

# Online Course Evaluation Report

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## MINDFUL SELF CARE: HOW TO BECOME A MORE EFFECTIVE THERAPIST USING MINDFULNESS SKILLS - WEBINAR

### OBJECTIVES

| Please rank the following.   | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree    | Strongly Agree - Total Answers |
|--|-------------------|----------|----------------------------|----------|--------------------------------|
| 1. Participants will be able to name the causes and symptoms of burnout.   | 0<br>0%           | 0<br>0%  | 0<br>0%                    | 10<br>0% | 21<br>0%<br>31                 |
| 2. Participants will be able to name different components of self-care.  | 0<br>0%           | 0<br>0%  | 0<br>0%                    | 9<br>0%  | 22<br>0%<br>31                 |
| 3. Participants will be able to name and practice mindfulness techniques that improve therapist performance and/or client outcome. | 0<br>0%           | 0<br>0%  | 1<br>0%                    | 9<br>0%  | 21<br>0%<br>31                 |

### INSTRUCTION

| Please rank the following.                          | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree    | Strongly Agree - Total Answers |
|---|-------------------|----------|----------------------------|----------|--------------------------------|
| 4. Overall, this webinar was a positive experience. | 0<br>0%           | 1<br>0%  | 0<br>0%                    | 13<br>0% | 17<br>0%<br>31                 |
| 5. Teaching methods were effective                  | 0<br>0%           | 0<br>0%  | 2<br>0%                    | 11<br>0% | 18<br>0%<br>31                 |
| 6. Power Point slides enhanced the content.         | 1<br>0%           | 1<br>0%  | 2<br>0%                    | 9<br>0%  | 18<br>0%<br>31                 |

| Please rank the following.   | Not Useful | A Little Useful | Useful  | Very Useful | Extremely Useful - Total Answers |
|--|------------|-----------------|---------|-------------|----------------------------------|
| 7. How useful was the content of this CE program for your practice, or other professional development? | 0<br>0%    | 1<br>0%         | 7<br>0% | 8<br>0%     | 15<br>0%<br>31                   |

| Please rank the following.                                | Very Little | Little  | Some    | A Lot    | A Great Deal - Total Answers |
|---|-------------|---------|---------|----------|------------------------------|
| 8. How much did you learn as a result of this CE program? | 0<br>0%     | 1<br>0% | 8<br>0% | 11<br>0% | 11<br>0%<br>31               |

## PRESENTER

| Please rank the following.  |                   |          |                            |          | Strongly Agree<br>Total<br>Answers |
|---|-------------------|----------|----------------------------|----------|------------------------------------|
|   | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree    |                                    |
| 9. Was knowledgeable about the content.                             | 0<br>0%           | 0<br>0%  | 0<br>0%                    | 8<br>0%  | 23<br>0%<br>31                     |
| 10. Presented the course content effectively                        | 0<br>0%           | 0<br>0%  | 2<br>0%                    | 7<br>0%  | 22<br>0%<br>31                     |
| 11. Elaborated upon the stated objectives                           | 0<br>0%           | 0<br>0%  | 0<br>0%                    | 4<br>0%  | 27<br>0%<br>31                     |
| 12. Presented the subject matter in an organized manner.            | 0<br>0%           | 0<br>0%  | 0<br>0%                    | 11<br>0% | 20<br>0%<br>31                     |
| 13. Maintained my interest.   | 0<br>0%           | 1<br>0%  | 1<br>0%                    | 11<br>0% | 18<br>0%<br>31                     |
| 14. Was responsive to participant questions, comments, and opinions | 0<br>0%           | 0<br>0%  | 5<br>0%                    | 12<br>0% | 14<br>0%<br>31                     |

## PRESENTATION

| Please answer yes / no to the following.   |     |    | Total<br>Answers |
|--|-----|----|------------------|
|  | Yes | No |                  |
| 15. Was relevant to my practice  | 30  | 1  | 31               |
| 16. Was appropriate to my education, experience, or licensure level  | 30  | 1  | 31               |
| 17. Was based on current, or up-to-date, information   | 31  | 0  | 31               |
| 18. Made use of appropriate power point slides   | 29  | 2  | 31               |
| 19. Made use of evidence-based materials or research, and clearly presented the basis of such statements, the limitations of the content being taught, and the severe and most common risks. | 29  | 2  | 31               |

## WEBSITE/TECHNOLOGY

| Please rank the following.                 |                   |          |                            |         | Strongly Agree<br>Total<br>Answers |
|--|-------------------|----------|----------------------------|---------|------------------------------------|
|  | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree   |                                    |
| 20. The course was easy to find.           | 1<br>0%           | 0<br>0%  | 1<br>0%                    | 7<br>0% | 22<br>0%<br>31                     |
| 21. Course registration was user friendly. | 0<br>0%           | 0<br>0%  | 0<br>0%                    | 6<br>0% | 25<br>0%<br>31                     |

|   |         |         |          |         |          |    |
|---|---------|---------|----------|---------|----------|----|
| 22. The GoToWebinar platform was easy to navigate.                            | 1<br>0% | 2<br>0% | 0<br>0%  | 9<br>0% | 19<br>0% | 31 |
| 23. The website responded quickly.  | 0<br>0% | 1<br>0% | 1<br>0%  | 8<br>0% | 21<br>0% | 31 |
| 24. The instructions for requesting accommodations for disability were clear. | 0<br>0% | 0<br>0% | 14<br>0% | 5<br>0% | 12<br>0% | 31 |

## PARTICIPANT INFORMATION

25. Please note your profession and status (Check all that apply)

- 11 -- Social Worker
- 15 -- Professional Counselor
- 5 -- Psychologist
- 4 -- Alcohol & Drug Counselor
- 2 -- Marriage & Family Therapist
- 0 -- Other

26. If other, please list profession.

27. Please note years in your profession.

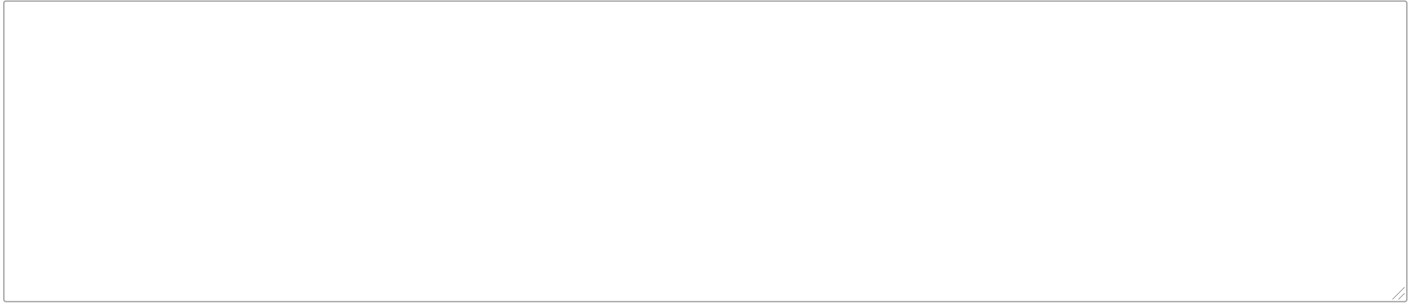
- 0 -- Student
- 2 -- 1-5
- 1 -- 6-10
- 9 -- 11-29
- 19 -- 20+

## NARRATIVE

28. What was your overall impression of the webinar?

29. What did you learn that was new or different?

30. What topics would you like to see in future CE Webinars?



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