which the seminar was held	5 <u>E</u>	xcellent 4	3	Acceptable 2	1	<u>Poor</u> 3.8
The Host Hotel in general as a site to hold seminars	5	4	3	2	1	3.6
Comments:						
12. <b>Did you require an accommodation for a disability?</b> YesNo. If Yes, please comment on the ease with which you were able to request a in fulfilling your requests.	accomm	odation and	the	effectiveness	of J&	K Seminars
13. Please rate the <i>J&amp;K Seminars</i> staff. At the seminar, were you greeted and made to feel welcome?	<u>E</u>	xcellent 4	3	Acceptable 2	1	<u>Poor</u> 4.7
Was the staff at the seminar registration tables courteous and helpful?	5	4	3	2	1	4.7
Was the staff at the bookstore courteous and helpful?	5	4	3	2	1	3.7
Your overall rating of the J&K Seminars staff	5	4	3	2	1	4.8
Comments:						
14. Please rate the refreshments served at the program.  Comments:	<u>E</u> 5	xcellent 4	3	Acceptable 2	1	<u>Poor</u> 4.5
15. Have you attended other J&K Seminars?YesNo 16. Now that you have attended this J&K Seminar, how inclined are you to Comments:		<b>l another <i>J</i></b> olly Inclined 4		<b>Seminar?</b> omewhat Incl 2	lined 1	Disinclined 4.4
Additional Overall Comments, Criticisms, Compliments and Suggestions (W	That can	we do to in	ıpro	ve our progra	ams?).	•

### 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

**Or Fax to:** (717) 393-4605

Or email to: ken@jkseminars.com

### **OPTIONAL**

Would you like us to contact you? If so, please provide your name and phone or email address on the line below.

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Appropriate level of humor. Good use of cartoons.

Appropriate level of humor. Good use of cartoons. Enjoyable & knowledgeable. Sets good boundaries & doesn't go off topic.

Easy to understand. Enjoyable to listen to for a long period of time.

Excellent presenter.

Excellent teacher, clear articulation of issues. Comprehensive in what is covered. Responsive to questions and good sense of humor.

Excellent, good humor. Knowledgeable, highly recommended.

Excellent teaching style and I am a professor.

Extremely knowledgeable, too monotone, needs more humor, makes a sleepy audience

**Fabulous** 

Great info presented at a level that was well matched to a way I like to learn. A balance between research & tailored to clinical practice.

Her informality was refreshing.

I would have liked more detail. Less time on group exercises.

I would like to hear/see case studies along with lecture.

Like a master class in CBT for insomnia. Wonderful, useful info to use I practice.

Missing some slides

Needs to limit questions for better time management

Outstanding across the board! Explains things in an exceptionally patient & understanding way

She did an excellent job. Please provide all PP slides on print

She presented information in clear, descriptive and direct manner

Thorough, engaging, knowledgeable. Excellent for my level of expertise (intermediate).

Very dry presentation, she needs to be more animated but very knowledgeable in her field.

Very focused and generous in her knowledge and response to audience

Very impressed overall. Too many group questions and group activity was a waste of time.

Very informative, knowledgeable, and upbeat. I liked her a lot.

very interesting topic, very practical, easy implemented interventions.

Very resourceful material and presentation was great.

Well prepared. Clear. Organized and good teacher.

Wonderful presenter, extremely knowledgeable & involved in research as well as clinical experience which enhanced the training.

#### Overall

well organized

Very organized to include the guys helping out with traffic.

Thanked for ensuring the room wasn't freezing.

Such great consistent programs through the years, much appreciated and needed.

Some slides should have been in color.

So ell run, friendly & attentive to details. Thank you!

Really enjoyed it and learned a lot. Tired by the end of day 2.

New venue?

Invite her again.

I would prefer some more light in the room.

I don't find small group discussions helpful in such large setting. Also, open ended questions to group for discussion seems like it slows things down.

I always have a wonderful time when I come here.