What did you dislike? What could be improved?

Nothing - I always look forward to being a part of the personal work.

I wish to learn more about the technique used in today's session. Cognitive Exposure.

No dislikes

Nothing!

Brought up fears about my practice. Scary to think about losing my business/clients. Also watching David and Jill made me feel insecure about my TEAM skills

Hard as I try, I can't think of a thing.

What did you like the best? What was the most helpful part?

The clarification when trying to figure out conceptualization and miracle question was very important. I wish we could dissect that in slow motion!

I was so moved by Elizabeth's openness and vulnerability. It was incredible to see which points shifted the work, for example when Jill checked in on the empathy skills and realized the I statements were missed, this allowed her to uncover the feelings of shame and changed emotion in the room, it opened up to deeper levels of sharing which lead me to feel closer to Elizabeth as well a closer connection between the trainers and the patient.

Also, when David walked Elizabeth through the exposure, the work was so alive. I have not been trained on prolonged exposure so it was magical just watching these methods being implemented and their impact, watching the fears melt away was magnificent.

I loved Elizabeth's journey, vulnerability and sharing herself with our group. What a treat to see David/Jill work with her resistance, modeling positive reframe (modeling being ok with making a mistake and skipping reframe initially), being "curious" with empathy (Jill's great question of "are you saying your anger isn't towards the world, it sounds like it may be towards self. I'm just guessing here." Explain the distortions, Miracle Cure Question, honing in on inquiry at the right time, using "I feel/stroking" after getting the B+/A- (and without missing a beat or

getting defensive), cognitive exposure and sprinkled humor and laughter throughout. What a great evening for me.

The honesty and depth of Elizabeth's exploration into her experience. Her willingness to be vulnerable. The skill of Jill and David. The sense of trust, closeness, admiration and focus on learning among us all.

It was amazing to see how the cognitive flooding worked and see Elizabeth's mindset shift about what she was initially afraid of.

I liked Elizabeth's personal strength and the example she provided! It was awesome to see the entire TEAM therapy process in 2 hours. It was also wonderful to see the immense change that happened before and after positive reframing. The cognitive exposure example was powerful and super helpful to see. I like how Jill added in the What-If technique with it. It seemed to get to the core of the worst fear much faster.

Personal work is always so rewarding. To see the vulnerability and relief in one session is beautiful.

I think this was one of my favorite sessions ever. Elizabeth was awesome and very real. I related to her experience and the topic. I really liked that you did the exposure exercise live and I was thrilled when Elizabeth wanted to do exposure. I'm starting to use exposure with clients so was grateful to see it being done with David and Jill. I would love to see more sessions and more examples of exposure

It was great to see how to apply the TEAM and be open and flexible depending on the client. Our volunteer was able to recognize what her priorities and values are in life. It was incredible to witness the shift from "want to learn how to say no" to embracing what she is doing.

Enjoyed watching the process for the "client" and how her mood shifted throughout the session

Observing how to execute cognitive exposure was awesome. It was also interesting to see how just using empathy is not always "enough" during the Empathy phase--it's much more powerful to incorporate all 5 secrets. I appreciated Elizabeth's vulnerability and honesty as she shared a struggle of hers that is very relatable.

I loved watching the masterful work of David and Jill. It was great to see the cognitive exposure results that brought Elizabeth to laugh at the absurdity of her anxiety. Elizabeth was gracious and I appreciate her

letting us in to her live and her past. I feel so much closer to you Elisabeth and admire you and your journey.

The most helpful was observing how the lack of all 5 secrets can be the reason the client is not feeling 100% connected.

Feel incredibly grateful that the participant was so vulnerable and shared herself with the team in this way. I was touched as a human and very much related to what she shared so on a personal level helpful and also helpful for my clinical work.

The openness of the group. David and Jill making the empathy "error" and forgetting positive reframing. I had to back track with a client last week because I forgot PR too. Made me feel human and not alone.

Elizabeth's vulnerability and realizations were very beautiful.

I liked when Jill noticed why she and David were not getting a strong A with empathy because they had not shared their feelings or stroked her enough. That was humble and insightful, and changing that was a turning point for Elizabeth. I liked Jill's walking Elizabeth through the Cognitive Exposure.

The demonstration of cognitive flooding was incredible and so beneficial to witness. I liked how David and Jill had their own styles and were able to so beautiful acknowledge their mistakes and adjust based on what Elizabeth needed in the moment.

I liked everything about class tonight. It was very touching and beautiful.

The exposure exercise done by Jill was amazing.

The process of exposure therapy. Was very well done by Jill and David, so skillful. The empathy was incredible and the compassion from David is always so heartfelt and genuine

I appreciated being privy to something personal by someone I like and look up to. I felt a lot in common with Elizabeth and drew comfort from hearing work on a problem that resonated with me.

I enjoyed the modeling and use of the cognitive exposure method

Experiencing how both David and Jill sensed the energy/flow of where Elizabeth needed/wanted to go and honored and respected that.

Was very helpful to go through the entire TEAM CBT process with Elizabeth.

I loved how they weren't getting the empathy right but then fixed it so got an A that was cool to see.

Fantastic learning experience. So important to see how critical both empathy and agenda setting was to create meaningful change. Loved seeing the live exposure!

I like the new technique Cognitive Exposure. It is very interested and helpful.

I found tonight's session particularly helpful because it was very orderly and easy to follow and thus excellent for taking in the progression of the agenda and the execution of the methods.

There were also numerous teaching moments and examples along the way, such as "how am I doing," bringing forth critical information, and info about exposure, and homework ideas. The patient was so wonderfully unveiled that the progress was fast and visible. And as usual, the humor and lightness was great. All in all: an ideal session.

Jill's insights around ongoing HW for exposure were very insightful

The beauty of TEAM-CBT!!!

What did you learn?

That TEAM can be miraculous. Very inspiring!