



Dismantling the Stigma of Depression:

A faith-based workshop for those impacted by depression

First Presbyterian Church, Bethlehem
October 20th, 2012

Please take a minute to give us feedback on your experience today. Feel free to write on the back.

Attendance = 115 Surveys Completed = 44

Note – only included were comments on Dr. Benzio's Keynote presentation and not the others.

1. Did today's workshop meet your expectations? YES = 39 SOMEWHAT = 5 NO = 0

Please elaborate:

- I learned a bit about how to live with someone who has depression
- Knew most info, review helpful.
- Did not expect the high level of detail and the great attendance. Did not realize the great need for help like this.
- Far beyond my expectations, excellent presentation
- Informative beyond expectations.
- Speakers were awesome, Dr. Benzio exceptional.
- Presenters were all excellent.
- Realize I need a strategy and make Godly decisions, not trust my emotions.
- Very good presentations-varied topics
- Dr. Benzio was very interesting.
- Consideration of spiritual side usually neglected in conventional psychiatric approaches
- Dr. Benzio really worked in my very inside and I believe God is using him for my help.
- Dr. Benzio-excellent!
- Informative, confirming.
- Very informative.
- Variety of presenters and topics in regard to age groups.
- Excellent overview.
- Thorough, comprehensive, breakfast, resources-all around well done.
- I was not sure if it would have been geared for practitioners rather than some solid information for all.
- Lots of resources provided.
- I found addressing depression in the form of fellowship and workshop very interesting.
- Dr. Benzio offered fresh and meaningful insight, appreciated his teaching on decision making
- Could have had 2 hours for Dr. Benzio's presentation to fully explain

2. What was most helpful/enjoyable for you today?

- Opportunity to come together to discuss depression
- Dr. Benzio's talk, SPEARS process.
- "Circumstances that are unexpected or unwanted may be a gift."
- "Your foundation needs to be built on hope."
- Dr. Benzio's presentation connecting mind, body spirit and biblical principles of decision making.
- Dr. Benzio-presentation was great.
- Everything and the cushioned chairs.
- Christian oriented, tasty breakfast, holistic approach to dealing with depression and receiving hope for myself.

- Dr. Benzio-many points regarding emotions-not making decisions when emotional response high, Spears worksheet very good.
- Practical recommendations, description of how mind, body, spirit work together
- Dr. Benzio's teaching,
- Dr. Benzio's presentation
- Personal reflection and hope for the future; support references available.
- Brain scans, triune person(mind, body, spirit)
- All helpful Good time choice-Sat. am.
- Dr. Benzio's talk
- Dr. Benzio.
- Dr. Benzio's presentation was excellent and very thorough and engaging. He was able to combine the theories of science with the truth of the Bible and biblical foundations. His thoughts on decision-making were or can be life changing.
- Dr. Benzio's presentation, especially the emphasis on decision making.
- First Class presentation.
Clever use of images in power point presentations
- Comprehensive perspective, hearing from a psychiatrist, as well as the mind/body/spirit approach to different populations.
- Dr. Benzio-reality of how your brain is so easily directed by thoughts, etc.
- The Resources provided.
- Great job, speakers were well organized, abundant resources
- Learning more.
- Dr. Benzio, (repeated a number of times)
- Hearing success testimonials
- Coming together with church members to discuss a very debilitating illness felt very supportive.
- Handouts, information to review and expand knowledge after session
- It is positive when a stigma is opened up to society.