

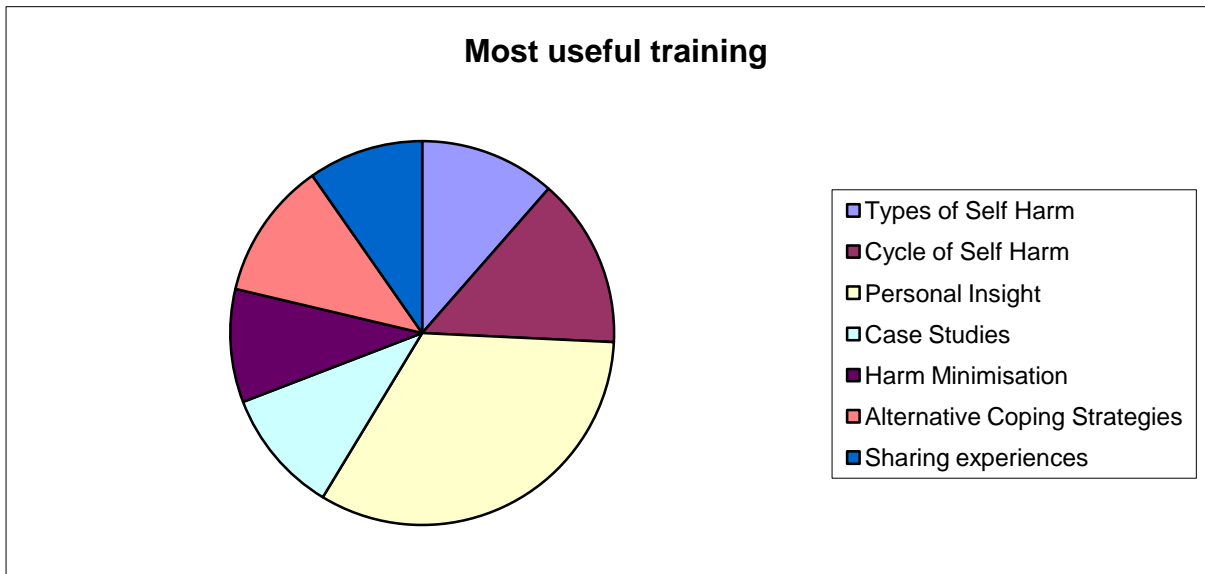
## Feedback from Training Courses provided by Jill Eastham

### Which parts of the training did you find most useful or relevant?

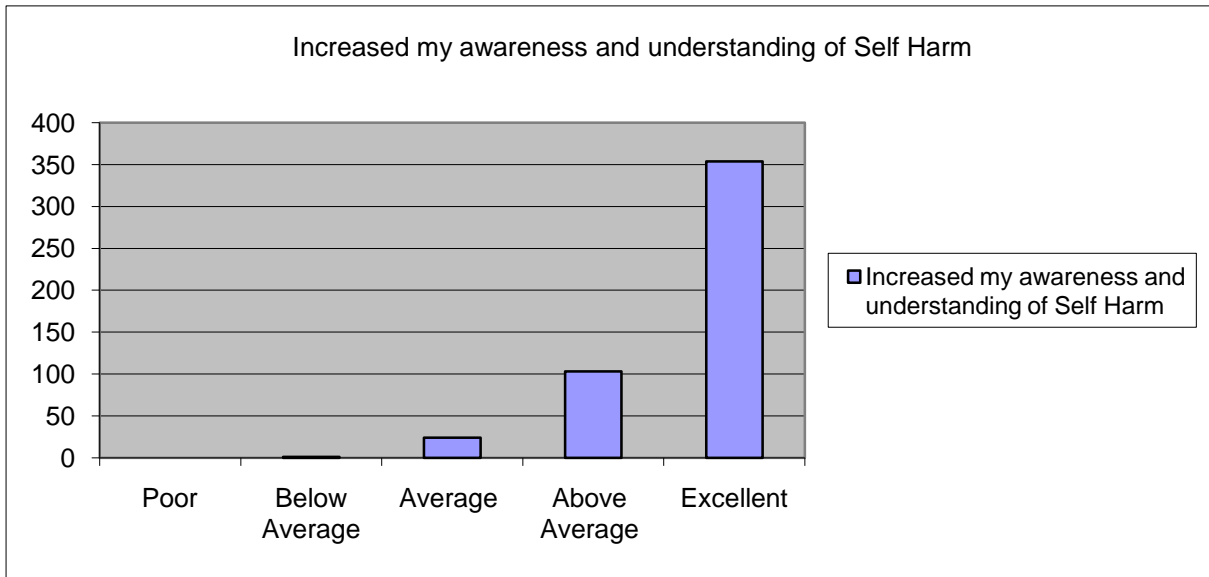
- Firsthand account of good and bad practice
- The story Jill told and the effects on her, I thought this was the highlight of the day.
- When Jill spoke about her personal experience this will stay with me for longer than any theory/book
- Every part of the training was fantastic. The actual story shocked me but it was good to see that bravely and strongly cope with the harsh experience.
- All of it - excellent resources to take away to help consolidation - good mix of your personal input (huge impact) & group work & interactive teaching style.
- Very informative- useful in lead role –self harm -ward based
- Jill's story-eye opening. Overall found the training extremely enlightening and well delivered: would recommend to others.
- Each part was valuable and educational. I got so much from your 'disclosure', having been there, you would not only have experienced it, but you for one would know what your needs were.

