



THE
MINISTRY OF
PARENTING



Families Learning
about *Self Harm*

TRAINING EVALUATION REPORT

Trainers: Debbi Barnes & Jeannie Gordon

Trainer in Training: Jacy Thomas

Venue: Colchester, Essex

Dates of training: 19th 20th & 21st January 2026

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

FLASH stands for Families Learning about Self-Harm. The FLASH training is delivered over 3 days to 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.

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

Overall training N= 12

How useful was the training for you?

- 11 answered ALL of the training was useful
- 1 answered most of the training was useful

Did you find the training enjoyable?

- 9 answered all was enjoyable.
- 3 answered most of it was enjoyable.

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

- *Developing and delivering groups with parents and also advising parents*
- *throughout my career but also in my personal life if I am lucky enough to be a parent*
- *My whole career*
- *It will be an ongoing service that I hope to implement with no end date*
- *For as long as I work with family*
- *I hope I will be using this for the rest of my time in my career, either delivering the group or using the information to guide conversations and risk assessments. I also hope that I will retain strategies such as listening and praise to practice when I am one day a parent.*
- *Forever where applicable! I hope to run FLASH with my service as soon as possible*
- *I am unsure what this question wants to know.*
- *As long as possible*

- *Service wise unsure of the direct duration. But can see lots of elements proving applicable in-service delivery and practice.*
- *My first group starts in March and will be rolling all year*
- *A long time*

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

- *The feedback that people look for when they self-harm*
- *The group activities are really helpful to understand from a parent's perspective*
- *The self-harm, types of self-harm*
- *How interactive it was, in a gentle way and ensuring relationships formed before certain tasks were introduced*
- *Activities and engaging with others*
- *I found all the activities on listening skills (donuts and person 1/2 tasks) very interesting and useful!*
- *It's really difficult to decide, the role play was so impactful and I'm really glad we were encouraged to push out of our comfort zones to do this, to step into parents and young people's shoes and feel the difference in the impact of responses to self-harm was really incredible.*
- *I took the most from the listening challenges and also the parenting styles.*
- *The trainers and their experience and stories.*
- *I got the most from day 3, session 7 & 8.*
- *To ask for what was the feeling a young person wanted from the self-harm personally and the confidence it has given me as well as the knowledge to better work with parents around self-harm*
- *Interactive sessions. Modelling the "I " statements in groups. Praise session. Explaining the cycle to the parents*

How would you describe the teaching style?

- *Interactive*
- *Brilliant - all 3 trainers that delivered were amazing*
- *Enjoyed the teaching style.*
- *Inspiring!*
- *Encouraging, friendly, funny, knowledgeable, had healthy. boundaries*
- *Fantastic! Very engaging and brought lots of humour to what can be a very challenging topic.*
- *Accessible, expressive, so engaging, confident and warm. The team all made it such a safe space to explore ideas, there was a great blend and balance of talking through the manual with practical activities.*
- *Interactive and engaging and fun.*
- *Approachable, relatable, informative and to the point. I liked that the trainers were themselves and the humour (which is needed) that naturally occurred.*

- *A combination of task related activities instructed and facilitated, as if a parent taking part in the programme.*
- *Open honest challenging at times when required and fun!*
- *Interactive. Proactive. Keep us on our toes*

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

- *No x 3*
- *Nothing*
- *Not from my initial reactions no*
- *Less travel*
- *Honestly nothing that I can think of! I've loved every aspect of it*
- *Personally, I've loved how FLASH has been presented and cannot think of anything that would improve the experience for myself.*
- *I genuinely do not feel there is anything I would like the trainers to do different.*
- *Integrated Neurodivergent content/delivery.*
- *No nothing at all it was one of the best trainings I have ever done!*
- *Can't think of anything, even the lunch was perfect and the break well timed.*

Any other comments?

- *I feel like I have confidence to run Flash groups*
- *Thank you for an informative 3 days :)*
- *Jacy was really good I liked the way she delivered it*
- *Fantastic training, empowering*
- *I am grateful I was offered this opportunity*
- *Such an amazing training opportunity and I look forward to the opportunity to be able to run a group*
- *I'd really like to thank Jeannie, Debbie and Jacy for the past three days. We work so closely with families however do find that we can focus more on the young people and what we can do for them, this was a great reminder of how important it is to empower parents with what they can do in such a compassionate way, and I feel excited about running a group. This has inspired and lit more of a fire in me than any training I've done for a very long time. Being able to experience tasks as a parent would is very refreshing. It's filled my cup to be around people so passionate and positive about what they do in an industry that is usually burnt out, and I think that this energy will carry through into groups I help facilitate and hopefully instil that hope back into parents who so often feel hopeless.*
- *The hard work and dedication put into this by the team is so clear and so uplifting. Incredible work and people, thank you so much!*
- *All the trainers are fabulous, welcoming, and a walking wealth of valuable knowledge.*

- *Really useful content and information and skills giving to be able to deliver the workshop to a group of parents. Thank you for having us again and making us feel welcome. Was great to meet Jacy and see her excellent delivery. (Even if she interrupted me and made me forget my Lego instruction! (Twice!!))*
- *I loved it. It was delivered in such a way that it gave me confidence in putting this into place with a clear safety net of contacts if I need them.*
- *I found the trainers had a good understanding of group dynamics, showed empathy and compassion through modelling! Lovely group of trainers. It was 3 lovely days with wonderful clinicians and trainer.*

Group Photo



For more information, please contact adminstartion@theministryofparenting.com