



THE  
MINISTRY OF  
PARENTING



Families Learning  
about *Self Harm*

## TRAINING EVALUATION REPORT

**Trainers:** Jeannie Gordon and Debbi Barnes

**Train the Trainers:** Hannah Barnes and Shelley Steel.

**Venue:** Colchester.

**Dates of training:** 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> June 2022

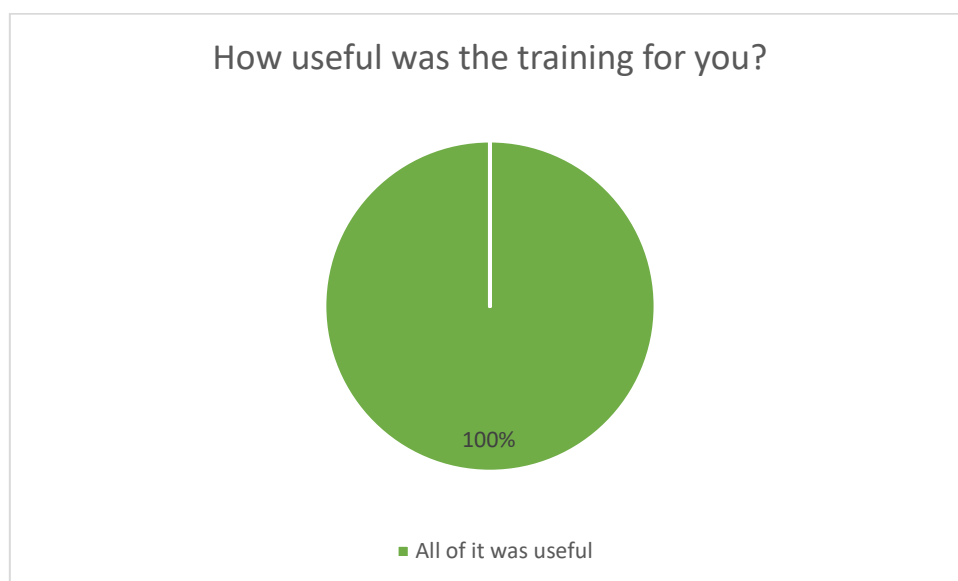
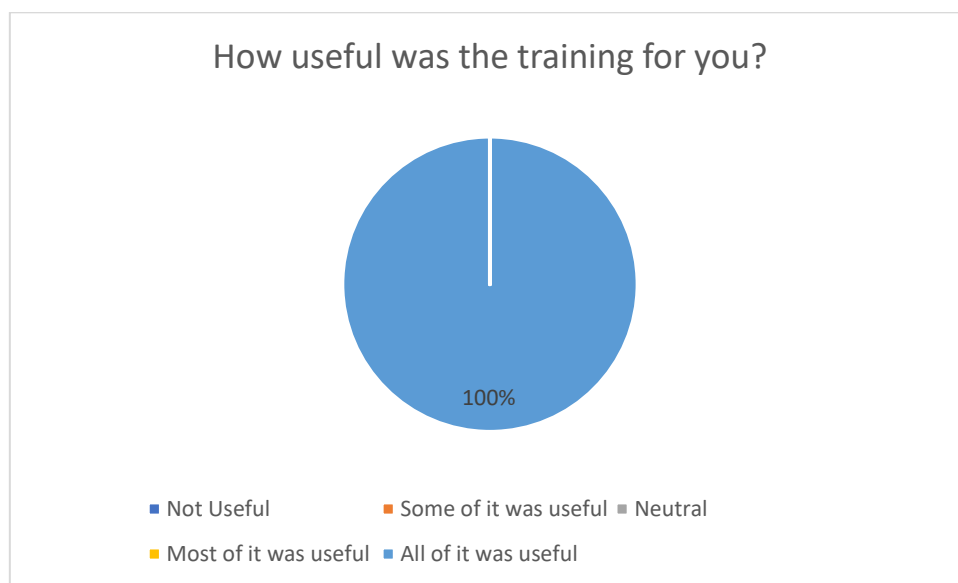
**FLASH (Families Learning About Self-Harm) Training feedback.**

12 trainees started the 3 Day FLASH training, 1 trainee was unable to complete day 3 due to illness. Day 3 will be completed on the next available FLASH training.

