

Q1 The program objectives were met.

Answered: 12 Skipped: 0

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
1. Participants will be able to explain the essential concepts of Cognitive Therapy.	0.00% 0	0.00% 0	0.00% 0	25.00% 3	75.00% 9	12	4.75
2. Participants will be able to explain the essential strategies of Cognitive Therapy.	0.00% 0	0.00% 0	0.00% 0	25.00% 3	75.00% 9	12	4.75
3. Participants will be able to explain the essential techniques of Cognitive Therapy.	0.00% 0	0.00% 0	0.00% 0	41.67% 5	58.33% 7	12	4.58
4. Participants will be able to apply this material in the treatment of depression and suicidality.	0.00% 0	0.00% 0	0.00% 0	58.33% 7	41.67% 5	12	4.42
5. Participants will be able to discuss the role of cognition in depression.	0.00% 0	0.00% 0	0.00% 0	33.33% 4	66.67% 8	12	4.67
6. Participants will be able to explain Cognitive Therapy's treatment strategy for depression.	0.00% 0	0.00% 0	0.00% 0	33.33% 4	66.67% 8	12	4.67
7. Participants will be able to demonstrate Cognitive Therapy's approach to developing rapport.	0.00% 0	0.00% 0	0.00% 0	33.33% 4	66.67% 8	12	4.67
8. Participants will be able to demonstrate Cognitive Therapy's approach to structuring the session.	0.00% 0	0.00% 0	0.00% 0	25.00% 3	75.00% 9	12	4.75
9. Participants will be able to demonstrate Cognitive Therapy's approach to using cognitive and behavioral interventions.	0.00% 0	0.00% 0	8.33% 1	33.33% 4	58.33% 7	12	4.50
10. Participants will be able to demonstrate Cognitive Therapy's approach to developing homework assignments.	0.00% 0	0.00% 0	0.00% 0	25.00% 3	75.00% 9	12	4.75
11. Participants will be able to explain Cognitive Therapy's approach to assessing suicidality.	0.00% 0	0.00% 0	0.00% 0	45.45% 5	54.55% 6	11	4.55
12. Participants will be able to demonstrate Cognitive Therapy's approach to intervening with suicidal individuals.	0.00% 0	0.00% 0	9.09% 1	36.36% 4	54.55% 6	11	4.45
13. Participants will be able to demonstrate Cognitive Therapy's approach to dealing with non-compliance.	0.00% 0	0.00% 0	0.00% 0	33.33% 4	66.67% 8	12	4.67
14. Participants will be able to demonstrate Cognitive Therapy's approach to preventing relapse.	0.00% 0	0.00% 0	0.00% 0	33.33% 4	66.67% 8	12	4.67
15. Participants will be able to explain Cognitive Therapy's approach to terminating treatment.	0.00% 0	0.00% 0	0.00% 0	33.33% 4	66.67% 8	12	4.67

Q2 Accuracy and utility of content were discussed.

Answered: 12 Skipped: 0

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
(no label)	0.00% 0	0.00% 0	8.33% 1	33.33% 4	58.33% 7	12	4.50

Q3 Content was appropriate for postdoctoral level training.

Answered: 12 Skipped: 0

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	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
(no label)	0.00% 0	0.00% 0	25.00% 3	33.33% 4	41.67% 5	12	4.17

Q4 Level of instruction was appropriate for postdoctoral training.

Answered: 12 Skipped: 0

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
(no label)	0.00% 0	0.00% 0	25.00% 3	33.33% 4	41.67% 5	12	4.17

Q5 Teaching methods were effective.

Answered: 12 Skipped: 0

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
(no label)	0.00% 0	0.00% 0	0.00% 0	58.33% 7	41.67% 5	12	4.42

Q6 Visual aids, handouts, and oral presentations clarified content.

