

# **STAYING WELL: COUNSELOR SELF CARE**

**9/28/20**

**Holiday Inn Independence**

**Cleveland, Ohio**

**29 Respondents**

On a scale of 1 to 5, with 5 being strongly agree and 1 being strongly disagree, how would you rate the following:

<b>Workshop Objectives:</b>	<b>Average Score:</b>
a. Participants will be able to describe the value of wellness for themselves personally and professionally.	4.6
b. Participants will be able to describe attunement with clients and the impact as a mental health professional.	4.6
c. Participants will be able to describe beliefs leading to fatigues and burnout, and address with adaptive thinking.	4.7
d. Participants will be able to describe changes to develop a well-rounded self care plan.	4.7
2. Overall this workshop was a positive experience	4.7
3. Teaching methods were effective:	4.6
4. Visual aids, handouts and oral presentations clarified content:	4.7
5. How useful was the content of the CE program for your practice or other professional development?	4.5
6. How much did you learn as a result of this CE program?	4.6
<b>The Presenter:</b>	
7. Knew the subject matter:	4.9
8. Taught the subject competently:	4.8
9. Elaborated upon the stated objectives:	4.8
10. Presented content in an organized manner:	4.7
11. Maintained my interest:	4.7
12. Answered questions effectively:	4.8
13. Was responsive to questions, comments and opinions:	4.9
<b>The Presentation:</b>	
a. Was relevant to my practice:	27 – yes; 2 – no
b. Was appropriate to my education, experience, or licensure level	28 – yes; 1 - no
c. Was based on current up-to-date information:	27 – yes; 2 - no
d. Made use of technology – projector, power point software, etc:	27 – yes; 2 - no
e. Made use of appropriate handouts:	29 – yes; 0 - no
f. Made use of evidenced based materials or research:	26 – yes; 1 - no
<b>Venue, Setting, etc.</b>	
15. Facility was adequate for my needs:	4.8
16. Facility was comfortable and accessible:	4.8
17. Food and beverages were adequate:	4.8

# **STAYING WELL: COUNSELOR SELF CARE**

**9/29/20**

**Creekside Event Center**

**Columbus, Ohio**

**16 Respondents**

On a scale of 1 to 5, with 5 being strongly agree and 1 being strongly disagree, how would you rate the following:

<b>Workshop Objectives:</b>	<b>Average Score:</b>
a. Participants will be able to describe the value of wellness for themselves personally and professionally.	4.8
b. Participants will be able to describe attunement with clients and the impact as a mental health professional.	4.6
c. Participants will be able to describe beliefs leading to fatigues and burnout, and address with adaptive thinking.	4.7
d. Participants will be able to describe changes to develop a well-rounded self care plan.	4.7
2. Overall this workshop was a positive experience	4.8
3. Teaching methods were effective:	4.7
4. Visual aids, handouts and oral presentations clarified content:	4.7
5. How useful was the content of the CE program for your practice or other professional development?	4.6
6. How much did you learn as a result of this CE program?	4.5
<b>The Presenter:</b>	
7. Knew the subject matter:	4.9
8. Taught the subject competently:	4.8
9. Elaborated upon the stated objectives:	4.7
10. Presented content in an organized manner:	4.8
11. Maintained my interest:	4.7
12. Answered questions effectively:	4.7
13. Was responsive to questions, comments and opinions:	4.8
<b>The Presentation:</b>	
a. Was relevant to my practice:	16 – yes; 0 – no
b. Was appropriate to my education, experience, or licensure level	16 – yes; 0 - no
c. Was based on current up-to-date information:	16 – yes; 0 - no
d. Made use of technology – projector, power point software, etc:	15 – yes; 1 - no
e. Made use of appropriate handouts:	16 – yes; 0 - no
f. Made use of evidenced based materials or research:	16 – yes; 1 - no
<b>Venue, Setting, etc.</b>	
15. Facility was adequate for my needs:	4.7
16. Facility was comfortable and accessible:	4.8
17. Food and beverages were adequate:	4.7

# **STAYING WELL: COUNSELOR SELF CARE**

**9/30/20**

**Quality Hotel Blue Ash**

**Cincinnati, Ohio**

**31 Respondents**

On a scale of 1 to 5, with 5 being strongly agree and 1 being strongly disagree, how would you rate the following:

<b>Workshop Objectives:</b>	<b>Average Score:</b>
a. Participants will be able to describe the value of wellness for themselves personally and professionally.	4.8
b. Participants will be able to describe attunement with clients and the impact as a mental health professional.	4.7
c. Participants will be able to describe beliefs leading to fatigues and burnout, and address with adaptive thinking.	4.8
d. Participants will be able to describe changes to develop a well-rounded self care plan.	4.7
2. Overall this workshop was a positive experience	4.7
3. Teaching methods were effective:	4.7
4. Visual aids, handouts and oral presentations clarified content:	4.8
5. How useful was the content of the CE program for your practice or other professional development?	4.7
6. How much did you learn as a result of this CE program?	4.7
<b>The Presenter:</b>	
7. Knew the subject matter:	4.8
8. Taught the subject competently:	4.8
9. Elaborated upon the stated objectives:	4.8
10. Presented content in an organized manner:	4.8
11. Maintained my interest:	4.8
12. Answered questions effectively:	4.7
13. Was responsive to questions, comments and opinions:	4.8
<b>The Presentation:</b>	
a. Was relevant to my practice:	27 – yes; 2 – no
b. Was appropriate to my education, experience, or licensure level	29 – yes; 2 - no
c. Was based on current up-to-date information:	28 – yes; 0 - no
d. Made use of technology – projector, power point software, etc:	29 – yes; 0 - no
e. Made use of appropriate handouts:	29 – yes; 0 - no
f. Made use of evidenced based materials or research:	28 – yes; 0 - no
<b>Venue, Setting, etc.</b>	
15. Facility was adequate for my needs:	4.6
16. Facility was comfortable and accessible:	4.5
17. Food and beverages were adequate:	4.5