11 trainees completed the 3-day FLASH training.

10 completed the online training evaluation feedback forms in full.

**Overall training (3 days) N=10**



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

- Hopefully it will become entwined in the fabric of what we deliver to our families.
- As often as I can.
- Lifetime.
- Unsure x 2.
- Will be regularly running sessions.
- My intention is to use it straight away. I will, I'm sure, keep using it for as long as my current role benefits from it. After that I will embed the essence in my work and relationships.
- This training will continue in my practice, as it's part of my PDR development over the next year.
- I will be using the training to help deliver the FLASH group in my service.
- Continuously, I hope.

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

- Strategies, knowledge, awareness, emotional intelligence
- The activities, the role play, connecting with others at break times, the lunches.
- The role plays and facilitator styles were fantastic.
- The role plays.
- Role play.... hate it but really valued the experience.
- Parenting styles role play.
- I got some benefit from all of it. However, my top 3 takeaways were; 1. Managing the difficult times, especially the 4-point statement 2. The Brain, it is a very easy way of explaining teenage brain development to parents/carers 3. Parenting styles, not something I knew anything about.
- I can't express how much I have enjoyed this training it's definitely top of my list of training and I have been on countless training over the 3 years in my role.
- it was a good mix of theory and practical. all of it was helpful.
- The brain part was refreshing, the donut part, the parents' thoughts, and parenting types.

### **How would you describe the teaching style?**

- Enthusiastic, fun, clear, enjoyable, thought provoking, professional.
- Relaxed, professional, very effective.
- Very interactive.
- Very interactive and inclusive. Also, very visual which would meet different learning styles.
- Competent and engaging.
- Interactive.

- Friendly and attentive coupled with extensive knowledge of the subject. I haven't attended a course where so much care and consideration was given to the delegates. I felt heard and my opinion valued.
- The training fitted really well with me. Being Dyslexic and a Visual learner it suited me down to the ground! Especially being told spelling does not matter!!!!!! I felt safe!
- I enjoyed going through each session as if we were the parents.
- Great, Using theory and practice.

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

- I don't think it could be made any better!
- Make it longer maybe to enable more in-depth discussions.
- No x 2.
- None that I can think of. Maybe make the training longer for more than 3 days for my own selfish reasons which is to stay longer with the lovely facilitators.
- Unsure, will reflect.
- Always a hard question. Maybe an annual refresher where groups could meet and share successes and challenges and update skills. I do understand that this sounds like a wish list 😊.
- No way sorry I can't help with this as it was flawless.
- Nothing - it was a very good experience. best training, I have been on.
- Maybe extra time.

#### **Any other comments?**

- The best training I've been on. The facilitators are fabulous, knowledgeable, fun, caring, professional, and able to not only read the room but deliver the content in the best imaginable way. Thank you!
- Really loved it, Debbi Jeannie Hannah and Shelley were fantastic 🙌
- Thank you so much for such fantastic training.
- I loved every part of the training. I loved the food and snacks. I loved the interaction. I loved the virtual aids and practical examples. I loved that the facilitators were attuned to our needs.
- Thank you to all of the trainers.
- Real.
- Very impressive training content I would like to say a huge thank you for the hard work that goes into delivering this training. I have laughed, cried (role plays) learned, drunk too much coffee and ate better than I do at home. I will recommend FLASH to my colleagues.
- Would just like to say thank Jeannie and Debbie and your observers. All 4 women were amazing!!! and kind and I felt safe in their presence. Thank you for the perfect directions to the venue it was so helpful, all the little details to look out for. The venue was a good space to learn in also. Thank you for all the food and drinks provided including catering for the vegans and fresh lemons to have my morning tea lol and that chocolate cake went down a treat is there anything these

powerful women can't do. So, all I have left to say is if I can deliver FLASH in just half the way you ladies do them, I'm more than happy. I shared this training with so many people the day I finished, and they also were very interested in it can't wait to share with my Think Family Team. Once again from the bottom of my heart thank you for supporting me through my new journey!

- May require more thoughts about the ice breakers i.e., what could be classed as self-harm with tattoos / piercings as some people could take offense to this (if a parent has what the pictures had).
- Totally enjoyed the training.