Answered: 12 Skipped: 0

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
(no label)	0.00% 0	0.00% 0	16.67% 2	50.00% 6	33.33% 4	12	4.17

Q7 Instructor 1: James Pretzer

Answered: 12 Skipped: 0

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
knew the subject matter.	0.00% 0	0.00% 0	0.00% 0	8.33% 1	91.67% 11	12	4.92
taught the subject competently.	0.00% 0	0.00% 0	0.00% 0	8.33% 1	91.67% 11	12	4.92
elaborated on the stated objectives.	0.00% 0	0.00% 0	0.00% 0	8.33% 1	91.67% 11	12	4.92
presented the content in an organized manner.	0.00% 0	0.00% 0	0.00% 0	16.67% 2	83.33% 10	12	4.83
maintained my interest.	0.00% 0	0.00% 0	0.00% 0	8.33% 1	91.67% 11	12	4.92
answered questions effectively.	0.00% 0	0.00% 0	0.00% 0	25.00% 3	75.00% 9	12	4.75
was responsive to questions, comments, and opinions.	0.00% 0	0.00% 0	8.33% 1	16.67% 2	75.00% 9	12	4.67

Q8 Instructor 2:Barbara Fleming

Answered: 12 Skipped: 0

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
knew the subject matter.	0.00% 0	0.00% 0	0.00% 0	8.33% 1	91.67% 11	12	4.92
taught the subject competently.	0.00% 0	0.00% 0	0.00% 0	8.33% 1	91.67% 11	12	4.92
elaborated on the stated objectives.	0.00% 0	0.00% 0	0.00% 0	8.33% 1	91.67% 11	12	4.92
presented the content in an organized manner.	0.00% 0	0.00% 0	0.00% 0	16.67% 2	83.33% 10	12	4.83
maintained my interest.	0.00% 0	0.00% 0	0.00% 0	8.33% 1	91.67% 11	12	4.92
answered questions effectively.	0.00% 0	0.00% 0	0.00% 0	8.33% 1	91.67% 11	12	4.92
was responsive to questions, comments, and opinions.	0.00% 0	0.00% 0	0.00% 0	33.33% 4	66.67% 8	12	4.67

Q9 Professional & Ethical IssuesPresenter (or program chair, etc.) made clearly evident, prior to registration, the following:

Answered: 12 Skipped: 0

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
a. Requirements for successful completion of activity.	0.00% 0	0.00% 0	8.33% 1	25.00% 3	66.67% 8	12	4.58
b. Commercial support for CE program, sponsor, or instructor (or any other relationship that could reasonable be construed as a conflict of interest).	8.33% 1	0.00% 0	25.00% 3	25.00% 3	41.67% 5	12	3.92
c. Commercial support for content of instruction (e.g. research grants funding research findings etc.) that could be construed as a conflict of interest.	8.33% 1	0.00% 0	33.33% 4	16.67% 2	41.67% 5	12	3.83
d. Commercial support or benefit for endorsement of products (e.g., books, training, drugs, etc.).	8.33% 1	0.00% 0	25.00% 3	25.00% 3	41.67% 5	12	3.92
e. Accuracy and utility of the materials presented, the basis of such statements, the limitations of the content being taught and the severe and most common risks.	0.00% 0	0.00% 0	0.00% 0	33.33% 4	66.67% 8	12	4.67

Q10 Mode of delivery

Answered: 12 Skipped: 0

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
Mode of delivery was adequate for my needs.	0.00% 0	0.00% 0	0.00% 0	41.67% 5	58.33% 7	12	4.58

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Special needs were met.	0.00% 0	0.00% 0	75.00% 9	25.00% 3	0.00% 0	12	3.25
Program brochure was informative and accurate	0.00% 0	0.00% 0	8.33% 1	58.33% 7	33.33% 4	12	4.25

Q11 Learning

Answered: 12 Skipped: 0

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	Total	Weighted Average
Information could be applied in my practice.	0.00% 0	0.00% 0	0.00% 0	41.67% 5	58.33% 7	12	4.58
Information could contribute to achieving personal or professional goals.	0.00% 0	0.00% 0	0.00% 0	33.33% 4	66.67% 8	12	4.67
Cultural, racial, ethnic, socioeconomic, and gender differences were considered.	0.00% 0	8.33% 1	8.33% 1	16.67% 2	66.67% 8	12	4.42

Q12 How much did you learn from this course?

