



THE MINISTRY OF PARENTING

Glossary of our trainings

Training programme	Target professional population
FLASH - Families Learning About Self-Harm 3-day training	For professionals working with parents of children aged 11-16 years who are showing signs or behaviours of self-harming. The course will enable participants to have a wider knowledge, awareness and understanding of self-harm behaviours in young people. The training enables you to understand the basic approaches for implementing a FLASH parenting group programme and provide practical strategies for parents
TEEN FLASH ‘TEEN’s and Families Learning about Self-harm’. 3-day training	For professionals working with parents of children aged 11-16 years who are showing signs or behaviours of self-harming. TEEN FLASH professional group leaders training aims to deliver the values and key principles of the TEEN FLASH group programme alongside the delivery content of the actual programme. This will allow course participants to: Understand the essential methodologies for implementing a TEEN FLASH young person’s group programme Provide practical, achievable strategies for the young people attending a TEEN FLASH programme.
STOP - A Supportive Programme for Parents of Teens 3-day training	Training Programme for professionals working with parents of children aged 11-16 years. The programme aims to give parents a greater understanding about the developmental process of their teenage child. Sessions include Alcohol; conflict & aggression; sex & relationships, praise & encouragement; setting the limits and more.
Pit – STOP (Parent Interactive Toolkit) Online training delivered over 2, 3-hour sessions or a 1 Day face to face Training	Pit-STOP is a ‘one- to-one’ parenting programme based on the STOP (Supporting Parents of Teens) parenting programme. The training day will take professionals who are already STOP trained, through the Pit – STOP programme which contains eight baseline content sessions, including subjects such as conflict management.
SHARPS Supporting Holistic Approaches-Risk, Parents & Self-Harm	This is a 3-day multi-agency training course that gives professionals an awareness of the key principles of working with young people who self-harm and their families.

3-day training	
Group Facilitation Skills Training 4- or 5-day training	This four or five-day course (dependant on number of trainees) enables professionals to develop their skills for working with groups, develop their confidence as a facilitator and help them get more out of the facilitator role and running groups.
The Incredible Years Baby Training 2-day training	The Parents and Babies programme consists of a 6-part programme, focused on helping parents learn to observe and read their baby's cues and learn ways to provide nurturing and responsive care including physical, tactile, and visual stimulation as well as verbal communication.
The Incredible Years Pre-School (Early Years) 3-day training	For Professionals working with parents of children aged 1 - 6 years. This programme covers both the Toddler and the Pre School programmes.
The Incredible Years - School Aged Training 3-day training	For professionals working with children aged 6 -12 years. This series focuses on the importance of promoting positive behaviours, interpersonal issues such as building social skills, and effective praise.
The Incredible Years Home-Coaching Programme 1-day training	This one-on-one parent-coach model can be used to deliver the entire pre-school BASIC programme, or as a supplement for parents attending an Incredible Years group. This home-visitor coaching model is a good option if parents cannot attend a parent group due to schedule conflicts, or if there is an extended delay before the next parent group will be offered. This model may also be used with parents who need some additional home-coaching with their children.