

## CFM MSC Course Evaluation

### 1. Introduction

**We would be very grateful to you for taking a few moments to respond to these questions about your recent experience in the Mindful Self-Compassion (MSC) course you recently took.**

1. Who taught the class that you are evaluating today?

Teacher #1

Teacher #2 (if applicable)

2. On the scale below, please rate how satisfied you were with the MSC program.

Very Satisfied

Satisfied

Somewhat Satisfied

Dissatisfied

Very Dissatisfied

3. The following are the Mindful Self-Compassion program's learning objectives:

- Describe the theory and research supporting mindful self-compassion
- Apply self-compassion practices to motivate themselves with encouragement rather than self-criticism
- Assess difficult situations and emotions with greater moment-to-moment acceptance
- Apply self-compassion practices to respond to feelings of failure or inadequacy with self-kindness
- Transform difficult relationships, old and new, through self-validation
- Utilize the art of savoring and self-appreciation
- Apply core mindfulness and self-compassion practices into daily life
- Demonstrate simple self-compassion practices to patients, students, or clients

Please rate the extent to which you think each of the course objectives (summarized below) was achieved by the program.

	Completely	Mostly	Moderately	Somewhat	Not at all
Describe the theory and research	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apply self-compassion practices to motivate themselves	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assess difficult situations and emotions with greater moment-to-moment acceptance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apply self-compassion practices to respond to feelings of failure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Transform Difficult Relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Utilize the art of savoring and self-appreciation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apply core mindfulness and self-compassion practices into daily life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Demonstrate simple self-compassion practices to patients, students, or clients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. How would you rate your satisfaction with the Mindful Self-Compassion course content?

Very Satisfied      Satisfied      Somewhat Satisfied      Dissatisfied      Very Dissatisfied

                      

5. Please rate the difficulty of the material presented in the MSC course:

Too Easy      Easy      Fair      Difficult      Too Difficult

                      

6. How would you rate the responsiveness of the program to your special requests or questions?

Very Good       Good       Fair       Poor  
 Very Poor

7. Quality of the materials and readings provided

Very Satisfied      Satisfied      Somewhat Satisfied      Dissatisfied      Very Dissatisfied

                      

8. Extent to which the teacher(s) respected your personal privacy and willingness to participate in discussions.

Very Satisfied      Satisfied      Somewhat Satisfied      Dissatisfied      Very Dissatisfied

                      

9. How would you rate your mental and physical wellbeing now compared to when you started the program?

Much Improved       Mildly Improved       About the Same       Mildly Worse  
 Much Worse

10. On average, how much time did you spend each day during the class engaged in the formal and informal practice of Mindful Self-Compassion

<10 minutes       10-20 minutes       20-30 minutes       30-40 minutes  
 >40 minutes

11. Which of the Mindful Self-Compassion practices or exercises do you feel you are most likely to continue to use in the weeks and months ahead (feel free to list several)?

12. How likely are you to recommend the Mindful Self-Compassion program to others after having experienced it yourself?

Highly Likely      Likely      Unlikely      Highly Unlikely

13. How much did you learn as a result of this CE program?

- Great Deal       Good Deal       Adequate       Little  
 Very Little

14. How useful was the content of this CE program for your practice or other professional development?

- Not Useful At All     Not Useful       Somewhat Useful     Very Useful  
 Extremely Useful

## CFM MSC Course Evaluation

### 2. Regarding Your Mindful Self-Compassion Teacher Specifically

**The following questions are intended as feedback to the teachers. Please provide your impressions on the following dimensions:**

15. What was the name of your teacher? (If there were co-teachers, please list one here and then answer the same questions below for the other teacher.)

16. How satisfied were you with the teacher named above overall?

Very Satisfied      Satisfied      Somewhat Satisfied      Dissatisfied      Very Dissatisfied

                      

17. Pacing and organization of each session's content.

Very Effectively      Effectively      Somewhat Effectively      Poorly      Very Poorly

                      

18. Ability to relate to course participants, including yourself.

Very Effectively      Effectively      Somewhat Effectively      Poorly      Very Poorly

                      

19. Embodiment of mindfulness and compassion in teaching style.

Very Effectively      Effectively      Somewhat Effectively      Poorly      Very Poorly

                      

20. Guidance of meditations and class exercises.

Very Effectively      Effectively      Somewhat Effectively      Poorly      Very Poorly

21. Teaching through group discussion and the experience of participants.

Very Effectively	Effectively	Somewhat Effectively	Poorly	Very Poorly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

22. Maintaining a safe and effective learning environment.

Very Effectively	Effectively	Somewhat Effectively	Poorly	Very Poorly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. What was the name of the other co-teacher for your class? (If there was no co-teacher, then skip to Question #29)

24. How satisfied were you with the teacher named above overall?

Very Satisfied	Satisfied	Somewhat Satisfied	Dissatisfied	Very Dissatisfied
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25. Pacing and organization of each session's content.

Very Effectively	Effectively	Somewhat Effectively	Poorly	Very Poorly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. Ability to relate to course participants, including yourself.

Very Effectively	Effectively	Somewhat Effectively	Poorly	Very Poorly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27. Embodiment of mindfulness and compassion in teaching style.

Very Effectively	Effectively	Somewhat Effectively	Poorly	Very Poorly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. Guidance of meditations and class exercises.

Very Effectively	Effectively	Somewhat Effectively	Poorly	Very Poorly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

29. Teaching through group discussion and the experience of participants.

Very Effectively	Effectively	Somewhat Effectively	Poorly	Very Poorly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

30. Maintaining a safe and effective learning environment.

Very Effectively	Effectively	Somewhat Effectively	Poorly	Very Poorly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31. Please provide some specific feedback about the teacher(s) in your Mindful Self-Compassion course. What did you feel each did well, what would you like to see improved?

32. Satisfaction with the registration process and administration of the course:

Very Satisfied      Satisfied      Somewhat Satisfied      Dissatisfied      Very Dissatisfied

                      

Comments:

33. Please provide some specific feedback about the MSC Workbook.

Very Satisfied      Satisfied      Somewhat Satisfied      Dissatisfied      Very Dissatisfied

                      

Comments:

34. Please rate your satisfaction with the classroom and the facility overall.

Very Satisfied      Satisfied      Somewhat Satisfied      Dissatisfied      Very Dissatisfied

                      

Comments:

35. What suggestions would you offer for changing or improving this program?

36. If you are willing, please provide a short testimonial about your experience of the course that we can use publicly for promotion of the course. If you are willing to include your first name with this quote (and have it shared publicly on the website or in social media) please include it at the end of your comments.

37. If you would like to keep in touch and receive updates and notifications about upcoming events, including MSC post-graduate seminars and retreats, please enter your email below.

3. Thank You

**Thank you for taking the time to complete this survey so that we can learn from your experience to improve the Mindful Self-Compassion program. If you have any questions or concerns, please feel free to contact us via email or phone.**