

# White Pine Institute

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## Evaluation Form

Event Title: Experiencing ACT: A Two-Day Hands-on Workshop

Location/Date: Woodfords Club, Portland, ME February 2-3, 2017

Presenter (s): Joel Guarna, PhD and Teresa Valliere, LCSW, LADC, CCS

**Please rate each of the following statements on a scale of 1 to 5:**

	Strongly Disagree		Strongly Agree
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### ***Workshop Description***

The description of the event was totally clear	1	2	3	4	5
The description helped me decide to enroll	1	2	3	4	5

### ***Workshop Content***

The event content was consistent with its description	1	2	3	4	5
The content was at the advertised difficulty level	1	2	3	4	5
I will be able to apply the concepts/activities presented	1	2	3	4	5

### ***Workshop Objectives***

**Based on the content of the workshop, I am able to:**

1. Summarize the ACT model of human suffering including the roles of experiential avoidance and cognitive fusion.	1	2	3	4	5
2. Demonstrate use of the Matrix as a clinical tool to help shift clients' fusion with their pain.	1	2	3	4	5
3. Explain the difference between Toward (avoidance) and Away (approach) moves and their functions.	1	2	3	4	5
4. Practice a values intervention with a client of mine.	1	2	3	4	5
5. Practice a cognitive defusion intervention with a client of mine.	1	2	3	4	5

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	Strongly Disagree		Strongly Agree	
<b>Presenter: Joel Guarna</b>				
The presenter seemed to be knowledgeable concerning the topic(s) covered	1	2	3	4 5
The presenter was skillful in presenting the workshop content	1	2	3	4 5
The presenter was well organized/prepared	1	2	3	4 5
The presenter encouraged learner participation	1	2	3	4 5
The presenter covered the material thoroughly	1	2	3	4 5
<b>Presenter: Teresa Valliere</b>				
The presenter seemed to be knowledgeable concerning the topic(s) covered	1	2	3	4 5
The presenter was skillful in presenting the workshop content	1	2	3	4 5
The presenter was well organized/prepared	1	2	3	4 5
The presenter encouraged learner participation	1	2	3	4 5
The presenter covered the material thoroughly	1	2	3	4 5
<b>Supplemental Materials</b>				
The material was comprehensible	1	2	3	4 5
The material is likely to be useful as a future reference	1	2	3	4 5
<b>Audio/Visual Aids</b>				
The audio visual were very clear and easy to read	1	2	3	4 5
<b>Setting/Facilities</b>				
The number of participants was ideal in helping me accomplish the objectives	1	2	3	4 5
The facilities used for this event were ideal	1	2	3	4 5
The length of the event was appropriate	1	2	3	4 5
<b>Overall Evaluation of the Event</b>				
Overall, the event was excellent	1	2	3	4 5

**Comments or other feedback :**