



## EVALUATION

### Part 6: Complementary Approaches

How complementary approaches to treating anxiety can be effective, including family therapy, mindfulness (acceptance), exercise, yoga, and breathing.

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

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

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

- Learn about complementary approaches to treating anxiety? Yes\_\_\_ No\_\_\_  
Maybe\_\_\_
- Identify the one aspect of complementary treatment the narrator feels is a "must"?  
Yes\_\_\_ No\_\_\_ Maybe\_\_\_
- Discover how family involvement can affect anxiety and its treatment? Yes\_\_\_ No\_\_\_  
Maybe\_\_\_
- Learn where to find more information about anxiety disorders? Yes\_\_\_ No\_\_\_  
Maybe\_\_\_
- Develop an interest in learning how to further treat anxiety disorders? 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.
3. Send it as an [e-mail attachment](#).

*Thank you for your time and assistance in evaluating this video.*