

Annual Workshops Evaluation

Psychotherapy training will always be evolving. We would appreciate your help in completing this evaluation and hope you will find it a reflective learning experience. If you so choose this form can be completed anonymously. We ask you to reflect on the year overall, however you can also use these questions to evaluate a particular module.

Year: 1

Date of Evaluation: 23/7/2023

Name of Trainers: Mel Ovens, Garthine Walker, Rosy Wood Bevan

Please write brief comments in the following areas:

1. Please comment on the quality of your training:

Very pleased with the quality of the training.

2. What I have most enjoyed this year is...

Group Process – how sitting in a room with ‘nothing to do’ can lead to expositions of such deep process is still a mystery to me (and a joy).

3. What I have least enjoyed this year is

Theory Slot – often things are said too quickly to write down – it would be useful to have a list of references/important points written (like the sheets Rosy prepares).

4. What workshops did you particular find useful and why?

The idea of perma-crisis – that there are phenomena that affect mental health on a global scale. This expanded my thoughts beyond personal, family and social effects on mental health.

Life-script writing – a very powerful exercise that brought a range of issues into stark focus.

5. What workshops did you not find useful and why?

Sadly, given my critical nature, I cannot remember anything that would fall into this category.

6. What personal challenges have emerged during the year / workshops?

My personal challenges have been:

- balancing the training with my work
- working with, formerly dormant, childhood trauma

7. What I need more of is?

Accurate sense of 'self' and my own abilities!

8. Please comment on your experience of the tutors in the following areas:

- a. Level of support and challenge
 - i. Plenty of challenge and support available. Perhaps I need to learn to ask for more support.
- b. Presence and availability
 - i. Good availability and presence, with very clear boundaries – that I take as an example of good boundary setting.
- c. Ability to facilitate your learning
 - i. This is working well.

9. Please give us your ideas and suggestions for improving this course

- a. On the website, where there are lots of useful articles to be read it would be really useful to have accurate citations for them. I often spend ages trying to find out where things have come from.