### Most Useful Training

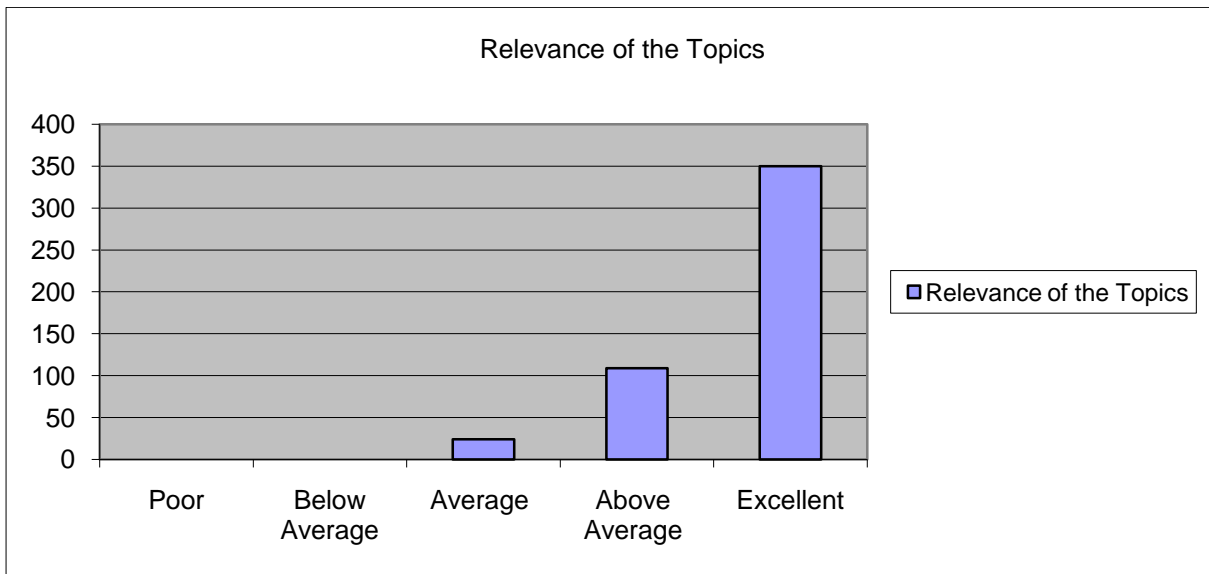
Types of Self Harm	72
Cycle of Self Harm	90
Personal Insight	207
Case Studies	66
Harm Minimisation	60
Alternative Coping Strategies	73
Sharing experiences	61



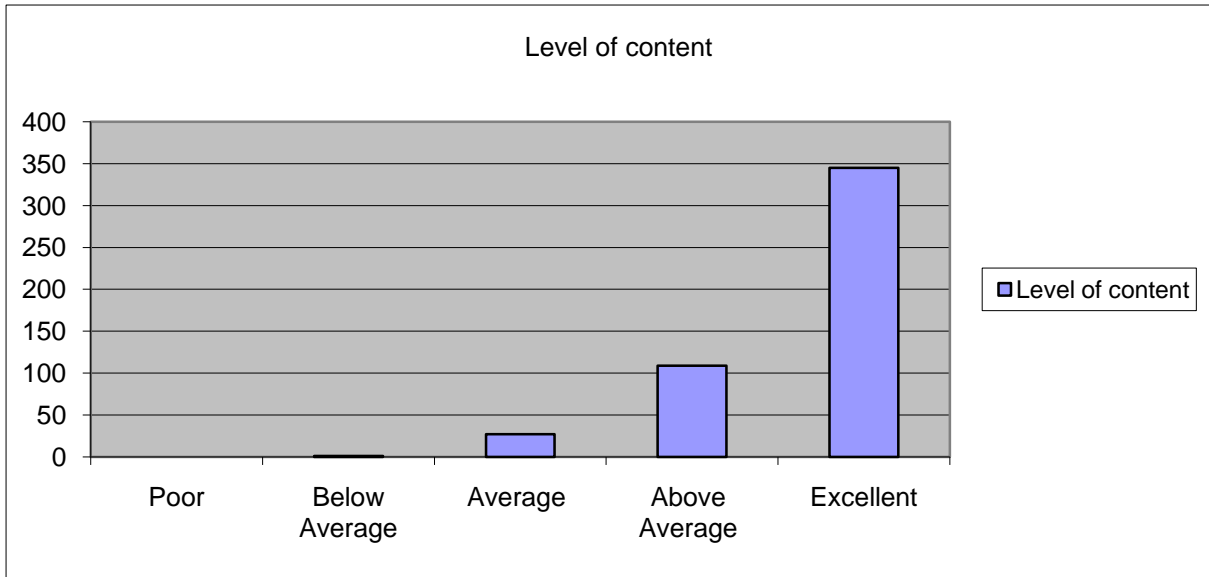
## Increased my awareness and understanding of Self Harm



## Relevance of the Topics



## Level of content



## Quality of training



## **Comments from 2010 training courses**

- Very informative and the personal touch really gave an emotional insight better than any information you could read or be given.
- This has got to be one of the best training courses I have been on, will take a lot from today.
- Jill's use of her own experiences was very useful as it gave an insight into why and how self harm occurs. This has got to be one of the best courses I have done.
- Very informative- excellent delivery felt -comfortable to share
- It is rare that I get so much out of training
- The personal element of the training really helped to make the topic interactive and powerful
- An excellent day. I will leave feeling more confident in this area. I would recommend this course.
- I feel more confident to deal with the issues surrounding self harm - Attention need not attention seeking.
- Would suggest others use Jill Eastham. An excellent study day. I would attend another Jill Eastham Study Day.
- I now realise just how important the need to physically harm can positively assist someone to temporarily find solution to mental and emotional suffering...but how to do this in a safe way
- Great information pack with useful resources. Found the presentation of the course excellent and hugely appreciate being able to hear Jill's Story.