



Primary Care Triple P Session 1 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick if the item was covered. Leave blank if the item was omitted.

Client number: Date of session:

Start time: Finish time:

Content Checklist

01. Introduction (welcome and self-introduction) and Agenda

(outline proposed session goals and gain consent from the parent/s)

- Assessment of child behavior problems
- Options for intervention
- Keeping track of children's behavior
- Homework tasks

02. Intake Interview

- Discuss each parent's current main concerns about their child's behavior (nature; context; intensity; frequency; duration; onset; course; other carers' approaches)
- Check for any developmental difficulties or health problems
- Check on the child's educational history
- Explore family relationships and interaction

03. Options for Intervention

- Ascertain the appropriateness of Primary Care Triple P for the family
- Discuss continuation of the program if appropriate
- Discuss referral if appropriate

04. Keeping Track of Children's Behavior

- Decide on the target behavior/s to monitor
- Provide a rationale for monitoring children's behavior
- Devise a system for keeping track of the target behavior/s

05. Session Close

- Review the main points covered in the session
- Explain homework tasks (complete the *Family Background Questionnaire*, *Parenting Experience Survey*, and daily monitoring; review causes of child behavior problems and complete the checklist)
- Schedule the next appointment

Session Notes

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Additional Agenda Items

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Homework Tasks

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Signed: Date completed:



Primary Care Triple P Session 2 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick if the item was covered. Leave blank if the item was omitted.

Client number: Date of session:

Start time: Finish time:

Content Checklist

01. Agenda _____

(outline proposed session goals and gain consent from the parent/s)

- Review assessment information
- Discuss causes of child behavior problems
- Develop specific goals for change (*Goal Achievement Scales*)
- Develop a parenting plan
- Homework tasks

02. Feedback of Assessment Results _____

- Check the problem is still current and explain the feedback process
- Discuss data from each type of assessment (interview, monitoring, observation)
- Provide an integrating summary
- Check the accuracy of your summary

03. Causes of Child Behavior Problems _____

- Outline the purpose of discussing causes of child behavior problems
- Ask the parent/s which factors they consider relevant to their child
- Prompt the parent/s to identify other causes
- Share your own observations if necessary
- Provide an integrating summary

04. Goals for Change _____

- Devise *Goal Achievement Scales*

05. Parenting Plan _____

- Introduce a parenting plan from a tip sheet, tailor a plan from a tip sheet for a similar problem or develop a plan using the *Planning Ahead* form
- Prompt the parent/s to transfer key steps onto a *Parenting Plan Checklist*
- Rehearse strategies as required

06. Session Close _____

- Review the main points covered in the session
- Explain homework tasks (continue to monitor target behavior/s; implement parenting plan and monitor on *Parenting Plan Checklist*, practice specific skills)
- Schedule the next appointment



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Session Notes

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Additional Agenda Items

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Homework Tasks

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Signed: Date completed:

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Primary Care Triple P Session 3 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick if the item was covered. Leave blank if the item was omitted.

Client number: Date of session:

Start time: Finish time:

Content Checklist

01. Agenda _____

(outline proposed session goals and gain consent from the parent/s)

- Review of monitoring
- Review of implementation of the parenting plan and fine-tuning where necessary
- Overcoming obstacles to implementation
- Additional agenda items
- Homework tasks

02. Update on Progress _____

- Review monitoring of the target behavior/s (try to link changes in child behavior to changes in parenting strategies used)
- Review implementation of the parenting plan

Ask what worked (at least two positive points):

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Ask what the parent/s could have done differently:

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- Fine-tune routines as required
- Provide a model and rehearse specific skills until the parent/s reach a sufficient level of proficiency
- Check for understanding, unhelpful thoughts and other obstacles to implementation of the parenting plan
- Develop a coping plan to overcome identified obstacles



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03. Other Issues _____

- Discuss any other issues the parent/s want to cover, such as developing a new parenting plan for another target behavior (use minimal prompts to help the parent/s solve any problems)

04. Session Close _____

- Review the main points covered in the session
- Explain homework tasks (continue to monitor target behavior/s; continue to implement parenting plan/s; other personal goals for practice)
- Schedule the next appointment

Session Notes

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Additional Agenda Items

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Homework Tasks

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Signed: Date completed:



Primary Care Triple P Session 4 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick if the item was covered. Leave blank if the item was omitted.

Client number: Date of session:

Start time: Finish time:

Content Checklist

01. Agenda

(outline proposed session goals and gain consent from the parent/s)

- Review of monitoring
- Review of implementation of parenting plan/s and fine-tuning where necessary
- Review of progress
- Maintenance of progress made
- Additional agenda items
- Completion of post-intervention assessment forms

02. Update on Progress

- Review monitoring of the target behavior/s (try to link changes in child behavior to changes in parenting strategies used)
- Review implementation of the parenting plan/s and homework goals for practice

Ask what worked (at least two positive points):

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Ask what the parent/s could have done differently:

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- Fine-tune routines and rehearse specific skills as required
- Check for any obstacles to implementation of the parenting plan/s and develop a coping plan to overcome identified obstacles



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- Ask the parent/s what improvements they have seen in their child's and their own behavior since starting the program (refer to goals set in Session 2 recorded on the *Goal Achievement Scale Worksheet/s* and note percentage success achieved)
- Ask the parent/s what further improvements they would like to see in their own and their child's behavior and prompt them to think about how to achieve these goals
- Discuss ways of maintaining progress made

03. Other Issues _____

- Discuss any other issues the parent/s want to cover (use minimal prompts to help the parent/s solve any problems):

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04. Session Close _____

- Review the session
- Ask the parent/s to complete the *Parenting Experience Survey* and *Client Satisfaction Questionnaire*
- Discuss referral options as appropriate
- Congratulate and thank the parent/s for participating in Triple P

Session Notes

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Additional Agenda Items

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Signed: Date completed: