

Final Collation of MBCPM™ End of Course Evaluations

Facilitator(s) Name:	
Date of Course:	
Training:	MBCPM™ Patient Course
Site:	Online via Zoom
Number Scheduled to start the course:	
Number at the beginning of the course:	
Number consistently attending the course:	
Number doing the evaluation at the final session:	
Drop Out Rate:	0 = 0 % 0% of those beginning the training

		Strongly Disagree	Disagree	Undecided or Neutral	Agree	Strongly Agree	Did Not Answer
1.	I found these sessions to offer a positive learning experience	%	%	%	%	%	%
2.	The combination of presentation, small groups, discussion, and meditation was effective	%	%	%	%	%	%
3.	I found the guidelines for working together promoted open and honest communication in the sessions	%	%	%	%	%	%
4.	I felt comfortable participating and contributing	%	%	%	%	%	%
5.	My opinions were listened to and respected	%	%	%	%	%	%
6.	The sessions were successful in helping me manage my pain and/or emotional pain better	%	%	%	%	%	%
7.	The leader(s) and assistant(s) were courteous and helpful	%	%	%	%	%	%
8.	I found that the length of the course was appropriate	%	%	%	%	%	%
9.	The out of class work assignments/meditations helped my personal progress	%	%	%	%	%	%
10.	I found the resources and readings helpful	%	%	%	%	%	%
11.	I applied the learning from class to my own situation	%	%	%	%	%	%
12.	I am better able to connect pain with stressful events	%	%	%	%	%	%
13.	The process to sign up for the course is user friendly	%	%	%	%	%	%

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14.	I would recommend this course to others	%	%	%	%	%	%
15.	What are two things you have learned after participating in the Mindfulness course?						
	▪						
16.	What changes have you noticed in yourself as a result of participating in the Mindfulness course?						
	▪						
17	What suggestions could you offer for future Mindfulness groups?						
	▪						