



THE
MINISTRY OF
PARENTING



Families Learning
about *Self Harm*

TRAINING EVALUATION REPORT

Trainers: Debbi Barnes & Luke Webb

Venue: Somerset

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.

14 completed the online training evaluation feedback forms in full.

Overall training N= 14

How useful was the training for you?

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

Did you find the training enjoyable?

- 8 answered all was enjoyable.
- 6 answered most of it was enjoyable.

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

- *Whilst in CAMHS*
- *For my whole professional career*
- *rest of my life!*
- *As long as I'm working in CAMHS x 4*
- *Forever x 3*
- *As long as I'm in CAMHS and working with YP.*
- *As long as the service requires is*
- *As long as it is needed within my role x 2*

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

- *Skills practice/ group work*
- *The listening exercises*
- *I statements and different types of parents*
- *Parental styles. Practical things*

- *The skills*
- *Taking away the I statements and the strategies around other techniques depending on what the young person is wanting from their self-harm I.e., intense & pain*
- *The different types of parenting*
- *Giving more content and experiential learning from how parents would be experiencing it.*
- *The discussions. I Statement, distraction techniques, types of parents*
- *Small group activities*
- *Learning the content of the course, particularly the skills and thinking from a parent's perspective.*
- *Difficult to say, all very useful*
- *Practical tips on running groups on an emotive topic with parents, specific strategies (I statement, matching distraction skills, communication tasks)*
- *I found the activities that the parents would do to be helpful to be able to know what they would experience and the top tips for running a group.*

How would you describe the teaching style?

- *Relatable*
- *A lot of modelling, very involved and collaborative. Nice to not be watching a PowerPoint*
- *fun!*
- *Best. Well explained.*
- *Chilled relaxed and fun*
- *Very interactive and engaging*
- *Very engaging, very informative. Fun and emotive*
- *A good mix*
- *Experiential, informal but structured.*
- *Interactive x 2*
- *Flexible and easy*
- *Engaging, energetic trainers with useful examples/scenarios.*
- *Good, interactive, fun. Good explanations of concepts.*

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

- *Don't think so*
- *No x 7*
- *Teaching outside on a nice day?*
- *No thank you*
- *I enjoyed all aspects of the training and cannot think of a way to improve this*
- *Perhaps shorter day, stretched to another day?*
- *An extra day for practice*

- *No great training - many thanks.*

Any other comments?

- *I enjoyed it. Really useful.*
- *Amazing training, feel like I am equipped for life!*
- *Thank you so much. Was really lovely 3 days and I have gained confidence*
- *Was a great course, would like to have more group skills training before presenting*
- *It would be useful to do the group skills training alongside it.*
- *Thank you for your time and sharing your experience and knowledge. It's been really helpful and given me much more motivation to run the group*
- *Really enjoyed the training and found it helpful. Thank you!*
- *Group skills training would be helpful in addition to this training*
- *Thank you very much*
- *Great venue too (refreshments)*

Group Photo



For more information, please contact adminstartion@theministryofparenting.com