



Triple P Provider Training Options

Level	Triple P Course	Target client group	Professionals who undertake this course include	Triple P delivery format	Triple P Pre-requisite Courses	Training & Accreditation days
1	Universal Triple P	General population targeted through a media-based parent information strategy.	Universal Triple P is not a training course. It is a communications strategy that aims to raise awareness of parenting issues and interventions. Materials and advice are available to organisations and individual practitioners to support their efforts to put parenting on the public agenda.	N/A	None, to be implemented in conjunction with a Level 2-5 Triple P course.	None
1	Stay Positive	General population, targeted through a communications campaign designed to de-stigmatise the concept of parenting interventions and raise awareness of parenting issues.	Stay Positive is not a training course. It is a fully phased & integrated communications campaign for regions implementing a population roll out of Triple P. It is usually coordinated by media staff within the rollout organisation.	Includes brochures, posters, flyers, websites, TV commercials, radio spots, billboards, parent newspapers, and more.	None	None
Brief Intervention						
2	Selected Seminars Triple P	Parents or carers interested in general information about promoting their child's development.	Those involved in education, social services, health services, or voluntary organisations.	Three 1 ½ - 2-hr seminars delivered to large groups of parents (>20)	Brief Primary Care, Primary Care, Group, or Standard Triple P	1 day training 1 day accreditation (Two ½ day accreditation workshops with maximum 10 participants)
2	Selected Seminars Teen Triple P	Parents or carers interested in general information about promoting their teenager's development.	Those involved in education, social services, health services, or voluntary organisations.	Three 1 ½ - 2-hr seminars delivered to large groups of parents (>20)	Brief Primary Care Teen, Primary Care Teen, Group Teen, or Standard Teen	1 day training 1 day accreditation (Two ½ day accreditation workshops with maximum 10 participants)
2	Brief Primary Care Triple P	Parents or carers with a specific concern about their child's behaviour, seeking an effective brief strategy. These parents often seek an opportunistic one-to-one brief consultation.	Those who may be involved in opportunistic support for the client and are only able to provide brief information about an effective strategy, including nurses and family physicians.	One brief individual consultation (a follow-up visit or phone call to review may be included).	None	2 days training 1 day accreditation (Two ½ day accreditation workshops with maximum 10 participants)

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2	Brief Primary Care Teen Triple P	Parents or carers with a specific concern about their teen's behaviour, seeking an effective brief strategy. These parents often seek an opportunistic one-to-one brief consultation.	Those who may be involved in opportunistic support for the client and are only able to provide brief information about an effective strategy, including nurses and family physicians.	One brief individual consultation (a follow-up visit or phone call to review may be included).	None	2 days training 1 day accreditation (Two ½ day accreditation workshops with maximum 10 participants)
3	Primary Care Triple P	Parents or carers with a specific concern about their child's behaviour who require one-to-one consultations and active skills training. These parents are often unable to commit to regular treatment over longer periods of time.	Those who may be involved in occasional support for the client and are able to provide focussed therapeutic interventions, including teachers, school counsellors, nurses, home visitors, family physicians, paediatricians, allied health professionals.	Several 20-30 min individual consultations (possibly 4 x sessions over 1-2 months).	None	2 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
3	Primary Care Teen Triple P	Parents or carers with a specific concern about their teen's behaviour who require one-to-one consultations and active skills training. These parents are often unable to commit to regular treatment over longer periods of time.	Those who may be involved in occasional support for the client and are only able to provide focussed therapeutic interventions, including teachers, school counsellors, nurses, home visitors, family physicians, allied health professionals.	Several 20-30 min individual consultations (possibly 4 x sessions over 1-2 months).	None	2 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
3	Primary Care Stepping Stones Triple P	Parents or carers of children with a disability (up to 12 years old) with a specific concern about their child's behaviour who require one-to-one consultations and active skills training. These parents are unable to commit to regular treatment over longer periods of time.	Those who may be involved in occasional support for the client and are only able to provide brief therapeutic interventions, including teachers, school counsellors, nurses, home visitors, family physicians, paediatricians, allied health professionals.	Brief individual consultations (possibly 4 x 20 – 30 min sessions over 1-2 months).	None	3 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
3	Triple P Discussion Groups	Parents or carers with a specific concern about their child's behaviour who require a 2-hour group discussion.	Those who may be involved in occasional support for the client and are able to provide brief therapeutic interventions, including teachers, school counsellors, nurses, home visitors, family physicians, paediatricians, allied health professionals.	A 1-session 2 hour group discussion.	Level 3 or 4 Triple P	1 day training 1 day accreditation (Two ½ day accreditation workshops with maximum 10 participants)



