

**Feedback Form N=151**  
**Don't Ask Me to Forgive You!**  
**A Radical Approach to Healing Interpersonal Wounds**  
**September 16, 2011 Presented By Janis Abrahms Spring, Ph.D., ABPP**

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 2</u>	<u>Very Helpful</u>	<u>Some Help</u>	<u>No Help</u>	<u>AVG</u>
1) <u>Assumptions about What It Means to Forgive</u> .....	5	4	3	2 1 4.5
2) <u>Cheap Forgiveness and Refusing to Forgive</u> .....	5	4	3	2 1 4.6
3) <u>Acceptance – A Radical Alternative</u> .....	5	4	3	2 1 4.6
4) <u>Genuine Forgiveness -- An Intimate Dance</u> .....	5	4	3	2 1 4.5

2. How effective was Dr. Spring's presentation?	<u>Very Effective</u>	5	4	3	2	<u>Ineffective</u>	1 4.6
3. How responsive was Dr. Spring to the participants?	<u>Very Responsive</u>	5	4	3	2	<u>Nonresponsive</u>	1 4.8
4. Were the handouts suitable and useful?	<u>Very Useful</u>	5	4	3	2	<u>Useless</u>	1 4.6
5. How effectively did Dr. Spring use technology?	<u>Very Effective</u>	5	4	3	2	<u>Ineffective</u>	1 4.5
6. How knowledgeable was Dr. Spring regarding the material she presented?	<u>Most Knowledgeable</u>	5	4	3	2	<u>Not Knowledgeable</u>	1 4.9
7. How appropriate was this program to your level of education & experience?	<u>Very Appropriate</u>	5	4	3	2	<u>Inappropriate</u>	1 4.7
8. How current was the information Dr. Spring presented?	<u>Very Current</u>	5	4	3	2	<u>Out of Date</u>	1 4.8

Comments regarding Dr. Spring 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	<u>No Value</u>	1 4.2
10. <b>NOW</b> that the program is over, how valuable did you find it?	<u>Very Valuable</u>	5	4	3	2	<u>No Value</u>	1 4.7

<b>11. 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	4.2
The Host Hotel in general as a site to hold seminars	5	4	3	2	1	4.2

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.

<b>13. 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	4.3
Was the staff at the seminar registration tables courteous and helpful?	5	4	3	2	1	4.4
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	4.5

Comments:

<b>14. Please rate the refreshments served at the program.</b>	<u>Excellent</u>		<u>Acceptable</u>		<u>Poor</u>	
	5	4	3	2	1	4.2

Comments:

**15. Have you attended other J&K Seminars? \_\_\_Yes \_\_\_No**

<b>16. Now that you have attended this J&amp;K Seminar, how inclined are you to attend another J&amp;K Seminar?</b>	<u>Highly Inclined</u>		<u>Somewhat Inclined</u>		<u>Disinclined</u>	
	5	4	3	2	1	

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
When the speaker keeps hitting the microphone, this disturbs me
very valuable workshop
Very real, great combination of academics and the realities of being in practice
very personable and knowledgeable, I really enjoyed her stories, she spoke at a very good rate and very clearly
Very knowledgeable speaker, I appreciate Dr. Spring's willingness to share her personal stories and explore her emotions
very good, maybe too close to the topic, definitely there was an edge of harshness
Very good teacher/presentation style, case examples help to hold interest.
Very good program, liked the approach and will recommend the book to clients too
very good presenter and she presented a fresh perspective to forgiveness
Very engaging, well spoken, excellent
very clear and informative
Very clean decision of specific steps for both the offender and the offended
Very accessible and sensitive presenter
This was a very practical and useful presentation which I can use to help myself and others
the soft, thoughtful verbal teaching approach truly kept me and the audience on the edge of our seats, very engaging
The material could have been covered in less time
Stories from counseling experience were interesting and pertinent, I especially appreciated Dry springs willingness to share some of her own painful experiences
soothing voice and calming presentation, too many questions for me but she has incredible knowledge
slides were hard to see and the colors were boring
Slides were difficult to see, excellent, engaged the audience, good use of humor
slides or handouts not covered, would have wanted to hear that info over stories
She seemed to create an almost meditative space in which to explore/learn about this topic. I enjoyed it; I was deeply touched by the excerpt of life with pop.
She is an outstanding presenter with a great gift of storytelling and sharing, she helps to make the possibilities of forgiveness very hopeful
Seminar presents new information and ideas one topic which are very important to many different areas of practice. It provided a depth of knowledge and usefulness to me
really enjoyed her reasonableness and appreciated her contemplating all these concepts over so many hours, very rich
Outstanding teacher, personable, funny, sensitive, seems like a real therapist
One of the best conferences I've attended in line with David Burns
New theory and approach is very worthwhile
It would also help to hear examples or acknowledgement that not all clients (i.e. the offender) are able to express self appropriately
I like the stories, a book list would be helpful but great info
I like her slow thoughtful presentation style and work
I highly value the wonderful combination of personal experience and academic research and knowledge. Thanks for molding humbleness
I enjoyed the personal stories
her style was conversational and easy to follow, her examples were useful and increased

