



Workshop Evaluation Summary

Domestic Violence Managing the Powerful Emotions of Guilt and Shame

Presenters: Irene Gaffney and Trevor Armitage

24th July 2015

Feedback from the end of course evaluation form

		Course feedback	Percentage
No. of participants		12	100%
Length in days		1	
No. of completed evaluations		12	100%
Expectation?	Yes	11	92%
	Partly	1	8%
	No	0	0%
Level of training	Too High	1	8%
	Just Right	11	92%
	Too Low	0	0%
Facilitators Attitude - Poor	1	0	0%
	2	0	0%
Okay	3	1	8%
	4	2	17%
Great	5	9	75%
Facilitators Knowledge - Poor	1	0	0%
	2	0	0%
Okay	3	0	0%
	4	2	17%
Great	5	10	83%
Way the workshop was run - Poor	1	0	0%
	2	0	0%
Okay	3	0	0%
	4	4	33%
Great	5	8	67%
Handouts	Not enough	0	0%
	Ok	6	50%
	very useful	6	50%

Key outcomes

- 92% of participants thought the workshop *achieved what they expected*.
- 92% of the participants thought the workshop was pitched at the right level.
- 92% of participants reported the facilitator's attitude was *very good to great*.
- 100% of participants reported the facilitator's knowledge of the subject was *very good to great*.
- 100% of participants reported the way the course was run was *very good to great*
- 100% of participants reported the handouts were either *OK or very useful*

Qualitative feedback

What topic/issue has been the most important for you?

- Learning how to engage around shame and guilt
- The opportunity to stop and reflect on the process of shame was priceless!
- Hearing about experiences of other participants
- Dealing with stuckness
- Differentiating between toxic and healthy shame
- Shame and guilt can be positive in group process
- Self-reflection: tools and approaches

What topic/ issue has been the least important for you?

- 12 x none

What impact will this training have on your work?

- Increased empathy and understanding of impact of shame and how it manifests itself
- Will definitely inform both group and individual work
- Much more knowledge and awareness
- Being more reflective and accepting of shame
- Being transparent with group processes
- Reinforced the appropriateness of my work
- Strategies, ideas and suggestions for dealing with situations in groups which involve guilt and shame
- Much reflection and insight into developing and improving group experiences and interactions
- Great ground for reflection to use and nourish my work

Any other comments about the training course

- Excellent presentation and facilitation of discussion. Very respectful of process.
- Would like even further theory on the social construction of shame
- Very rewarding
- Great, thank you
- Excellent.