

Evaluation Summary of SA Kuyken Workshop March 19 2008

1 Administration

Please rate your overall satisfaction with the administration conducted prior to and during this training.

	Rating	Number	%	
Completely Dissatisfied	1		0	
	2		0	
	3	1	3	
	4		0	
Neutral	5	1	3	} 93%
	6	1	3	
	7	3	9	
	8	5	16	
Completely Satisfied	9	10	31	
	10	11	34	
		32		

Is there any information/ activity that could/ should have been done prior to or during the workshop that would have helped your participation?

All good

Recommended reading

No it was good

No, good correspondence - electronic mail outs. Good to have outline of content beforehand.

Any other comments about the administration of the workshop?

Include venue, location and time on the original flyer

All good

Great to have slides ahead of time

My email confirmation (probably) pinged back to you (my Inbox was full-holiday)

but there was no follow-up from your end at all to this!

All good - getting emails and slides in advance helpful!

A mike for presenter would have assisted transmission of info.

2 Presenter

Please rate the four qualities of the presenter: "expertise with material", "engaging", "responsiveness to questions, comments" and "overall competence" on a scale of 1 -10 where 1 is completely dissatisfied and 10 is completely satisfied.

	320 Number	%	
Expertise with Material	305	95 %	answered 6 to 10
Engaging manner/style	303	95 %	answered 6 to 10
Responsive to questions, comments	306	96 %	answered 6 to 10
Overall competence as a presenter	306	96 %	answered 6 to 10

What comments do you have on the presenter during this workshop?

Personable, engaging and highly competent

Engaging manner - easy to listen to - very knowledgeable.

He was great, an asset to psychology

Excellent

Excellent teacher & excellent applied learning opportunities

I hope he enjoys the holiday component of his trip

Very good

More time with each group

Most likeable & knowledgeable

Excellent

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MBCT - would have liked more time on this approach

Please rate your overall satisfaction with the presenter during this workshop.

	Rating	Number	%	
Completely Dissatisfied	1		0	
	2		0	
	3		0	
	4		0	
Neutral	5		0	
	6		0	
	7	1	3	}
	8	2	6	
9	14	44		
10	15	47		
Completely Satisfied		32		} 100%

3 Content

Please rate each of the dimensions below for each of the topics presented during this workshop, using the scale: 1 = Completely Dissatisfied and 10 = Completely Satisfied.

	N=	300	%	
Structure, logical flow	266		89 %	answered 6 to 10
Depth of cover	248		83 %	answered 6 to 10
Breadth of cover	254		85 %	answered 6 to 10
Pace (time for delivery)	244		81 %	answered 6 to 10
Relevance	274		91 %	answered 6 to 10

Are there any components you think should be covered during this workshop that were not?

More on MBCT

I always appreciate hearing the theory - I do not get bored. I would have liked to have heard more about the material he is doing research work on & ideas on - what he finds passionately interesting.

Case study should be same for all groups: one persons case tends for them to have monopoly and reduces input from all group members. Better time management.

2 days would have enabled better coverage of MBCT rather than 30 mins

How this interfaces with borderline personality disorder

More mindfulness info

I would have liked more on avoidance. I think I am wanting different answers-?

Eg: how to be more gentle/firm with boundaries. Eg. Choice - drinking = no therapy.

Longer would be better (2 days)

Were any components covered that you think should not be included in this workshop?

Role play a bit too long

Any other comments about the content of this workshop?

Very good

Maybe too much time on role play

Great benefit

Great

Content was good & appropriate

A little more depth of info from Prof. less group time.

The small group work relied for its effectiveness on degrees of detail and specificity about contingencies at a micro level (which was missing in my group)

Too much to squeeze into 1 day.

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More detail on therapy protocol would have been helpful but I'm mindful of time limitations
 Would have liked more time for explanatory discussion/content per MBCT
 PTSD issues could have been more explicit

4 Audio - visual

Please rate your overall satisfaction with the audio/visual and presentation aids employed during this workshop.

	Rating	Number	%	
Completely Dissatisfied	1		0	
	2		0	
	3		0	
	4	1	3	
Neutral	5	3	10	
	6		0	} 87% n/a=1
	7	2	6	
	8	4	13	
	9	9	29	
10	12	39		
Completely Satisfied		31		

What comments do you have on the audio/visual & presentation aids used for this workshop?

- Needed amplification if only to drown out next door.
- I very much liked refs given on the handout
- Due to the seating arrangements, I had to contort a lot to see the screens
- It does help if there's not too much discrepancy between hard copy slides and digital slides.

5 Venue and Catering

Would you recommend this venue/ catering when this workshop is conducted again? 31 n/a=1

	Yes/No	Number	%
Venue	Yes	28	90 %
	No	3	10 %
Catering	Yes	26	84 %
	No	5	16 %

What comments do you have on the venue for this workshop?

- Find a quieter room in the same building
- Noise from next door
- Difficult to hear due to workshop in adjoining room
- There was interfering noise from adjoining room.
- Bit noisy - could hear speakers & audience next door
- Too much noise coming from at least one adjoining seminar room - very intrusive.
- Good air con. Could probably work if tables set up differently
- Too cold
- Comfortable
- Good size
- Good, central, good parking
- Good

What comments do you have on the catering provided for this workshop?

- Sandwiches bulky to handle - Too dry.
- Disappointing - looked good...
- Vegetarian meals should be labeled as same.
- Lower carb options would be better

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More vegetarian food would be good
 Reasonable abundance of food
 OK
 Very nice
 Pleasant enough
 Loved the cakes

Please rate your overall satisfaction with the venue and catering provided during this workshop.

	Rating	Number	%	
Completely Dissatisfied	1		0	
	2		0	
	3		0	
Neutral	4	3	9	
	5		0	
	6	2	6	}
	7	6	19	
	8	8	25	
9	8	25		
10	5	16		
Completely Satisfied		32		91%

Other Comments

Thank you Willem. Very well done. Enjoy your stay in Australia.
 Good venue. Well priced. Good quality
 P.S. The lines for our comments need to be bigger; it is difficult to fit it all into those little spaces between the lines.
 Great to see synthesis of research into clinical work!