



## EVALUATION

### Part 4: What Is Cognitive-Behavioral Therapy?

A licensed clinical social worker describes how cognitive-behavioral therapy effectively treats anxiety.

Location of viewing: City \_\_\_\_\_ State \_\_\_\_\_

Date of viewing: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

#### ***Has this video helped you ...***

- Identify some common symptoms of anxiety disorders? Yes\_\_\_ No\_\_\_ Maybe\_\_\_
- Learn how cognitive-behavioral therapy effectively treats anxiety? Yes\_\_\_ No\_\_\_ Maybe\_\_\_
- Discover four elements of CBT treatment? Yes\_\_\_ No\_\_\_ Maybe\_\_\_

What did you find least valuable about the video? \_\_\_\_\_

Other comments: \_\_\_\_\_

Would you be interested in getting further training to treat anxiety disorders? Yes\_\_\_ No\_\_\_

May we contact you about professional development and CE/CME? Yes\_\_\_ No\_\_\_

Your name \_\_\_\_\_ E-mail \_\_\_\_\_

[Submit this evaluation form.](#) ***Here's how:***

1. Save it to your computer.
2. Type in all the highlighted fields.
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*Thank you for your time and assistance in evaluating this video.*