



THE
MINISTRY OF
PARENTING



Families Learning
about *Self Harm*

TRAINING EVALUATION REPORT

Trainers: Jeannie Gordon & Hannah Barnes

Venue: Colchester, Essex.

Dates of training: 18th, 19th & 20th March 2025

Number of trainees: 14

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

FLASH 'Families Learning About Self-Harm' is a ten-week parent group programme for parents of a young person who is exhibiting self-harming behaviour, and this behaviour is having an impact on the whole family. The FLASH 3-day multi-agency training course aims to give professionals, in detail, the values and key principles and delivery content of the programme. The FLASH programme also has protocols for delivering the programme online.

14 trainees completed the 3-day FLASH training.

13 completed the online training evaluation feedback forms in full. Waiting 1 online form

Overall training N= 13

How useful was the training for you?

- ALL answered: ALL of the training was useful

Did you find the training enjoyable?

- 12 answered all was enjoyable.
- 1 answered most of it was enjoyable.

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

- *Until I retire*
- *For the duration of my role*
- *For the 1:1's and groups. Informal chats with parents.*
- *I will use this in career and personal life*
- *For as long as I'm employed and for when I become a parent*
- *For as long as possible*
- *In my career*
- *I will be using it throughout my practice as well as life skills*
- *Throughout my career.*
- *Carers and when I become a parent.*
- *Rest of career*
- *When I do group work*
- *Hopefully to run groups across our trust of schools.*

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

- *I found all the content extremely beneficial. I couldn't pinpoint 1 thing that was most beneficial. Was all fantastic*
- *The practical activities and games*
- *All of it.*
- *The activities.*
- *Practicing the different strategies*
- *I feel statements*
- *All of it. It was presented in an enjoyable way which made it easier to understand*
- *I found it all very useful, it helped that both trainers were friendly, welcoming and had humour. The experience and stories helped with understanding*
- *The I statements, the different parenting styles and consequences, understanding of parental emotions.*
- *Reflecting on each session and seeing how parent might react and how to deal with it.*
- *Praise session. Brain development*
- *How to deliver the group in a practical way.*
- *Power of I feel statements when addressing a child in the act of self-harm.*

How would you describe the teaching style?

- *Engaging, light, cheerful and positive. Also, creative*
- *Engaging and high energy*
- *Relaxed, good pace*
- *Fun and enjoyable*
- *Interactive, fun and engaging*
- *Fun*
- *Amazing!*
- *Interactive teaching style which got the whole group engage and made it easier to learn*
- *Very inclusive, adaptive to all styles and engaging.*
- *Absolutely love it! The laddies were lovely and have such a lovely relationship!*
- *Friendly, variable, down to earth and flexible.*
- *Amazing, interactive and interesting*
- *Engaging and creative; lots of tasks; refreshing it wasn't death by PowerPoint.*

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

- *No, really enjoyed it*
- *If the training was longer and being able to revisit content more than once to consolidate learning and improve memory of the things learnt*
- *No x 4*
- *The ladies were fabulous 😊*
- *No, I loved it (one of the best training sessions I have ever experienced)*

- *A bit closer to our service location*
- *I don't believe so. Timing and breaks were good.*
- *Due to heavy content and information maybe do it over 4 days*
- *Nothing x 2*

Any other comments?

- *Thank you, Jeannie and Hannah, :) xx*
- *Really enjoyable insightful and extremely valuable training thank you :)*
- *Thanks so much. Great insights and learning*
- *Thank you for making the training feel fun and not overwhelming 😊*
- *Thank you so much for making the sessions interesting and informative*
- *This training was amazing. Jeanie and Hannah were absolutely engaging and made me feel so comfortable*
- *Thank you for providing the training*
- *It was very insightful and interesting although a heavy subject kept and managed emotions in the room and keeping it light when required*
- *Thank you so much! This has been the best training and most enjoyable!! You laddies are AMAZING!!*
- *Did a great job, and really helpful and gave me the confidence to deliver the group.*
- *A fantastic programme: so thoughtful and the level of tasks / resources provided are excellent, Thanks for the humour, care, kindness and knowledge.*

Group Photo



For more information, please contact adminstartion@theministryofparenting.com