

FEEDBACK FORM

Emotional and Binge Eating, Chronic Dieting, and Shame: What Therapists Need to Know

Judith Matz, LCSW (M0519)

Objectives: *The program better enabled me to describe:*

	<u>Strongly Agree</u>			<u>Strongly Disagree</u>			
• Different types of clinical presentations regarding emotional and binge eating and weight issues	5	4	3	2	1		4.6
• How the 5 components of the diet-binge cycle result in chronic dieting and shame	5	4	3	2	1		4.6
• How to implement the three steps of attuned eating to reduce out of control eating	5	4	3	2	1		4.6
• The process of translating emotional issues into an eating and weight loss focus and techniques to regulate emotional distress without turning to food	5	4	3	2	1		4.5
• Strategies to cultivate a positive body image and combat internalized weight stigma	5	4	3	2	1		4.6
• The impact of weight stigma and personal bias on clients both within and outside of the treatment setting	5	4	3	2	1		4.6
• How understanding the body of research related to weight and health helps clients develop positive, sustainable behaviors to support physical and emotional wellbeing.	5	4	3	2	1		4.6
• How to provide weight inclusive care through the Health At Every Size (HAES) paradigm	5	4	3	2	1		4.5

	<u>Strongly Agree</u>			<u>Strongly Disagree</u>			
1. The presenter was effective in presenting this program.	5	4	3	2	1		4.6
2. The presenter was responsive to the participants	5	4	3	2	1		4.8
3. The handouts were suitable and useful.	5	4	3	2	1		4.6
4. The presenter was knowledgeable regarding the material.	5	4	3	2	1		4.6
5. This program was appropriate to your level of education & experience.	5	4	3	2	1		4.8
6. The information Matz presented was current.	5	4	3	2	1		4.6
7. Comments regarding Matz's quality of instruction and teaching ability:	5	4	3	2	1		4.6
8. I learned a great deal as a result of this CE program.	5	4	3	2	1		4.5
9. The content of this CE program was useful for my practice or other professional development.	5	4	3	2	1		4.6
10. BEFORE the program began, I anticipated the program would be very useful.	5	4	3	2	1		4.3
11. NOW that the program is over, I found the program to be very useful.	5	4	3	2	1		4.6

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

Reviews about the Program

“Quick and helpful like always. By far your webinars are the best. You are organized and actually speak to us. I watched one recently that was live and interactive. My questions were answered instantly. That was because the speaker was available to answer questions as we watched a video of him from 2013. The video was very interesting. “

“Attended by webinar, which accommodates my difficulty with stairs. This is especially helpful since the bathrooms are all downstairs. I appreciate J&K Seminars for making these programs so user friendly.”

“I am a big fan of J&K Seminars. I very much enjoy attending in person, as well as, the convenience of getting my continuing education online. Very user friendly process. The seminars are comfortable. Nice area. Hopefully I can attend in person again to see the remodeling.”

“J and K always offers excellent CEU programs.”

“I've been to J&K conferences in the past, and loved them all! The webinar experience was just as valuable, and didn't have to drive or pay for a hotel! Excellent!!”

“The best webinars!!! The best tech support!!! Best music during break times!!! I've mentioned the great music before. A”

Reviews about the Speaker

“Responsive to audience, she did an excellent job”

“Judith Matz presented a varied and interesting program. The use of slides, audio, and video segments, as well as hands on activities was well done. She was very responsive to the participants and respectful of their input.”

“Judith Matz was outstanding in presenting this material. I thought that she used all mediums effectively: the power point, videos, and interacting with the audience. She did a fantastic job: BRAVA”

“I think that you have done everything possible to accommodate everyone.”