

# Feedback Form

## Mindfulness in Psychotherapy

June 14 & 15, 2012    Presented By    Ronald Siegel, Psy.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>Understanding &amp; Practicing Mindfulness</u> .....	5	4	3	2	1	4.6
2) <u>Key Insights from Mindfulness Practice</u> .....	5	4	3	2	1	4.6
3) <u>Mindfulness &amp; Intimacy</u> .....	5	4	3	2	1	4.3
4) <u>Mindfulness &amp; the Science of Happiness</u> .....	5	4	3	2	1	4.4

Day 2

5) <u>Fitting the Practice to the Person</u> .....	5	4	3	2	1	4.1
6) <u>Practices for Specific Populations &amp; Disorders</u> .....	5	4	3	2	1	4.1
7) <u>Working with Fear</u> .....	5	4	3	2	1	4.6
8) <u>Mindfulness &amp; Mind-Body Disorders</u> .....	5	4	3	2	1	4.1

2. How effective was Dr. Siegel's presentation?	<u>Very Effective</u>	5	4	3	2	1	<u>Ineffective</u> 5.0
3. How responsive was Dr. Siegel's to the participants?	<u>Very Responsive</u>	4	3	2	1	<u>Nonresponsive</u> 4.9	
4. Were the handouts suitable and useful?	<u>Very Useful</u>	5	4	3	2	1	<u>Useless</u> 4.7
5. How effectively did Dr. Siegel's use technology?	<u>Very Effective</u>	5	4	3	2	1	<u>Ineffective</u> 5.0
6. How knowledgeable was Dr. Siegel's regarding the material he presented?	<u>Most Knowledgeable</u>	5	4	3	2	1	<u>Not Knowledgeable</u> 4.9
7. How appropriate was this program to your level of education & experience?	<u>Very Appropriate</u>	5	4	3	2	1	<u>Inappropriate</u> 4.8
8. How current was the information Dr. Siegel's presented?	<u>Very Current</u>	5	4	3	2	1	<u>Out of Date</u> 4.9

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

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

11. <b>Please rate the facility.</b>		<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	4.0

Comments:

12. **Did you require an accommodation for a disability?** \_\_\_Yes \_\_\_No.

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. <b>Please rate the J&amp;K Seminars staff.</b>		<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	4.6
Was the staff at the seminar registration tables courteous and helpful?	5	4	3	2	1	4.6
Was the staff at the bookstore courteous and helpful?	5	4	3	2	1	4.2
Your overall rating of the J&K Seminars staff	5	4	3	2	1	4.6

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
			4.4

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

**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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Speaker
Wonderful presenter, he covered a great deal of useful info
Wonderful and very helpful presentation
Very narrow minded and info was biased
very interesting, charismatic and knowledgeable
Very good, was able to engage the audience and not get off track, very enjoyable
Very good, guided mediation, very well-done
Very good combination of modalities
Very excellent presenter, very vibrant and witty, he keeps participants very involved
Very engaging
Very engaging
Tough subject taught well
This was a beautiful experience & gave me a new tool to share with my clients
The experimental parts pulled everyone attending into the spirit of the program
Teaching style was excellent, he has a warm and genuine style.
SOMEWHAT RUSHED AND SLIGHTY CONFUSING, LOVED THE EXCERCISES THO
Presentation was good with breaks at appropriate places
Outstanding presentations, not only personally but professionally as well
one of the best I have ever heard
more elementary than expected, wish he could have gotten to the clinical treatment
knowledgeable and very informative
Kept my attention
informed, detailed examples
I loved the workshops
I would also consider a 3 day or ;anger. I have seen him present multiple times
I understand the necessity of the 1/2 hr. exercise but 15 minutes would have been sufficient
I have some advanced knowledge on mindfulness and I still learned a lot
I did not like the breath awareness activity on day 1. He was too mindful on timeframes
I am so grateful for the quality if his experience and instruction on such an evolving treatment
His depth & breadth of knowledge was quite impressive & most helpful
He was personable
He keeps interest with his humor and unique stories and personality
He did an excellent job!
Great use of humor, video & examples
Great teacher
Great presentation, interesting and informative, I really enjoyed it
Great examples and good use of humor
Good use of videos
Good humor!
Good energy and humor
Fabulous presenter, one of the best
Exercises were helpful, he spent too much time in some areas like scientifically based therapies
Exceptional
Excellent, very well done, informative
Excellent, very enjoyable and engaging

Excellent, useable information, intergrative
Excellent, Thanks!
Excellent, engaging, clinically useful
Excellent, clear, stories and examples very helpful, exercises reinforcing
Excellent! Thank you!
Excellent! Although I Have had some exposure to mindfulness meditation prior to program and I was still stimulated and very informed
Excellent speaker, expert in his area
Excellent presenter, very organized with an effective sense of humor
Excellent presenter! Appealed well to adult learning, god mix of theory and personal anecdotes
Excellent presentation skills. Goon integration off instructive material with personal examples
Excellent presentation style, good mixture of practical activities, video and story telling
Excellent but was expecting something a little bit more advanced
Excellent
Excellent
Excellent
Engaging, a very nice blend of seriousness and lightheartedness
engaging & respectful
1st time the handouts matched the power point presentation

Overall

Your seminars are always top notch!

You have the best CE operation going! I always recommend you to others, I have been attending for over 10 years

You guys do a great job!

Wonderful

Well one as usual

this was excellent

This is the 7th seminar I've attended & you have gotten it right every time.

This could have been condensed into a 1 day seminar

The content and presentations given are relevant and informational

Thanks for presenting wonderful seminars over the years!

Thanks for offering excellent seminars in a gracious environment

Thanks for bringing such outstanding presenters to our area

Since I pay for CEU;s myself this cost is a consideration

Program is wonderful. Both professionals and presenters have been excellent.

Please use green friendly products

Please encourage participants to keep phones, tables off during presentation.

Overall excellent

more exits please

Locality makes me not want to come for live seminars. Would you consider another location?

Keep doing the good job you are already doing

J&K is the gold standard of seminars!

Its been the most incredible experience that will help me in my work

I'd love to see Michael Yapko again, probably the 3 day intensive

I was extremely surprised at my comfort level with the experimental activities.

Having it at a nicer, newer, updated facility would be nicer!

Handouts prints were too small to read

Great program

good experience overall

Frequent customer, nice job

Excellent job

Always find new and stimulating topics