



THE
MINISTRY OF
PARENTING



Families Learning
about *Self Harm*

TRAINING EVALUATION REPORT

Trainers: Jeannie Gordon and Debbi Barnes

Venue: Colchester.

Dates of training: 20th and 27th January and 2nd February 2022

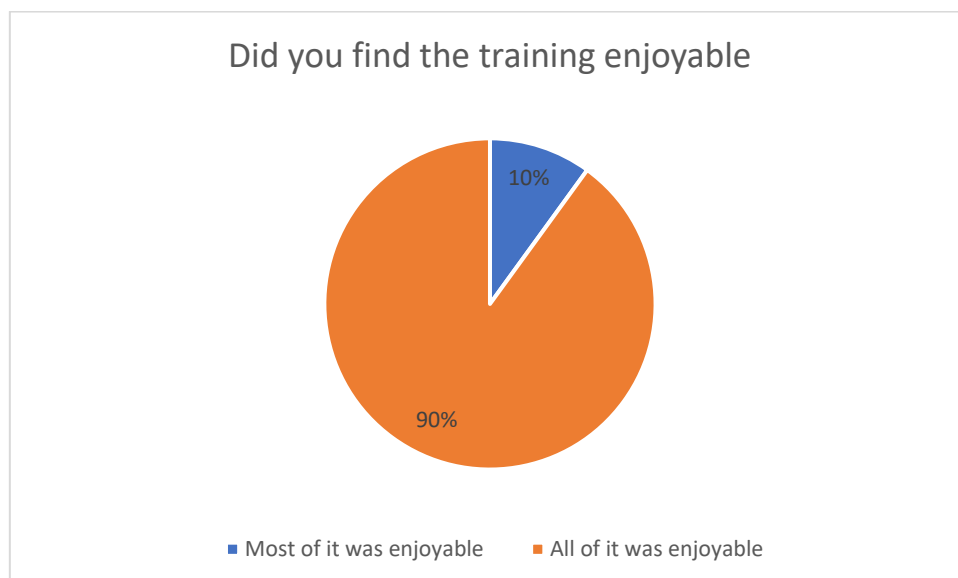
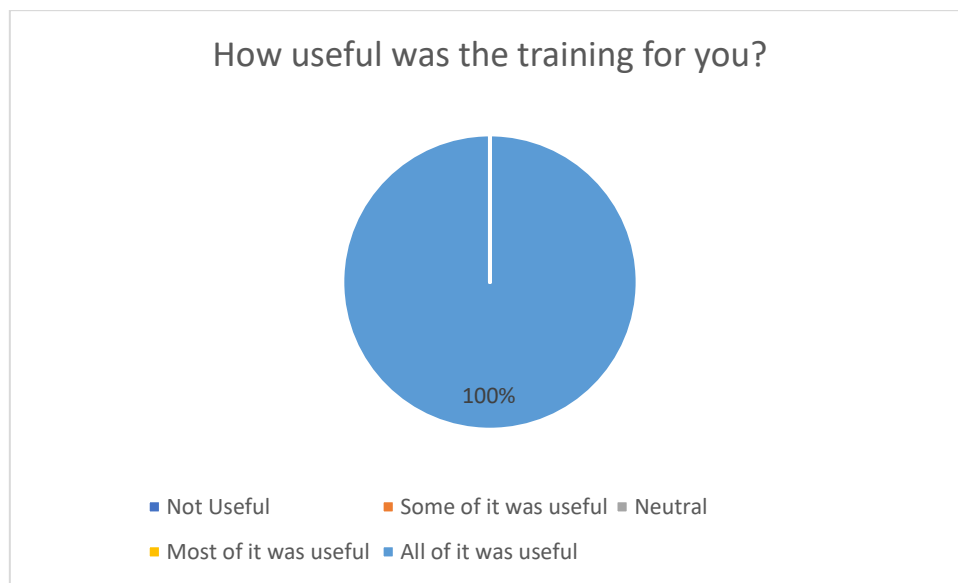
Training commissioned by: NELFT

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

11 trainees completed the 3-day FLASH training.

9 completed the online training evaluation feedback forms in full.

Overall training (3 days) N=9



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

- I will be taking these skills forward and using them throughout my work AND personal life.
- As long as I am a counsellor.

- Through running groups and signposting.
- Forever.
- For years.
- As service need.
- Unsure.
- Forever!
- I will start setting up the group as soon as.

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

- Using the 'I' statements, and role play of the parent / child when they are self-harming. The poem and using the phrase attention connections.
- The Brain and self-care, and role plays.
- All three sessions were informative and relevant to my work role. I wish I had been offered this training earlier in my career.
- All of it! The experiential activities, home tasks, course content, and course facilitators skill, kindness, and sharing of personal stories.
- All of it but session 3 was so powerful especially the role plays
- All of the training is really so helpful and enjoyable and loved every minute. Jeannie and Debbie are just amazing.
- The activities
- All of it ❤️
- The praise part was the most difficult for me however I found it the most useful

How would you describe the teaching style?

- Both Jeannie and Debbie are amazing at engaging everyone and ensuring we understand the teaching. Everyone is involved.
- Very supportive and encouraging. Knowledgeable.
- Amazing! Debbi and Jeannie are inspiring trainers.
- Fabulous! Fun, boundaries, kind, knowledgeable, interactive, and very skilled facilitators made the course thoroughly enjoyable!
- Fantastic. The trainings were motivating, encouraging, fun and I loved their energy. You can really see how much they love what they do!
- Supportive, empathetic, and listening.
- Warm, knowledgeable, good teamwork.
- Brilliant.
- Amazing. Normally I find training very boring however it was so interactive. I loved every moment.

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

- Just to run more groups which will enable more colleagues to gain the skills we have to support the YP
- I would like a refresher course after a couple of years.
- Not that I can think of but would like to complete the Teen group training. I leave this training feeling confident about setting up a parent Flash group.
- NO!! It has been the best training I have ever received during my 15+ years of practice. I will recommend it to everyone! The experience has challenged and changed my perceptions and provided me with knowledge that will greatly benefit my clients, parents, and families.
- NO x 2
- Absolutely not.
- Absolutely nothing
- Maybe have the sessions for 3 consecutive days and no break.

Any other comments?

- Uplifting.
- Really enjoyed the training. Thank you, Jeannie and Debbie, and I would love to do the observer on a Saturday FLASH Group.
- Hope to attend more MoP training in the future.
- Thank you!!!
- Best training, I have ever done!
- Thank you for support, teaching and generally making me grow as a practitioner.
- Thank you for the topic and mug.
- Loved it all - even the ones that pulled at my heart ❤️
- Please send me over the dates for flash on a Saturday and also the date for STOP. Can't thank you enough.