

**NHS CENTRE FOR INTEGRATIVE CARE**  
**WEL: WELLNESS ENHANCEMENT LEARNING**  
**PROGRAMME**

**DAY 4 : 21/10/10 – 18 returned forms**

	POOR	ADEQUATE	GOOD	EXCELLENT	OUTSTANDING
TODAY'S SESSION			1	9	8
THE WHOLE PROGRAMME SO FAR			2 (12%)	5 (29%)	10 (59%)

**TODAY'S SESSION GENERAL COMMENTS:**

- I feel liberated that I don't have to be locked in my thoughts or my story. Life should be lived in this moment
- Not long enough. The four weeks went in so quickly
- As always – great
- Very engaging
- Excellent as usual
- Fascinating – life changing
- Look forward to exploring more of Byron Katie's "The Work"
- As always challenging and interesting
- The Work was a delightful method of tackling my wandering mind. Wonderful session
- Inspiring and entertaining as before
- Enjoyed session very much. Found it both encouraging and enlightening. There's hope for me yet!
- Very enlightening
- Very intuitive and enlightening. As was the whole course
- Really stimulating and thought provoking session
- The group appears to have moved forward together

**THE WHOLE COURSE GENERAL COMMENTS:**

- Excellent course – back-up material excellent
- Wonderfully enlightening. Have already made changes and those changes have made me feel so much better
- Excellent
- Very privileged to have taken part. It will make a difference to my life and only yet confirm what I believe to be true but needed it "spelled out" to me!
- I have worried that my thoughts are very repetitive and predictable. Like a hamster on a wheel at times. Is easy enough to step off the wheel. I will continue to step off and look around. The course has helped to open a door for me. I totally get the message. Very liberating. Thank you.
- Very accessible, engaged, entertaining and informative
- I've thoroughly enjoyed the whole course – feeling some benefit already
- Fantastic, will be great to see it rolled out into community in a mindful way
- Very very good. Everybody should do this!

- Thoroughly enlightening course into how much control the mind has over the body. The DVDs and CD are very useful tools
- Very helpful in general terms, though not as practical or specific as I expected
- Thank you for helping me to look at myself in a different way – a healthier way
- DVDs should be shown at all schools and Dr Reilly should be on TV giving advice. Great guy!
- I think something ongoing where we can catch up, exchange views and experiences and find out about new research and development
- A valuable experience with lots of thought to take away and develop/practice