



THE
MINISTRY OF
PARENTING



Families Learning
about *Self Harm*

TRAINING EVALUATION REPORT

Trainers: Debbi Barnes and Shelly Steel

Venue: Colchester, UK

Dates of training: 13th 14th & 15th July 2026

Number of Trainees: 13

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

This FLASH was delivered as a 3-day training. The training was delivered 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 (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.

13 completed the online training evaluation feedback forms in full.

Overall training (3 days) N= 13

- 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?

- *All the time!*
- *We will be delivering the 10-week programme 3 times a year indefinitely*
- *For as long as it is practical and applicable to the role, I am doing.*
- *For the foreseeable*
- *Through every delivery we run with parents hopefully starting in September 2026*
- *Hopefully forever*
- *All the time with parents and groups*
- *A lifetime*
- *There are lots of aspects of the training I will be able to use in my day-to-day job*
- *On our FLASH programme*
- *On going*
- *I will be able to use the content on a daily basis*
- *Hoping once we have planned and discussed with management, we will be offering the FLASH at least three cohorts per year.*

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

- *The role plays experiences, and all other activities and how these all have a wider meaning as the sessions go on.*
- *All of it. So many things. Self-harm survey, different parents, linking the feeling, I statement, skill practice.*
- *Thinking from the perspective of a parent not a professional.*

- *All of it, it was really insightful and meaningful strategies explored*
- *Parents feelings around self-harm*
- *All of it was informative.*
- *All the training was great. Powerful, informative*
- *All of it, it was incredibly well planned and delivered.*
- *The whole of day 3*
- *Everything*
- *Demonstrating activities linking it all together*
- *Playing the role of child and parent. Different parenting styles*
- *The strategies to offer to parents.*

How would you describe the teaching style?

- *Excellent and informative*
- *Really dynamic and interactive. Good stories and examples.*
- *Fantastic and engaging.*
- *Excellent. It was accessible, fun and hard hitting all in one*
- *Absolutely brilliant, fantastic facilitators,*
- *Caring, nurturing and kind.*
- *Brilliant, friendly welcoming, knowledgeable simply the best*
- *Containing and emotionally intelligent.*
- *Debbie and Shelly created a safe environment where I felt able to contribute and get the most out of the training.*
- *Engaging & Interactive*
- *Brilliant. Interactive, engaging, knowledgeable and caring about sensitive subject's checking in*
- *Intuitive. Insightful. Resourceful. Supportive*
- *Interactive, engaging and extremely nurturing.*

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

- *Definitely not!*
- *Not really. It was really well organised.*
- *I don't think so.*
- *Nothing x 8*
- *Not a thing*
- *Training was fantastic, I'd really like to hear some feedback from parents who have previously attended the programme.*

Any other comments?

- *Debbi and Shelly were fantastic. I'm looking forward to return to complete Teen FLASH in September!*
- *Learnt loads. Feel lots more knowledgeable and i formed.*
- *Can't wait to deliver the FLASH course.*
- *I would love to be like Shelly and Debbie when I grow up. What excellent knowledge, teaching and care shown to a group*
- *Thank you for the training it's been fantastic*
- *Debbi and Shelly worked so well together to hold the space, they knew each other so well and was able to bounce off each other. I have never done training without a power point and that was so refreshing. So much thought and preparation into the group. Thank you so much. ❤️*
- *Best training I've had in a long-time x I felt so comfortable and able to share and be involved.*
- *I have loved the whole experience due to the expertise of the trainers in bringing about group cohesion and relationships, creating safe conditions for meaningful education.*
- *I'd like to thank Debbie and Shelly for delivering excellent training! They thought about each person in the room, made a very difficult and heavy subject fun at times and where appropriate. They are great and I now feel excited to deliver a FLASH group myself*
- *Many thanks to Debbi & Shelly. They have been amazing and caring. Good pair with lots of passion and experience. Thanks for everything and the lunch. It's been amazing 3 days.*
- *Would like to attend the next part of flash so see how it links together.*
- *I felt truly supported on this training which has given me the confidence to begin and facilitate flash parenting groups. Most of all I will embrace the passion and compassion the facilitators modelled.*
- *Thank you, Shelley and Debbie, the skills and knowledge you have both shared were gold!*

Group Photo



For more information, please contact adminstartion@theministryofparenting.com