

White Pine Institute

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		
<i>Workshop Description</i>						
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		
<i>Presenter: Joel Guarna</i>						
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	
<i>Presenter: Teresa Valliere</i>						
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	
<i>Supplemental Materials</i>						
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	
<i>Audio/Visual Aids</i>						
The audio visual were very clear and easy to read	1	2	3	4	5	
<i>Setting/Facilities</i>						
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	
<i>Overall Evaluation of the Event</i>						
Overall, the event was excellent	1	2	3	4	5	

Comments or other feedback :