

**Feedback Form n = 51**  
***Mindfulness –Based Cognitive Therapy for Depression & Anxiety***  
 Presented By: *Zindel Segal, Ph.D. (S0905) 7/11/2012*

Dear Participant:

Thank you for completing this program. We value your comments. Please complete and return this form with your test

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) <i>Mindfulness and Mood Disorders</i> .....	5	4	3	2	1	4.4
2) <i>The Clinical Outcomes of MBCT</i> .....	5	4	3	2	1	4.2
3) <i>The Eight Session MBCT Program</i> .....	5	4	3	2	1	4.3
4) <i>How the Mind Will Wander</i> .....	5	4	3	2	1	4.4
5) <i>The Thoughts and the Territory of Depression</i> .....	5	4	3	2	1	4.3
6) <i>The Wide and Narrow Foci of Attention</i> .....	5	4	3	2	1	4.3
7) <i>MBCT Sessions 6-7</i> .....	5	4	3	2	1	4.2
8) <i>Session 8 is the Rest of Your Life</i> .....	5	4	3	2	1	4.2

2. How effective was Dr. Zindel Segal in presenting this program?

<u>Very Effective</u>	<u>Ineffective</u>
5	4
4	3
3	2
2	1
1	4.5

3. How knowledgeable was Dr. Zindel Segal regarding the material he presented?

<u>Most Knowledgeable</u>	<u>Least Knowledgeable</u>
5	4
4	3
3	2
2	1
1	4.8

Comments regarding Dr. Zindel Segal’s quality of instruction and teaching ability:

4. **BEFORE** you began this program, how valuable did you anticipate this program would be for you?

<u>Very Valuable</u>	<u>No Value</u>
5	4
4	3
3	2
2	1
1	4.2

5. **NOW** that you have finished this program, how valuable did you find it?

<u>Very Valuable</u>	<u>No Value</u>
5	4
4	3
3	2
2	1

Have you completed other *J&K Seminar* home study programs? \_\_\_\_Yes \_\_\_\_No

Now that you have completed this program, how inclined are you to order other programs?

<u>Highly Inclined</u>	<u>Somewhat Inclined</u>	<u>Disinclined</u>
5	4	3
4	3	2
3	2	1
2	1	4.5

Comments:

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

Speaker
Excellent blend of practice & research
Excellent presenter, well informed
He is good!
He seemed very knowledgeable & had good answers
His instruction was of high quality!
I felt like I wanted to be there
Repetitive but kind & gentle
Thoughtful, calming, clear/concise
Very confusing at times
Very clear even without visuals
Very easy to follow, excellent
Enjoyed, thanks@
Wonderful presenter, wise, eloquent, humble
Very clear, matter of fact & to the point
Great teacher
Interesting & engaging, learned a lot
Good
Very competent & conscientious
He was excellent
Great voice! Clear & understandable
Clear, concise, organized, informative & interesting
Comment
Audio of videos was difficult to follow
Audio somewhat difficult to follow
Excellent pricing! More speakers of his caliber
Few test question a little vague
Helpful in my professional and personal life
High quality material
I found some sections tough to listen to
I love J&K!
Integrated well therapeutic use of skill & teaching
J&K programs are always of high standards
Like the program!
Some questions are ambiguous
Some test question ambiguous
Thank you!
Thanks for your great accessible work
Wording of test a bit confusing