Answered: 12 Skipped: 0

	Very little	Little	Some	A Good Bit	A Great Deal	Total	Weighted Average
(no label)	0.00% 0	0.00% 0	0.00% 0	33.33% 4	66.67% 8	12	4.67

Q13 Did this program enhance your professional expertise?

Answered: 12 Skipped: 0

	Yes	No	Total	Weighted Average
...	100.00% 12	0.00% 0	12	1.00

Q14 Would you recommend this program to others?

Answered: 12 Skipped: 0

	Yes	No	Total	Weighted Average
(no label)	100.00% 12	0.00% 0	12	1.00

Q15 Please note your profession and status (check all that apply)

Answered: 10 Skipped: 2

Answer Choices	Responses
Psychologist	20.00% 2

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Medical Professional	0.00%	0
Masters Level Licensed Therapist	40.00%	4
Social Worker	40.00%	4
Student	0.00%	0
Administrator	0.00%	0
University Faculty	10.00%	1
Total Respondents: 10		

#	Other (please specify)	Date
1	Psychotherapist	1/25/2016 7:53 AM
2	Psychologist (MSc "Stress Management and Health Promotion" - Athens Medical School)	1/12/2016 1:45 AM

Q16 Please note years in your profession

Answered: 12 Skipped: 0

Answer Choices	Responses
Student	0.00% 0
1-5	66.67% 8
6-10	33.33% 4
11-20	0.00% 0
20+	0.00% 0
Total	12

Q17 What was your overall impression of the activity? What went well? What could have been improved?

Answered: 10 Skipped: 2

#	Responses	Date
1	I regret the distance learning. I would have enjoyed face to face more or video over audio.	3/18/2016 11:57 PM
2	The class has been very thorough, and the instructors do a great job of explaining each concept while providing relevant examples. A few concepts could have been explained more clearly, especially related to assumptions, core beliefs, and schemas. The Mind Over Mood book seems to focus on identifying, testing, and replacing core beliefs, whereas the instructors focused more on testing and replacing conditional assumptions. It makes sense that clinicians can work on both of these, but it seemed as if assumptions and core beliefs were interchanged during the classes, whereas the Mind Over Mood book differentiates the concepts more.	1/26/2016 12:09 PM
3	It was helpful.	1/15/2016 8:01 PM
4	I would like more examples outside of the group activities, since I was doing this at home. It was difficult to follow what was happening when the students were in small groups. I would've liked to have more case conceptualizations to work on independently.	1/12/2016 2:30 PM

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5	The whole experience was great. Learning from the best is always a plus. The program is well-structured and every single month i get to dive deeper into the ocean of CBT. I have been enjoying listening to the lectures, doing the post tests and studying the informative handouts and texts. My instructors are something else! The only thing i would like to be added is some more opportunities to put theory into practice (for example, we learned about goal setting. I would like to know exactly whether the goals of my clients are specified enough to work on)	1/12/2016 1:45 AM
6	The content of the books and the presentation being from the same authors helps reinforcing learning without having to struggle to understand one of the other separately. The information was the same, but delivered differently (great for different learning preferences)	1/5/2016 5:38 AM
7	the course is very helpfull for my practice. Maybe someday We can do the course with skype or video conference.	1/4/2016 12:51 AM
8	Well put together. The lecture went very well with the reading I did before class. Then Barbara's hands on approach really helped tie it all together for me. This is just a wish but some more video from the class would be great. But I have the list of video's Jim touched on in the 2nd Depression section that tied it together for me.	1/2/2016 2:09 PM
9	Recording quality is great, grateful for distance learning option. Like the videos and case examples, hearing the role plays and feedback very helpful. Handouts ok.	12/27/2015 1:47 PM
10	This is a confusing question	12/24/2015 11:35 AM

Q18 What did you learn that was new or different? How and/or will this information change how you practice?

