

FEEDBACK FORM

Breaking the Generational Cycle of Worry: Treating Anxiety Disorders

Lynn Lyons, LICSW

Objectives: The program better enabled me to describe:

	<u>Strongly Agree</u>			<u>Strongly Disagree</u>		
• How genetic, in utero and early life experiences carve resiliency into the brain	5	4	3	2	1	4.3
• The role of neuroplasticity and epigenetics	5	4	3	2	1	4.7
• How to stabilize and maximize brain functioning	5	4	3	2	1	4.4
• High-yield intervention strategies that significantly improve affect regulation	5	4	3	2	1	4.7
• Psychotherapy techniques that facilitate neuroplasticity	5	4	3	2	1	4.5
• How to implement research-supported lifestyle changes that contribute to a greater sense of well-being	5	4	3	2	1	4.7

	<u>Strongly Agree</u>			<u>Strongly Disagree</u>		
5 The speaker was effective in presenting this program	5	4	3	2	1	4.8
6 The speaker was responsive to the participants	5	4	3	2	1	4.5
7 The handouts were suitable and useful	5	4	3	2	1	4.7
8 The speaker used technology effectively	5	4	3	2	1	4.5
9 The speaker was knowledgeable regarding the material	5	4	3	2	1	4.9
10 This program was appropriate to your level of education & experience	5	4	3	2	1	4.9
11 The information the speaker presented was current	5	4	3	2	1	4.8

	<u>Strongly Agree</u>			<u>Strongly Disagree</u>		
12 BEFORE the program began, I anticipated the program would be very useful	5	4	3	2	1	4.0
13 NOW that the program is over, I found the program to be very useful	5	4	3	2	1	4.8

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

Reviews about the Program

“She was really good at providing the information and giving direction to what to do with it in session. Often at training I'm left with the feeling of now what, how does this work in practice and it was so good to hear step by step instructions and example.”

“Lynn was great on staying on topic, even during the Q & A time. I loved her "get out of the content" approach. I feel she presented with energy and I listened with intent, because I felt she was presenting things that I could adapt and apply to my own practice.”

“Well-paced. Used slides as a guide to support the content. Appreciate that she did not read through them, and depended on her own knowledge. Liked use of case examples to reinforce the material.”

Reviews about the Speaker

“Ms. Lyon's teaching was excellent. She was extraordinarily engaging, and I enjoyed her energy. I have shared my take always with a number of colleges and suggested they seek out both J&K and L. Lyons material.”

“She was a phenomenal instructor. Very outgoing and kept my attention. I was very interested in the presentation. And highly enjoyed it”

“It was a wonderful experience attending this seminar by Lynn Lyons. She was not just competent, but it was a pleasure to follow. She has also a humorous was of presentation. Thanks for this seminar and more of these.”

“Lynn was just excellent. Her model of intervention and use of humor/playfulness modified across the age span to disrupt maladaptive anxiety patterns and tap into neuroplasticity makes SO much sense--even when included a family systems approach. It takes great skill to clearly communicate such complexity as well as she did.”

“Great job. Best presenter you've had. Humor and knowledge combined. Best combination.”