



Families Learning
about *Self Harm*

The FLASH Manual has been up-dated

The main changes are:

1. Three Session titles have been changed: Session 2 is now called 'Teen Development'; Session 3 is now called 'Self-harm, Reality and Fears', Session 8 is now called 'Managing the Difficult Times'
2. The self-harm quiz in Session 3 has been updated and made more user-friendly.
3. The donuts activity has been included in Session 4.
4. New elements have been added to Session 6; these include a keep-net metaphor to add when explaining the fisherman's hook. Plus, three new responding features have been added which expand on the discussions of how parents react, incorporating external influences, parenting styles and power-struggles.
5. A Consequences Flow Chart has been added for Session 7
6. The skills-practice in Session 8 has been rewritten which we hope makes it easier to follow.

All the new manuals weekly handouts have been uploaded on to our web-site
www.theministryofparenting.com/resources/flash

Trained FLASH group leaders can buy the updated manual for £60 (insert only); please contact Andrea Green on andrea.green@theministryofparenting.com if you are interested in purchasing a new manual.

There is a FLASH Peer Supervision Session on the 9th January 2018, 10am-12pm at the Ministry of Parenting where the new changes will be explained and shown.

See www.theministryofparenting.com/practitioners/trainings-in-essex for more information.

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