



THE  
MINISTRY OF  
PARENTING



Families Learning  
about *Self Harm*

## **TRAINING EVALUATION REPORT**

**Trainers:** Debbi Barnes Jeannie Gordon

**Venue:** Children's Society Chelmsford

**Dates of training:** 28<sup>th</sup> January 2025

**Number of Trainees:** 4

### **FLASH (Families Learning About Self-Harm) Training feedback.**

This 1-day training course is for professionals who have completed the 3-day SHARPS training. The FLASH training is for multi-disciplinary practitioners working with parents of children aged 11-17 years who are showing signs, or behaviours of self-harming. FLASH is a ten-week parent group programme for parents of young people who are exhibiting self-harming behaviour, with those behaviour's impacting upon the family system. The FLASH programme also has protocols for delivering the programme online and for parents with young people with ASD who are self-harming.

4 trainees completed the 1-day FLASH training and completed the online training evaluation feedback forms in full.

### **Overall training (1 day) N= 4**

#### **How useful was the training for you?**

- 100 % said All of the training was useful.

#### **Did you find the training enjoyable?**

- 100 % said All of the training was enjoyable.

#### **How long before you will be using this content of the training in your practice?**

- *Forever*
- *To start to deliver as soon as possible, as long as projects of family support is funded.*
- *Whenever needed*
- *During parent/family groups*

#### **What part of the training did you get the most from?**

- *Recap of Sharps. The manual is brilliant*
- *Gaining an understanding of how all the implements join together and supporting discussions.*
- *Brilliant training delivered professionally*
- *Taking part in exercises/practicing*

#### **How would you describe the teaching style?**

- *Professional and informative*
- *Supportive and informative*
- *Interactive /visual*

- *Professional, informative and fun*

**Is there anything that can be done to improve the training?**

- *No*
- *No, it was great brining and trying the sessions within the training.*
- *Nope*
- *No, it was all great*

**Any other comments?**

- *Thank you*
- *Thank you, it's been a very formative and enjoyable training.*
- *Thanks for day and expertise*
- *Thank you, Jeannie and Debbi. You are both amazing trainers with a really good energy. I did the FLASH training after the 3-day SHARPS training and overall, this is the best training I have attended*

**Group Photo**



For more information, please contact [adminstartion@theministryofparenting.com](mailto:adminstartion@theministryofparenting.com)