



Evaluation of ACT

– Promoting Mental Health and Resilience City University London, Spring 2014

Here is a summary of the evaluations from the participants of the training in London during April-May 2014.

The participants responses are shown in green. The average is calculated on 17 (of 23) participants who attended the training. The Green highlighted text is the summed up average.

1=Very Poor 2=Poor 3=Both Good and Poor 4=Good 5=Very Good

1. Evaluation of the training programme as a whole

a) What grade do you give “ACT – Promoting Mental Health and Resilience”, as a whole?

(Sessions, protocol, studying on your own, facilitating groups, etc., that is to say the whole programme)

Grade: _____(1-5) **Participants average: 4,65**

b) How would you rate your possibilities of giving ACT courses after the programme?

Grade: _____(1-5) **Participants average: 4,58**

c) How useful was the administration & information during the programme?

Grade: _____(1-5) **Participants average: 4,88**

d) How much use have you had in your “usual” work, e.g. in contacts with individual clients, of what you have learned during the programme?

Grade: _____(1-5) 1 = No use at all, 3 = Some use 5 = Good use
Participants average: 3,94

e) How much use have you had of the programme in your own life?

Grade: _____(1-5) 1 = No use at all, 3 = Some use 5 = Good use
Participants average: 4,64

Comments: What was good and what could have been done differently?

- Just want to thank you for all the materials & time that has gone into this! A wonderful resource and such a privilege to have experienced this.
 - Patience of group leaders very good.
 - I thought it was excellent – the first session took a while to acclimatise to the format/video-ing etc. but it's been really useful and enjoyable.
 - Excellent material very well presented and easy to follow. The whole training and kindness and support very inspiring. Thank you.
 - Good pace. Good mix of didactic v. experiential. Warm + positive presenter style.
 - Thanks. It has enriched my life.
 - It was expertly and compassionately delivered!
 - All seemed planned and thought through to perfection. I have incorporated so much of the learning into both individual therapy and other (non ACT) groups.
 - Great instructor – engaging, easy to follow – non judgemental.
 - Using the slides and the ACT work file was very straightforward & easy to use and a real blessing for those of us who are new to running courses.
 - I enjoyed all elements of the course. The materials are well designed and clear.
- (About the protocol and other materials) – Awesome! Very, very good, clear and well written.
- This has showed me many different + helpful ways of doing ACT, which I have been using now in my work for about 4 years anyway.
 - Fredrik + Daniel were very good teachers & embodied ACT in their teaching.
 - Excellent material. Great that this protocol is flexible.
 - I really love the values cards from the third session. I found that whole session (3) to be very inspiring.
- (About the protocol and other materials) – This was demonstrated in such an engrossing & interesting way. The protocol & the quite amazing folder where it is clear that so much thought & consideration has gone into what is the most comprehensive introduction to ACT & RFT.
- An amazing course. Thank you so much for enhancing & enriching both the clinical work I'm involved in & my own life! I will never forget what I have learnt here – thank you so much.

2. Sessions

	1	2	3	4	5
	Strongly Disagree	Disagree	Agree	Strongly Agree	
- The content of the sessions was useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4,76	<input type="checkbox"/>
- Four sessions were just the right amount	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4,35	<input type="checkbox"/>
- I think it is useful to have two group leaders in each group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4,18	<input type="checkbox"/>
- The tuition fee for the programme is reasonable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4,35	<input type="checkbox"/>
- The trainers were inspiring and the teaching was clear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4,70	<input type="checkbox"/>
- The education lived up to my expectations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4,47	<input type="checkbox"/>

3. The four sessions

What grade do you give each session as a whole?

Session 1 – On Stress and Language

Grade: ____ (1-5) **Participants average: 4,17**

Session 2 – The Cool, Important Things That Really Matter – Your Life Compass

Grade: ____ (1-5) **Participants average: 4,64**

Session 3 – Living the Life I Want to Live

Grade: ____ (1-5) **Participants average: 4,76**

Session 4 – Moving on – Compassion, Communication & Repetition

Grade: ____ (1-5) **Participants average: 4,35**

4. The protocol and other materials

The structure of each session	____(1-5)	Participants average: 4,64
The layout of the protocol	____(1-5)	Participants average: 4,76
Downloading the materials from the website www.actorganisation.com	____(1-5)	Participants average: 4,62

Thank you for your participation!

Fredrik Livheim