



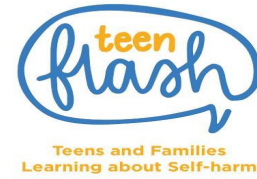
TRAINING EVALUATION REPORT

Trainers: Debbi Barnes & Shelly Steel

Venue: Colchester, Essex UK

Dates of training: 9th 10th & 11th September 2025

Number of trainees: 14



Teen FLASH Training feedback.

Teen FLASH is a new intervention group programme for young people (11-16) who are self-harming. The programme is designed to be delivered by 2 trained facilitators over 5 workshops sessions. Ideally the teen FLASH workshops would run alongside the FLASH (Families Learning About Self-Harm) parents' programme.

This 3 -day multi-agency training course aims to deliver the values and key principles of the teen FLASH 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.

14 participants completed the 3-day teen FLASH training.

14 participants completed the online training evaluation feedback forms in full.

Overall training N= 14

How useful was the training for you?

- 14 answered: ALL of the training was useful

Did you find the training enjoyable?

- 12 answered All was enjoyable.
- 2 answered Most of it was enjoyable.

How will you be implementing the content of the training in your practice?

- *Hopefully running a group*
- *Will be running this group in our service and I will also look to run it in our community*
- *I would like to facilitate teen flash at CAMHS and apply the knowledge to my practice*
- *By potentially running a group*
- *To run a TF course for our YP who self-harm.*

- *I will be using it in my everyday work not just in teen flash.*
- *We have a group starting beginning of October. I think overall my understanding has grown too and will implement my empathy towards my clients more.*
- *I hope to implement a teen flash group in our local CAMHS team and also consider working externally also!*
- *It has challenged my thinking so not only will I be delivering a group, but I will change my practice overall.*
- *Delivering Teen FLASH starting at the end of September to help young people open to CAMHS who self-harm*
- *Would like to begin to roll the training out as currently it is not within my practice. Also, lots of aspects of the course can be used as tools in many areas.*
- *I hope to run this privately in the community and if possible, in my workplace*
- *I will be implementing all content and activities with confidence. I recognise how helpful externalising the topic of self-harm and giving young people to share those helpful tools is really powerful.*
- *We will be up and running within the coming months!*

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

- *Group activities*
- *The activities*
- *Exploring ways to boost self-esteem and the positive affirmation activity with the coats*
- *All of it. Really enjoyed it, loved the different activities*
- *A different way of giving positive affirmations, very powerful x*
- *The brain activities I loved. Any activities that engage me I love.*
- *I think connecting to the hormones (brain chemicals) and the different activities that link to safer alternatives but in a non-intrusive way that guides young people*
- *I don't think I can say a specific part because everything has been so inspiring and motivating!*
- *Sharing the of the mask that teens had developed was really powerful. The symbolism of it was perfect.*
- *Group discussions*
- *Enjoyable from a perspective of all being useful.*
- *I think the quality of the training differs because we are encouraged to think from the frame of a teen. I think this makes the experience different.*
- *I feel all interactive activities and putting our teenage brains on was brilliant. I feel the flow of slowly building on those affirmations and their own healthy strategies.*
- *This is incredibly hard to answer as all of it was fantastic, 3 stand outs - the brain, the styles of behaviour, positive affirmations.*

How would you describe the teaching style?

- *Fun*

- *Amazing!!!!!!!*
- *Fun, interactive and engaging*
- *Interactive*
- *Brilliant*
- *Fun, engaging and entertaining.*
- *Interactive, fun*
- *Fabulous! Relaxed and comfortable entertaining and easy to engage with always!*
- *Interactive and engaging*
- *Very interactive with auditory, visual and kinaesthetic approaches to meet needs of all learners*
- *Teaching style worked perfectly well with a mix of all styles within, and a manual for any bits that wouldn't ordinarily be retained*
- *Warm, compassionate, person (teen) centred. Thoughtful, with attention to detail and a jolly good laugh when covering really difficult emotions*
- *Considerate, passionate and knowledgeable!!*
- *Active, engaging & inclusive!*

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

- *No x 6*
- *Nothing - I loved it*
- *Absolutely nothing!*
- *Maybe comfier chairs but always manageable!*
- *Can't think of anything*
- *Honestly, I do not feel there is. The trainers by far deliver training in the most engaging manner.*
- *Not that I can think of*
- *No, I feel it was very personal and considerate*
- *No, you've got it spot on*

Any other comments?

- *This training was amazing. It has given me great confidence to be able to run a group to help young people in my area with self-harm*
- *Thank you so much!*
- *Thank you for making the training enjoyable and putting the programme today*
- *Thank you so so much xx*
- *Thank you so much, the entire training was amazing! The passion that shines through is beautiful*
- *Thank you so much to you both for being so inspiring and passionate. The difference you have made and continue to endeavour to make is truly phenomenal. If others feel the way I do about this training, I have no doubt you really can change the world. Seriously!*

- *Shelly and Debbi are amazing. I love a training with mop where they challenge you, and put you in the perspectives of the participant the training is intended for, although uncomfortable it is so valuable.*
- *Fabulous 3 days, thank you*
- *Thank you for sharing your wealth of knowledge in this area of such importance, I plan to do it justice in delivering to young people.*
- *Ministry of parenting produce world class training and programmes that are much needed in the community.*
- *Thank you so much, what a brilliant training*

Group Photo



For more information, please contact adminstartion@theministryofparenting.com