



THE MINISTRY OF PARENTING
PROMOTING CREATIVITY IN PARENTING
A COMMUNITY INTEREST COMPANY

The Ministry of Parenting CIC Training Brochure

Empowering Families – Equipping Professionals

Our Training Offer

The Ministry of Parenting (MoP) CIC is a not-for-profit organisation delivering evidence-informed, relational training programmes for multi-agency professionals working with children, young people, and families. Our training equips practitioners with the confidence, knowledge and tools to address emotional distress and relational challenges, particularly adolescent self-harm.

Training is available for host commissioning across the UK and internationally, or can be accessed directly at our Colchester-based sessions.

Self-Harm Training Programmes

SHARPS

(Supporting Holistic Approaches: Risk, Parents and Self-Harm)

Duration: 3 Days | **Target Audience:** Multi-agency professionals working with 11–17-year-olds and families

SHARPS offers a comprehensive introduction to adolescent self-harm and its impact on family systems. Grounded in the values of our FLASH programme, SHARPS is designed to improve professional competence and confidence when working with self-harm presentations.

Participants will learn to:

- Understand the drivers and functions of self-harm in young people.
- Communicate with families experiencing distress linked to adolescent self-harm.
- Explore relational approaches to supporting families in distress.
- Manage the emotional demand of supporting young people who self-harm.

Delivery: Host-commissioned only (service or county-wide).

Optional Add-On: FLASH Professional Training (1-day) for SHARPS-trained staff wishing to deliver the parent group.

Professional Feedback: *“The SHARPS training completely changed how I think about working with families. It was powerful, compassionate and practical.”* — Senior Family Support Worker





FLASH

(Families Learning About Self-Harm)

Duration: 3 Days | **Target Audience:** Practitioners working with parents/carers of adolescents aged 11–17

FLASH is a ten-week group programme for parents and carers of young people who self-harm. This 3-day training prepares professionals to coordinate and facilitate FLASH within their local context.

Participants will learn to:

- Deliver FLASH in a way that supports relational repair, communication and confidence.
- Empower parents/carers with tools for understanding and managing self-harm.
- Support improved family functioning and reduced emotional distress.

Note: All attendees must be currently working with, or anticipate working with, families affected by self-harm.

Parent Testimonial: *“I thought I had failed as a parent. FLASH helped me understand what was happening and how I could help. I left each week feeling stronger.”* — Parent of a 14-year-old

Teen FLASH

Teen FLASH (Teenagers and Families Learning About Self-Harm)

Duration: 3 Days | **Target Audience:** Youth practitioners, emotional wellbeing staff, CAMHS practitioners

Teen FLASH was developed in response to young people whose parents/carers attended FLASH and asked, “Where’s our group?”

Over six years of co-production, Teen FLASH emerged as a structured, standalone programme, delivered over 5 alternate Saturdays (by choice of the young people). 24 hours intervention in total.

The training enables professionals to:

- Facilitate safe, structured peer groups for young people aged 11–16 who self-harm.
- Support communication skills, emotional regulation and healthy coping strategies.
- Explore risk, relational repair and self-advocacy with young people.

Prerequisite: Professionals must have experience working with young people who self-harm. You do not have to have to be FLASH trained. Group facilitation experience is strongly recommended.

Young Person Feedback: *“Teen FLASH helped me realise I wasn’t alone. I found new ways to cope and felt heard for the first time.”* — Teen FLASH Participant, aged 15





Parenting Programme Training

STOP

(Supporting Parents Of Teens)

Duration: 3 Days | **Target Audience:** Parenting practitioners, family support workers, Early Help staff

STOP is a strengths-based group programme for parents/carers of pre-teens and teenagers. It addresses key themes such as communication, conflict, relationships, boundaries and support networks.

Practitioners will:

- Gain a step-by-step understanding of each STOP session.
- Explore adolescent development and family dynamics.
- Build skills to deliver and facilitate groups independently.

Format: Face-to-face or online. All attendees receive the STOP facilitator manual.

Ideal For: Embedding in primary-to-secondary transition or family support services.

Practitioner Feedback: *“The STOP training is one of the most useful courses I’ve attended in years. I left with skills I could use straight away.”* — Early Help Practitioner

Pit-STOP

Duration: 1 Day | **Target Audience:** STOP-trained professionals only

Pit-STOP is a one-to-one adaptation of the STOP parenting programme, designed for bespoke interventions with individual families.

Training covers:

- An 8-session format focused on communication, boundaries and emotional regulation.
- How to deliver interventions face-to-face or online.
- Using the Pit-STOP professional guidebook and handouts.

Note: Attendance at 3-day STOP training is a prerequisite.





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Skills-Based Training

Group Facilitation Skills

Duration: 5 Days | **Target Audience:** Multi-agency professionals facilitating groups

This experiential course develops confidence, skill and reflexivity in group facilitation. Suitable for those new to group work or seeking to refresh and strengthen their practice.

You will learn to:

- Group theory, session structure, conflict management and support group cohesion.
- Reflect on ethics, power dynamics.
- Grow your confidence and adaptability as a facilitator.

Format: Face-to-face practice and reflection. Attendance at all sessions is required.

Course Participant Feedback: *"The facilitation training was incredibly empowering. I now feel ready to run my own groups with confidence and compassion."* — Youth Service Professional

For enquiries or to book training:

The Ministry of Parenting CIC

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