



THE
MINISTRY OF
PARENTING



Families Learning
about *Self Harm*

TRAINING EVALUATION REPORT

Trainers: Jeannie Gordon and Debbi Barnes

Venue: Colchester.

Dates of training: 23rd, 24th & 25th January 2024

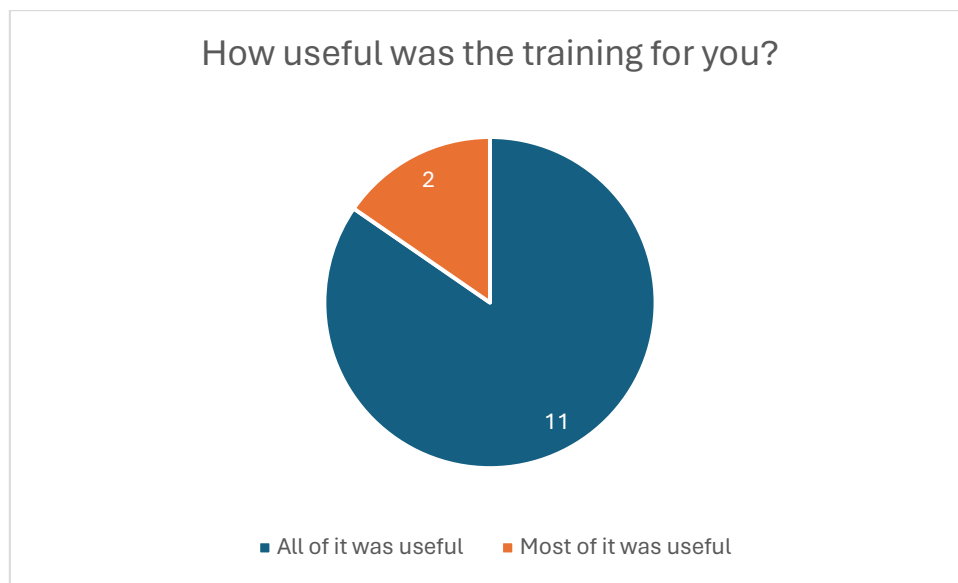
Training commissioning service: NELFT

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

13 trainees completed the 3-day FLASH training.

13 completed the online training evaluation feedback forms in full.

Overall training (3 days) N= 13



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?

- *As long as I work mental health!*
- *For CAMHS service*
- *For the foreseeable*
- *I hope to use this throughout my career.*
- *As much as possible it's all relevant and powerful.*
- *Currently, I'm not able to use this. However, it would definitely be very useable in the future, and there are interesting possibilities for adapting the programme.*
- *For as long as applicable and in post very useful skills and knowledge learned through the 3 days to implement with young people and parents.*
- *Hopefully a long time!*
- *If possible, to set up the group, hopefully often.*
- *For as long as possible.*
- *Foreseeable future*

- *For the foreseeable future.*

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

- *The interactive activities*
- *Parenting styles*
- *All of it*
- *I really cannot pick one, the role plays the metaphors the though provoking activities were superb.*
- *The understanding of the self-harming and how it can make people especially parents feel.*
- *The examples of managing groups and group skills, language and what is said and how it is said and building more about resilience.*
- *Learning about responses and consequences for parents responding to self-harm.*
- *It is really difficult to pick out a single thing, but the part about I statements and consequences felt really like it will be very practical and constructive for parents.*
- *The activities included helped with understanding the concepts that were being discussed - for example the role play related to parenting styles.*
- *Walking on eggshells, communication strategies*
- *I feel that I have got a lot from every part of the training.*
- *ALL of it*
- *Group work. Case studies.*

How would you describe the teaching style?

- *Creative and inspiring*
- *Kind and caring - nothing wasn't too much trouble.*
- *Interactive, engaging, refreshing.*
- *Engaging! The passion shines through which helps maintain focus.*
- *Bloody funny at times (they kept it light-hearted when they could) and easy to understand.*
- *Energetic, interesting, engaging, and fun.*
- *Interactive, fun, very enjoyable and caring. Mindful.*
- *Warm and empathetic but also challenging, which was good because it felt stretching.*
- *The trainers were interactive, friendly, and engaging.*
- *Interesting*
- *Creative, challenging, flexible, attentive, clear, and fun.*
- *Very informative and brought us all in to participate.*
- *Enthusiastic Engaging Considered Sympathetic*

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

- *No X 5*
- *No there actually isn't. I loved it.*
- *None at all*
- *Nothing I can think of*
- *Maybe slightly longer breaks (e.g. 35/40 mins instead of 30 mins) although I appreciate that they were condensed so that we could end earlier.*
- *Absolutely nothing because the training and the trainers are amazing as it is.*
- *I was happy with the training.*
- *I don't believe that anything can be improved at this point.*
- *No as it was interesting and really observant of people's needs.*

Any other comments?

- *Thank you so much! It has been so inspirational and has empowered me to start my own flash groups within my organisation. You are brilliant and passionate! Thank you!!*
- *Food was great and all snacks and pressies.*
- *Loved the way to two Co leads bounced off each other. It made a real difference to the training. Thank you for pushing us in ways that may have been comfortable but were overall rewarding.*
- *Thank you so much!*
- *I would not hesitate to attend another course they run.*
- *Thank you to the trainers for the time effort and nurture that has gone into this training it has been eye opening and reckoning. Very informative and useful for my practice and exposure working in mental health and young people and families who deal with self-harm.*
- *I really appreciated the effort to cater for me as a vegan - I felt welcomed and well looked after! Also, I am so sorry for being back a little late for a couple of the sessions on Weds, I did not manage the break times well on that day!*
- *The care from the facilitators and the modelling of this has been great. Also, loved the snacks and lunch. This has been the best training I've had in a long time and has helped me reflect in a lot of personal ways too.*
- *I would really recommend to other professionals.*
- *Looking forward to providing the FLASH group for families. The most engaging training I have ever attended. Both facilitators were reactive to the groups needs and inspiring. Highly recommended ❤️*

Group Photo



For more information, please contact adminstartion@theministryofparenting.com