

**Mindful Self-Care: How to Become a More Effective Therapist**  
**Using Mindfulness Skills**

6/30/23

**Heisel and Associates Studio**  
**Cincinnati, Ohio**  
**14 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:
• Participants will be able to name the causes and symptoms of burnout.	4.8
• Participants will be able to name different components of self-care.	4.8
• Participants will be able to name and practice mindfulness techniques that improve performance and/or client outcomes.	4.7
2. Overall this workshop was a positive experience	4.8
3. Teaching methods were effective:	4.8
4. Visual aids, handouts and oral presentations clarified content:	4.9
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?	4.3

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:	4.7
12. Answered questions effectively:	4.7
13. Was responsive to questions, comments and opinions:	4.8

The Presentation:	
a. Was relevant to my practice:	12 – yes; 1 – no
b. Was appropriate to my education, experience, or licensure level	14 – yes; 0 - no
c. Was based on current up-to-date information:	14 – yes; 0 - no
d. Made use of technology – projector, power point software, etc:	14 – yes; 0 - no
e. Made use of appropriate handouts:	14 – yes; 0 - no
f. Made use of evidenced based materials or research:	14 – 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:	5.0

# The Effective Therapist: Why Some Therapists Have Better Outcomes

6/30/23

Heisel and Associates Studio  
Cincinnati, Ohio  
14 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:

- Participants will be able to define therapist effects and describe its significance to client outcomes. 4.7
- Participants will be able to describe the characteristics of the effective therapist. 4.7
- Participants will be able to employ strategies to improve their interpersonal / facilitative skills. 4.8
- 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: 4.8
- 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? 4.6

## The Presenter:

- 7. Knew the subject matter: 4.6
- 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: 4.8
- 12. Answered questions effectively: 4.7
- 13. Was responsive to questions, comments and opinions: 4.7

## The Presentation:

- a. Was relevant to my practice: 13 – yes; 0 – no
- b. Was appropriate to my education, experience, or licensure level 14 – yes; 0 - no
- c. Was based on current up-to-date information: 14 – yes; 0 - no
- d. Made use of technology – projector, power point software, etc: 14 – yes; 0 - no
- e. Made use of appropriate handouts: 13 – yes; 1 - no
- f. Made use of evidenced based materials or research: 14 – yes; 0 - no

## Venue, Setting, etc.

- 15. Facility was adequate for my needs: 4.7
- 16. Facility was comfortable and accessible: 4.6
- 17. Food and beverages were adequate: 4.7