



## EVALUATION

### Part 5: Implementing Cognitive-Behavioral Therapy

Details about how to implement cognitive-behavioral therapy in treating anxiety, specifically using exposure and response prevention, cognitive restructuring, behavioral experiments (exposure to anxiety triggers)

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

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

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

- Learn details about exposure and response prevention? Yes\_\_\_ No\_\_\_ Maybe\_\_\_
- Find out the difference between using CBT for anxiety and other disorders? Yes\_\_\_ No\_\_\_ Maybe\_\_\_
- Identify the skills a patient should gain from effective CBT? 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.*