

**NHS CENTRE FOR INTEGRATIVE CARE**  
**GEN WELLNESS ENHANCEMENT PROGRAMME DAY 4**  
**9<sup>th</sup> February 2012 n=21**

PROGRAMME OVERALL	POOR	ADEQUATE	GOOD	EXCELLENT 10= (48%)	OUTSTANDING 11= (52%)
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**OVERALL COMMENTS**

**100%= Excellent or Outstanding**

- What I learned today will help me not to be guilty about how I feel.  
Or how someone else feels or thinks. I'm sure I will still feel frustrated but maybe I will stop and think.
- Really happy to have done this. If the course was starting again next week I would want to come again. We need more of this in society. It would do us all good.
- Excellent. I do really need a 1 – 1 to discuss diet etc. I have lots of useful information but need diet and menu examples. It's all a bit complicated
- For me the practical examples were very helpful i.e. have you ever thought? Done this? To appreciate and understand my own behaviors. Have made huge leap in accepting my current situation and able to look forward to a (different) future.
- Consider changing the structure for people who have chronic illness from 7 weeks x 3 ½ hours - to 10 weeks 2 ½ hours. The 3 ½ hour session is rather long and tiring for those with chronic illness.
- Different ways of looking at things – compassion etc. fantastic 4 sessions.
- I would like to do the course again because I found I did not grasp all that was said. However another way of looking at it or I feel I am writing what I want to say wrongly. I would just like to sit in to listen. Maybe I am worried I will not be able to recognize how my thoughts affect me and I need reassurance that I am doing thought process successfully because I want to change.
- A fantastic course which I do feel truly blessed to have been part of. It has reinforced a lot of work I already do with myself and clients, but it has also made me look at even much of that with new eyes. It has also touched on many new techniques which I am finding very useful. Amazing and thank you.
- I am sure I will 'think' more or rather question my thinking more.
- Many thanks to all who allowed me to come on this course – it will change my life.
- Don't know how I would have managed without it.
- New ways of thinking, concentrating on the 'I' the ego. Very 'brain' stimulating.
- Very worthwhile. My hope has increased. I have more information, skills and technique to work with. I like that the whole person is taken into account.
- An amazing journey full of practical ways of managing illness/relationship to it and to others. Very grateful for being able to participate especially helpful nutrition and turnaround sessions.
- Enjoyed the course very intense for me.
- Felt that one to one part at the end of the session was quite boring as in general the person is very outspoken.