

Acceptance and Commitment Therapy

12/1/21

Heisel and Associates Studio

Cincinnati, Ohio

9 Respondents

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

Workshop Objectives:	Average Score:
a. Participants will be able to describe the relationship between Relational Frame Theory and its contribution to ACT.	4.4
b. Participants will be able to describe and explain the concept of psychological flexibility and its various components.	4.8
c. Participants will be able to describe interventions fostering the six principles of the ACT model, and its implication for GAD.	4.9
d. Participants will be able to describe and explain the concept of “sitting with” your anxiety.	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?	4.5
6. How much did you learn as a result of this CE program?	4.5
The Presenter:	
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:	4.3
13. Was responsive to questions, comments and opinions:	4.3
The Presentation:	
a. Was relevant to my practice:	9 – yes; 0 – no
b. Was appropriate to my education, experience, or licensure level	9 – yes; 0 – no
c. Was based on current up-to-date information:	9 – yes; 0 – no
d. Made use of technology – projector, power point software, etc:	9 – yes; 0 – no
e. Made use of appropriate handouts:	9 – yes; 0 – no
f. Made use of evidenced based materials or research:	9 – yes; 0 – no
Venue, Setting, etc.	
15. Facility was adequate for my needs:	4.9
16. Facility was comfortable and accessible:	4.9
17. Food and beverages were adequate:	4.9