

DIALECTIC BEHAVIOUR-THERAPY FEEDBACK ²⁰¹⁵ ~~2014~~

As part of our DBT program we are keen to get your feedback which we take seriously. This feedback helps us in planning and developing future programs. It is anonymous.

<i>Please Tick the box that best represents your response</i>					
	<i>Very helpful</i>	<i>Helpful</i>	<i>Neither helpful nor unhelpful</i>	<i>Unhelpful</i>	<i>Very Unhelpful</i>
How helpful has the DBT group program been in assisting you to move forward and live according to your preferred values?	<input checked="" type="checkbox"/>				
Comments:					
How helpful has the DBT group program been as a way of helping you to reduce harmful behaviours?		<input checked="" type="checkbox"/>			
Comments:					
What has been most useful or helpful about this program?					
Any comments about how the group was run?					
Any suggestions? <div style="text-align: center; font-size: 1.5em; font-family: cursive;">All good 😊</div>					

Thank you for taking the time to complete this feedback sheet.

2015

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	Very helpful	Helpful	Neither helpful nor unhelpful	Unhelpful	Very Unhelpful
How helpful has the DBT group program been in assisting you to move forward and live according to your preferred values?		☺			
Comments: I have found doing DBT helpful in the way I'd move forward in the way that I can think up more clear solutions to problems that are bothering/getting in the way or distracting me from living more peacefully or happy and with in reason of things I believe are un-reasonable.					
How helpful has the DBT group program been as a way of helping you to reduce harmful behaviours?			☺		
Comments: at times it has been very helpful as to using the distraction plans we learnt put in place before I act upon harm. But some times (not as much though) distraction techniques still get over ridden by emotions and small slip ups occur. The further through DBT I get the too longer in between episodes as I try to step, think what I want.					
What has been most useful or helpful about this program? learning new ways and of reasoning and thought process that I never considered to use or think about before something happens.					
Any comments about how the group was run? I feel the group was run pretty good. and everyone had good inputs for the rest of the group only bad thing I think is that not everyone shows up each time.					
Any suggestions? no all good. ☺					

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How helpful has the DBT group program been in assisting you to move forward and live according to your preferred values?			X		
Comments: For now its just been like things are either to much to work or not enough to use it. (some things I've already been using)					
How helpful has the DBT group program been as a way of helping you to reduce harmful behaviours?			X		
Comments: Same as above					
What has been most useful or helpful about this program? Learning new things specific to certain responses and having alot and variety of examples to try use.					
Any comments about how the group was run? It was good, still not a 'big' fan of group mindfulness (alot of anxiety towards that also)					
Any suggestions? Not that I can think of right now.					

Thank you for taking the time to complete this feedback sheet.