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Intensive Intervention						
4	Group Triple P	Parents or carers of children requiring intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These parents can commit to 8 weeks of regular appointments.	Those who are able to provide regular group interventions, including school counsellors, nurses, psychologists, social workers.	5 x 2 hr group sessions + 3 x 20 min individual telephone consultations for a group of up to 12 parents of children.	None	3 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
4	Group Teen Triple P	Parents or carers with concerns about their teen's behaviour who require intensive training in positive parenting. These parents can commit to 8 weeks of regular appointments.	Those who are able to provide regular group interventions, including school counsellors, nurses, psychologists, social workers.	5 x 2 hr group sessions + 3 x 20 min individual telephone consultations for a group of up to 12 parents of teens.	None	3 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
4	Group Stepping Stones Triple P	Parents or carers of children with a disability (up to 12 years of age) requiring intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These parents can commit to 9 weeks of regular appointments.	Those who are able to provide regular group interventions, including school counsellors, nurses, psychologists, social workers.	6 x 2 ½ hr group sessions + 3 x 20 min individual telephone consultations for a group of up to 12 parents of children.	None	3 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
4	Standard Triple P	Parents or carers with concerns about their child's behaviour who require intensive training in positive parenting. These parents can commit to 10 weeks of regular appointments.	Those who are able to provide individualised regular interventions, including school counsellors, nurses, psychologists, social workers, allied health professionals.	10 individualised 1 hr weekly sessions.	None	3 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
4	Standard Teen Triple P	Parents or carers with concerns about their teen's behaviour who require intensive training in positive parenting. These parents can commit to 10 weeks of regular appointments.	Those who are able to provide individualised regular group interventions, including school counsellors, nurses, psychologists, social workers.	10 individualised 1 hr weekly sessions.	None	3 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)

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4	Standard Stepping Stones Triple P	Parents or carers of children with a disability (up to 12 years old) who have moderate to severe concerns about their child's behaviour and are able to commit to 2 months of regular appointments.	Those who are able to provide individualised regular interventions, including school counsellors, nurses, psychologists, social workers, and allied health professionals.	10 individualised 1 ½ hr weekly sessions.	None	3 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
Adjunctive Support						
5	Enhanced Triple P	Parents of children with concurrent child behaviour problems and family adjustment difficulties, e.g. parental depression or stress and partner conflict. These parents have attempted a Level 4 programme and shown minimal improvements.	Those who are able to provide regular interventions, including school counsellors, nurses, psychologists, social workers, allied health professionals.	3 – 10 individualised 60 – 90 min parenting sessions	Any Level 4 Triple P Training Course	2 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
5	Pathways Triple P	Parents who have anger management issues and other issues that put them at risk of child abuse and neglect.	Those who are able to provide regular interventions, including school counsellors, nurses, psychologists, social workers, allied health professionals.	2 – 5 individualised or group 60 – 90 min sessions.	Any Level 4 Triple P Training Course	2 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
5	Group Lifestyle Triple P	Parents or carers of overweight or obese children (5-10 years of age) who are concerned about their child's weight and are willing to make changes in their family's lifestyle. These parents can commit to up to 6 months of regular appointments.	Those who are able to provide regular group interventions, including dietitians, physical education teachers, nurses, psychologists, physicians.	10 x 1 ½ hr group sessions + 4 x 20 min telephone consultations for a group of up to 10 families.	None	3 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)
5	Family Transitions Triple P	Parents going through separation and divorce who have concurrent concerns about their child's behaviour.	Those who are able to provide regular interventions, including family support workers, school counsellors, nurses, psychologists, social workers, allied health professionals.	5 x 2 hr individual or group sessions in addition to Group, Group Teen, or Group Stepping Stones Triple P	Level 4 Group, Group Teen, or Group Stepping Stones Triple P Training Course	2 days training 2 days accreditation (Four ½ day accreditation workshops with maximum 5 participants)

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