



THE
MINISTRY OF
PARENTING



Families Learning
about *Self Harm*

TRAINING EVALUATION REPORT

Trainers: Jeannie Gordon and Debbi Barnes

Train the Trainers: Jacy Thomas

Venue: Colchester.

Dates of training: 17th, 18th & 19th April 2023

Training commissioning service: HCRG Care
Group

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

This FLASH was delivered as a 3-day training. The 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 (aged 11-17 years) who are exhibiting self-harming behaviour, with those behaviour's impacting on the whole family.

14 trainees completed the 3-day FLASH training and completed the online training evaluation feedback forms in full.

Overall training

How useful was the training for you?

Neutral/unsure	Somewhat	Most of it was useful	All of it was very useful
			14 (100%)

Did you find the training enjoyable?

Neutral/unsure	Somewhat	Most of it was enjoyable	All of it was enjoyable
		1	13

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

- Always
- Forever, it is invaluable in both work and personal life.
- Hopefully regularly delivering the programme
- "Will be using the information and learning gained every day in my work. Will be delivering the flash programme".
- For as long as I work in children
- For as long as I can
- As long as I'm working with CYP.
- Throughout the lifetime of my practice
- All the time - it has offered so many tips that I will transfer to all areas of practice!
- As long as I work with children and YP.
- Hopefully all the time, when running groups
- As long as I am working with children and young people.
- What part of the training did you get the most from?
- Forever personally and professionally

- I will use the training content whenever I am facilitating a FLASH group. However, the new knowledge and insights I have gained whilst on this training means I can strive to better understand YP that self-harm but also perhaps their parents/ carers too. This will permeate through all areas of my clinical practice whether that is in assessments, in group work or individual sessions.

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

- "Understanding what self-harm is. How to support parents with their own self-care"
- The need to make it as light-hearted as possible when you can.
- Very hard to pinpoint, lots of learning and thoroughly enjoyed the activities, very eye opening. Brain development session useful, parenting styles too.
- Learnt so much that will benefit and develop my own work and also having a teenager myself will develop my personal relationships.
- The practical parts where we were able to take part as parents. I enjoyed the communication activities and the praise sessions the most useful.
- "Thinking from the point of a parent, the exercises/practical's"
- I got the most from the donut activity as it was the first time someone has explained the impulse in such a clear and helpful way. I also found the interactive activities really helpful as it allowed us to experience them as the parents would.
- Parenting Styles, Communication, and the Donut exercise. It being experiential and being in the position of the parents doing the exercises we are going to ask them to do.
- "Brain Development, Communication Activity (Brains, Hands, Eyes)"
- I got the most from day 2 of the training and all the interactive exercises.
- Learning about the brain, actually what is self-harm and how it's not easy to define this. Putting myself in place of the parent and how they would be feeling.
- "The practical and interactive were most beneficial for my style of learning. The donut activity stood out and the skills practice with managing difficult situations".
- All of it - from what is self-harm, communication, parenting style and traits, praise, self-care, I-statements (still rolling around in my head)
- I really enjoyed experiencing the activities the parents would be participating in. It made me reflect on my own parenting not just on my clinical practice, for example what is my own parenting style or why would a parent choose to have a different style?

How would you describe the teaching style?

- Interactive, energetic
- Fun, bubbly, energetic, informative
- Interactive, thoughtful, compassionate, safe
- Amazing, such a great team

- Mixture of teaching, practical, visual, and listening
- Fun and practical
- Interactive and fun! But also, very clear and on topic.
- Passionate, clear, empathetic, engaging. Amazingly experienced. A+
- "Interactive, Funny, Full of Content, Informative"
- Excellent. I really enjoyed the interactive style of the teaching.
- "Amazing, it involved getting up and moving, encouraging, fun at times but to the point when needed. I really liked the prizes and how it uplifted you. I liked how Jackie made her session fun and relatable, she was relaxed and gave you encouragement".
- Amazing!!! Most definitely the best course I have been on. Nothing worse than being stuck in your seat watching a PowerPoint.
- Excellent - best I have experienced in 25 years - you cover everything and best of all make the information stick, you don't shy away from a challenge (challenged me to develop me).
- So kind, thoughtful, great energy and banter - making a difficult subject easy. Thank you for the lifting the energy when it got tough - incredible. You guys are in my head. I will take your style in to my own work. Its not about hammering lots of information – It's getting the right information to stick. Why didn't anyone else think of this? Lol!
- A variety of teaching styles were used to deliver the training. There were visuals, which were really helpful when describing the development of different areas of the brain or to demonstrate differing parenting styles. I would describe the teaching as informative, visual, collaborative, experiential and reflective.

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

- Nothing x 4
- I really don't think so. The activities were explained, there were lots of breaks, opportunities to ask questions and feel heard.
- Nothing comes to mind - not just saying it a very high standard of training going away feeling confident.
- Shorter days and spread out of more days - a lot of information all in one go.
- I would like to see more example of sessions facilitated as if it was too parents, almost like removing the middleman, so I can almost experience some shadowing, but not all, I can see how it is also useful to facilitate to us as professionals/to be facilitators.
- Cannot go think at this time.
- "I don't think so - it was so fab! Thank you all :)"
- With the daily feedback I feel it would be useful to get feedback in the end of the morning and the end of the afternoon. As it was hard to remember everything on the spot

- No
- I don't think so.
- An extra day on ASD would be amazing. Though I can hand in my heart say - no - nothing! You really have it covered and should be so proud of yourselves for doing such great work and sharing your pearls with so many.

Any other comments?

- The regular breaks were really nice.
- "Well done and thank you. One of the best training courses I have done. Thank you, Jacky. I think your style is brilliant".
- Thank you so much, loved the training a lot, one of the best trainings I have attended in a long time! Felt very heard, safe space and protective for a difficult topic, made me think a lot!
- Amazing to work with Jeannie and Debbi, both full of knowledge and skills. Enjoyed session and have enjoyed getting to know other team members.
- None, you are wonderful :)
- I feel like I got so much out of this training that I can use throughout my practice! Thank you to you all.
- I really enjoyed Jackie's input too. Different but also very good
- I have thoroughly enjoyed my training - it was so well delivered, and I learnt so much!
- Thank you so much for the training it was great.
- I like the dynamic of facilitators, and liked how they encouraged you to make flash your own but reiterated that you must stick to the model.
- Thank you so much, I really feel like I've gained so much from attending thus group.
- Just a big fat thank you. Your work as instantly benefitted me personally & professionally. I am so much more equipped:}
- Thank you for another brilliant training, Jeannie, and Debbi! I am always excited when I hear I am on a Ministry of Parenting training course, it is rather like being on a roller-coaster and you never quite know what is coming next.

Group Photo



For more information, please contact adminstartion@theministryofparenting.com