



THE
MINISTRY OF
PARENTING



Families Learning
about *Self Harm*

TRAINING EVALUATION REPORT

Trainers: Jeannie Gordon and Debbi Barnes

Venue: Wimborne, Dorset

Dates of training: 17th March 2023

Number of trainees: 12

FLASH Training feedback.

This FLASH was delivered as a 1-day training for professionals who have undertaken and completed the 3-day SHARPS training. The training is for 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.

12 trainees completed the FLASH training. 12 completed the evaluation online form.

1 trainee could not attend as was unwell, another had to postpone her training place due to work commitments.

How useful was the training for you?

Neutral/unsure	Somewhat	Most of it was useful	All of it was very useful
		1	11

Did you find the training enjoyable?

Neutral/unsure	Somewhat	Most of it was enjoyable	All of it was enjoyable
		3	9

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

- I hope throughout
- As long as we can
- Hopefully always!
- I hope to use it throughout my career.
- A long time hopefully
- Hopefully until I retire!
- Always - plan to run regular programmes.
- Throughout my career
- Long term
- Ongoing
- As long as in role hopefully
- A lot

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

- Practical exercises
- Refreshing some of the tasks we learnt in SHARPS and practicing the facilitating.
- All of it. Referring to the manual and linking back to SHARPS training was really useful.
- The trainers are very friendly and interactive - they challenge which is always good - keep and hard topic light and on subject.
- Going through the programme
- Practising the delivery of the materials.
- "Group work practice and feedback the fact that it was group led not death by PowerPoint"
- The practical practice of delivering the material.
- Working through the manual.
- "Interactive activities 'trying on' the tasks".
- Clarification of common misconceptions
- Underpinning Knowledge

How would you describe the teaching style?

- Fun and informative
- Amazing and interactive
- "Really interactive which I think will help me to retain it better."
- Interactive, friendly, high energy and to the point but intense when needed.
- Casual
- "Fun, relaxed, informative, supportive."
- "Interactive, fun, clear and concise, non-judgmental, timely, professional"
- "Interactive. Keeps you focused".
- Excellent and interactive.
- Relaxed and apparently light but gently probing and explorative! Always challenging
- Fun and informed and interactive
- Excellent

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

- No x 5
- Nothing, except for having more of it!
- Nothing
- Not that I can think of.
- Not that I can think of. Already excellent.

- There were longer moments of sitting and reading from the manual than on the SHARPS which on a Friday after a long week at work was hard to focus on at points.
- Nope

Any other comments?

- "I really enjoyed your enthusiasm and passion, and it shows with your training. Thank you"
- Just a big thank you. It's a fantastic programme and it's delivered in a way that makes me feel able to move forward and hopefully to make a difference to people.
- Brilliant thank you.
- A really valuable resource delivered in a non-judgemental and enthusiastic way- group networking and interaction was excellent- Thank you.
- Fantastic training very well delivered.
- "I love the whole concept and the trainers are brilliant, Thank you"
- Was fab. Thank u 😊

Group Photo



For more information, please contact administration@theministryofparenting.com