



THE
MINISTRY OF
PARENTING



Families Learning
about *Self Harm*

TRAINING EVALUATION REPORT

Trainers: Debbi Barnes and Shelly Steel

Venue: Colchester.

Dates of training: 23rd, 24th & 25th April 2023

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.

13 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
			13 (100%)

Did you find the training enjoyable?

Neutral/unsure	Somewhat	Most of it was enjoyable	All of it was enjoyable
		1	12

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

- We will be starting in May and using for as long as we have funding!
- We will be running 2 x flash groups a year.
- We will be running two flash groups a year.
- Always
- For the duration of my role
- The plan is to run a FLASH group September 2023
- As part of the Changing our direction in Wakefield and will be ongoing with funding
- For years
- KIDS are hoping to be able to commission new services to deliver FLASH with an initial 1-year proof of concept and a view to further joint commissioning to continue delivering the service.
- As long as we are able.
- As long as I can
- For the duration of my career
- For the duration of the course, I will be presenting.

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

- Seeing how it all fits together - where the trainers kept referring back to bits we'd done in previous sessions.
- Role play of parent style and how child feels.
- All of it!!! Day two was very impactful!
- All of it
- I have learnt so much from each session. I found the last session with role play very powerful.
- Skills based activity particularly the one with parent, child and observer.
- Role play parenting styles and I statements.
- All of it
- Identifying parent types
- Teen brain, Type of parenting, Fisherman/keep net.
- The skills in practice being a helicopter parent.
- The training course was well thought out and facilitators were fabulous, and all the staff information was delivered to match my learning style.
- Group activities.

How would you describe the teaching style?

- Plenty of opportunity for dialogue and discussion.
- Very personable. Good to hear case studies and stories.
- Very personalised to meet all the learning styles of the students.
- Excellent and amazing
- Very engaging and interactive
- Experiential, Accessible, Thought provoking, Real experiences.
- Fantastic!
- Amazing
- Flexible, but to the point
- Informative and fun
- Very informative and interactive
- The teaching style matched my learning style which enabled me to engage, understand and process all the materials. The teaching was 100% all day for the duration of the training and Debbie and Shelley are a fabulous duo.
- Informative professional fun.

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

- No x 2.
- Regular movement time - from someone who struggles to sit still for longer than 5mins at a time!!

- Covering session 4-6 in day 2 is heavy and tiring, maybe split session to do more in day 1.
- Day 1 introduction bits could be cut down and more of day 2 content to be included in day 1, as day 2 was too much info in one go.
- No keep doing what you do, it is fabulous and thank you.
- No, I have loved it all. The ladies were so personable and engaging.
- Greater use of inclusive language, such as they, same sex parents and greater reference to families that may not be mum and dad, honestly this is the only thing I could think of :)
- More on SEND and ASD.
- I would be interested to explore an adaptation or branch of FLASH with SEND.
- Training was perfect but would like a Team catch up to see how the rest of the trainees are doing.
- Would have liked to make notes on the manual.
- Absolutely not. Do not change a single thing.

Any other comments?

- This was a fantastic training course. I have learned so much about not only self-harm and supporting families, but I feel like I have seen a wonderful example of how to facilitate a group. Thank you so much.
- Really enjoyed the course, lovely little personal touches. Lunch was lovely every day.
- I've bloody loved it! One thing I have mainly taken away is that you don't have to have all the answers, the responsibility lies with the parents to make their own choices.
- This training was amazing and there has been highs and lows with the expectations of the work we have covered. Thank you to both Debbie and Shelly for the fantastic support and encouragement that they have given to us all. Best training, I have attended in some time. Thank you and keep doing what you do best and teach others to be as passionate as you are about the FLASH training. Thank you will never be enough.
- I'm so thankful for all that you have taught us the past 3 days, you have made each day so enjoyable but educational at the same time .
- Best training, I have attended in a long time. Really resonated. So real, informative, I feel skilled up to deliver FLASH, apprehensive but excited at now being able to offer the opportunity within CARA.
- Thank you for a wonderful course.
- Really enjoyed it.
- Excellent session - I am totally humbled, emotionally drained, and full up with information. Most of all, however, I am motivated.

- Lovely group of people that will make fab Flashers, very approachable and knowledgeable trainers and lots of great advice given in regard to running a FLASH group.
- I want to thank both trainers Debbi and Shelly as they were wonderful trainers and delivered all the areas very sensitively. Brilliant training.
- Enjoyed this very much and had eyes opened.
- Wow.... Everything about this training course has been well thought out from the resources used, delivery, lunch and the treats and fidgets' toys given out throughout the day. Thank you so much.

Group Photo



For more information, please contact adminstartion@theministryofparenting.com