

MINDFULNESS-BASED COGNITIVE THERAPY: COURSE EVALUATION

Please circle the number which best describes how useful and beneficial each of the practices, concepts and course materials have been for you (with 1 = not at all and 5 = very useful).

FORMAL PRACTICES

	<u>In class</u>	<u>At home</u>
Awareness of breathing	1---2---3---4---5	1---2---3---4---5
Body scan	1---2---3---4---5	1---2---3---4---5
Mindful movement	1---2---3---4---5	1---2---3---4---5
Sitting meditation	1---2---3---4---5	1---2---3---4---5
Walking meditation	1---2---3---4---5	1---2---3---4---5
Lovingkindness meditation	1---2---3---4---5	

INFORMAL PRACTICES

	<u>In class</u>	<u>At home</u>
Mindfulness of daily activities	1---2---3---4---5	1---2---3---4---5
3-minute breathing space (reg)	1---2---3---4---5	1---2---3---4---5
3-minute breathing space (respons)	1---2---3---4---5	1---2---3---4---5

CONCEPTS

Present moment awareness	1---2---3---4---5
Non-judging awareness	1---2---3---4---5
Recognizing aversion	1---2---3---4---5
Thoughts are not facts	1---2---3---4---5
Mood determines perception	1---2---3---4---5
Motivation works backwards in depression	1---2---3---4---5

CLASS EXERCISES, READINGS & DISCUSSIONS

Pleasant/unpleasant events calendars	1---2---3---4---5
Checklist of negative thoughts	1---2---3---4---5
Introducing a difficulty into meditation	1---2---3---4---5
ID'ing early warning signs (relapse signature)	1---2---3---4---5
Nurturing v. depleting activities	1---2---3---4---5
Poems and stories read in class	1---2---3---4---5
Group discussions	1---2---3---4---5
The Mindful Way workbook	1---2---3---4---5

1. How did you hear about this class?
2. Think back to why you signed up for this class - has it met your expectations?
3. What has been the biggest challenge for you in doing the mindfulness practices?
4. What has been the most pleasant surprise?
5. How would you describe your experience with the online format?
6. What was your experience of having an assigned Practice Partner?
7. What suggestions do you have for how the online version of the class could be improved?
8. Any other comments or feedback for Rebecca?