Answered: 10 Skipped: 2

#	Responses	Date
1	Enjoyed the cases presented.	3/18/2016 11:57 PM
2	I learned a lot about assessing and working with suicidality. This will improve my confidence when working with clients coming in with suicidal ideation and/or intent. I also feel more confident in maintaining the structure of a session.	1/26/2016 12:09 PM
3	To structure a session To end a therapy How to deal with depression an suicide	1/25/2016 7:53 AM
4	I learned more about suicidality, which was necessary.	1/12/2016 2:30 PM
5	I learned how to organize my sessions and work collaboratively with people that come to see me. I feel more confident about my skills as a therapist and managed not to follow the client's affect (which was always a problem of mine). I feel like i enhanced my knowledge and increased my coping strategies and self-effectiveness.	1/12/2016 1:45 AM
6	The use of HW makes total sense and can be applied to other therapies. I will experiment, even if it is a little reading in between the sessions. Setting a goal for therapy is also a great tool and I will be even more insistent on it.	1/5/2016 5:38 AM
7	what i learn is reinforced my knowledge about cognitive therapy. This information enriched my way to doing a session.	1/4/2016 12:51 AM
8	I learned how important note taking is even if you know the client. I'm a crisis intervention therapist and we frequently see the same clients. When I began to write down AT , etc from our first session it really helped both the client and I stay focused especially since we usually only have 72 hours to work together.	1/2/2016 2:09 PM
9	Structuring of sessions, picking specific time to explore thoughts, focusing on present thoughts/not after thoughts. Will change organization of sessions, reviewing homework thoroughly, how thoughts are identified and explored.	12/27/2015 1:47 PM
10	CBT's approach to depression was something new that I learned and has changed the way I treat depressed patients	12/24/2015 11:35 AM

Q19 What topics or presenters would you like to see at future CE presentations?

Answered: 8 Skipped: 4

#	Responses	Date
1	Judith Beck	3/18/2016 11:57 PM

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2	ACT and Mindfulness-Based Cognitive Therapy	1/26/2016 12:09 PM
3	N/A	1/12/2016 2:30 PM
4	Presenters: Aaron T. Beck (hands down), Christine Padesky. Topics: Social phobia/anxiety, how to apply CT with adolescents and the elderly.	1/12/2016 1:45 AM
5	Working with children more specifically.	1/5/2016 5:38 AM
6	Substance Abuse Disorder.	1/4/2016 12:51 AM
7	This might be a bit selfish due to the work I do but maybe more examples around working with acute crisis. That would be wonderful.	1/2/2016 2:09 PM
8	CBT's approach with psychosis and patients with schizophrenia, bipolar disorder, delusional disorder etc	12/24/2015 11:35 AM

Q20 Other comments:

Answered: 8 Skipped: 4

#	Responses	Date
1	None	3/18/2016 11:57 PM
2	N/A	1/12/2016 2:30 PM
3	Thank you so much and keep up the good work!	1/12/2016 1:45 AM
4	My only complaint is regarding the slides: There is far too much colour for printing out and I could not find a way to remove it to be more printer friendly. I tried not to print them and spent hours recopying the material without the background but it takes ages. I tried not to bother and study on the pc, but that's not as easy as when the presenters talk I find it useful to make notes. Please consider making slides with no background colour. thank you.	1/5/2016 5:38 AM
5	Keep Up the Good work!	1/4/2016 12:51 AM
6	Just want to thank you for the material. My only comment is that as a distant learner I forget that our class forum is a tool...and I have been under utilizing it. Thanks for such an informative first section!	1/2/2016 2:09 PM
7	Thanks!	12/27/2015 1:47 PM
8	The volume for the DE course is a bit low at times	12/24/2015 11:35 AM