

**FEEDBACK FORM n = 58**

# The Psychology of Forgiveness

Frederic Luskin, Ph.D. (L0509) 06/08/12

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) <u>What Is Forgiveness and What Is Not?</u> .....	5	4	3	2	1	4.3
2) <u>Grievances</u> .....	5	4	3	2	1	4.3
3) <u>Techniques of Cognitive Disputation</u> .....	5	4	3	2	1	4
4) <u>Techniques of Mindfulness Training</u> .....	5	4	3	2	1	4
<u>Day 2</u>						
5) <u>Choices in Emotional Well Being</u> .....	5	4	3	2	1	3.9
6) <u>The HEAL Visualization Method</u> .....	5	4	3	2	1	3.8
7) <u>Narrative and Story</u> .....	5	4	3	2	1	3.9
8) <u>The 9 Steps to Forgiveness</u> .....	5	4	3	2	1	4.1

2. How effective was Dr. Luskin in presenting this program?

<u>Very Effective</u>				<u>Ineffective</u>	
5	4	3	2	1	4.1

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

<u>Most Knowledgeable</u>			<u>Least Knowledgeable</u>		
5	4	3	2	1	4.4

Comments regarding Dr. Luskin'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	3	2	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	3	2	1	4.2

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 **J&K** programs?

<u>Highly Inclined</u>	<u>Somewhat Inclined</u>		<u>Disinclined</u>		
5	4	3	2	1	4.3

Comments:

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

Speaker

Amazing speaker, quite committed to forgiveness

appreciate how speaker articulated material

Boring & repetitive content

Boring presentation.

Did a great job!

Difficult to listen to, Not recommended

Excellent

Excellent

Good speaker

Great perspective & approach

Great stories & examples. Articulate & appropriately funny

Guided awareness imagery exercises were helpful

He did a lot in 2 days!

He speaks very slowly

Humorous, yet directed to teaching specific object

I think Dr. Luskin did a great job!

Interesting

Irritating tone with element of pleading/scolding.

Moves at a good tempo, kept it interesting

Repetitive

Repetitive & slow.

Sounds like Woody Allen, nice balance of research

Style is a mix of academic with a casual presenter

Tad annoying to listen to, great content

Too much over explaining on day 2.

Unorganized with material but didn't detract

Uses many words but communicates little information

Very repetitive, little content

Very easy to understand

Very good

Very knowledgeable & engaging

Very knowledgeable

Very repetitive, boring. Obnoxious speaker

Comment
Always good programs, thanks for making available
Day 2 test questions were difficult to follow
Did not like method of test
Effective on a personal & professional level, Good
Enjoyed the program & test was well written
Found aspects of my own forgiveness that needs adjustment
Good seminar but could have been done in 1 day.
I have completed others that had better content
I really enjoyed it!
materials were organized, Love the HS
Met my expectations
More time spent on clinical application would help
Not satisfied at all with this program.
Organized & easy to follow instructions
The other J&K programs are much better.
Very interesting for self improvement for clinical work