understanding
Healing, eye opening and very empowering
Good teacher and presenter, good stories and examples
Good presenter, knowledgeable, seems like a quality therapist
Good mix of theory and research
Good examples
Gave a propounding presentation on such a remarkable subject. It was comforting regarding the degree of humility she demonstrated in sharing her own story. Dr. Spring encouraged me to look at forgiveness from a different perspective
extremely knowledgeable and her stories were helpful
excellent, modest, has to be a great clinician, examples are vivid
Excellent, I love your books
Excellent presenter, very humanistic and useful examples from her personal experience
excellent
excellent
excellent
excellent
Engaging and personable, very good use of case examples and her personal experiences
Dr spring speaks beautifully about complex and painful matters
Dr Spring has an honest direct clear way of presenting her ideas and its endearing. When she shared her story on her clients it clarified her concepts even more, I appreciate her gentle way of teaching
Did not like the small group discussions with strangers
Could have been a workshop on After the affair, acceptance model very helpful
Color of slides made them hard to read at a distance
Cold, very cold
Clearly knows her stuff! Occasionally distracted and sticking to her slides but when she went off script, it was more native, she was wonderful.
Clear, professional, sense of humor
clear spoken, to the point, good use of examples
Clear speaker and articulate and does a great job responding diplomatically to tough questions. Highlighted current research which is also helpful. Personal stories were the perfect way to highlight her teaching.
Best seminar I've ever attended, The stories he told helped tremendously to understand the points she was making, the time flew by
A bit dry and slow in the am, better in the p.m., significant focus on divorce related hurt, would have liked a wider variety of examples but appreciated her personal stories
2nd half was much more dynamic than the first half

Overall
your willingness to be transparent is a beautiful quality, thank you
You always do a lovely job! The programs are useful and beyond the basics and the overall organization and facility is always pleasant
well done
The training would have been more helpful and meaningful if held in a smaller setting with a limited number of participants, would be willing to pay higher fees for such an opportunity
The lunch was the perfect amount of time and the breaks were well timed. Well done
Thanks
thank you
Please do not start before 9 am to those who are traveling both days
Over the years I have been attending J&K Seminars. The programs are always excellent and incredible. Thanks for providing wonderful seminars with excellent staffing and hospitality
None better
Make the people who get up before it is over go to the end of the line as it is rude
Love your seminars and hope you do this for another 20 years
Love the organization
I will always learn lots with J&K Seminars
I liked the presentation overall, it was not terribly useful for the type of work I do but it was meaningful personally
I appreciate how you take care of us from the monitoring, temp and the candy. Your reputation is the best amongst my colleagues
have always been well pleased with attending your seminars, I have always left with a wealth of info formation for myself and my clients
Great presenters and ambiance
Great job as always, thanks
Great as always
Great as always
Great acoustics, I wear 2 hearing aids and had no problem hearing
Find a better way to dispense final credit documentation forms
Always a very positive/enjoyable experience