



# Triple P – Positive Parenting Program®

Triple P Course Summaries



## Level 2

### Selected (Seminars) Triple P Provider Training Course

#### What does the cost of the training include?

- 1 training day (maximum of 20 practitioners).
- 1 accreditation day undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 10 practitioners per workshop and a total of 20 practitioners attending the day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).

#### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Facilitator's Kit for Selected Triple P (Includes a Facilitator's Manual and CD-Rom with Seminar Series PowerPoint presentations).
- Triple P Tip Sheet Series – Seminar Series (includes a tip sheet from each Seminar Series).

#### Do pre-requisites apply?

Practitioners must have completed one of the following courses: *Brief Primary Care, Primary Care, Group, or Standard Triple P.*

#### Who is best suited to this course?

This delivery modality is best suited to experienced and confident facilitators involved in education or health services e.g., school counselors, nurses.

#### Overview

The Selected (Seminars) Triple P Provider Training Course teaches Triple P Providers the skills to conduct parenting information seminars for parents with children (aged 0 to 12 years). Selected Triple P is suitable as a universal prevention strategy where it is offered to parents entering an intervention or school age service.

Selected interventions are typically delivered through primary care services including maternal and child health services, general practitioners and family doctors, child care centers, kindergartens, and schools. These services are well positioned to provide brief information presentations to groups of parents.

The Triple P Selected Seminar Series consists of three 2-hour seminars covering the following topics:

1. Positive parenting;
2. Raising confident, competent children; and
3. Raising resilient children.

The seminar series may also assist parents with specific concerns about their child's behavior by building awareness of other Triple P services. This level of intervention is designed for the management of discrete child problem behaviors that are not complicated by other major behavior management difficulties or family dysfunction.

The Selected (Seminars) Triple P Provider Training Course comprises attendance at a 1-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills based accreditation process.

#### Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Organizing a successful seminar series.
- Presentation of the seminar series.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children's development.
- Responding to parents questions.

#### Estimating the number of program resources required for parents

Where Selected Seminars are considered part of core business for organizations it can be expected that each trained practitioner will run 2 rounds of the 3 seminars every year (6 seminars) with an average of 50 parents or carers attending each seminar. This equates to 300 seminar places.

#### Program Resource Formula

1 x Seminar Tip Sheet per seminar place



## Level 2

# Brief Primary Care Triple P Provider Training Course

### What does the cost of the training include?

- 2 training days (maximum of 20 practitioners).
- 1 accreditation day undertaken 6-8 weeks post-training. Each practitioner attends only one half-day workshop (maximum of 10 practitioners attending each workshop and a total of 20 practitioner attending the day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).
- Access to the Triple P Provider Network for up to 20 practitioners.

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Primary Care Triple P (includes Practitioner's Manual and Consultation Flip Chart).
- Triple P Tip Sheet Series (including a Positive Parenting Booklet and sample of the Triple P Tip Sheet series).
- Every Parent's Survival Guide [DVD].

### Do pre-requisites apply?

No Triple P pre-requisites apply. Requires an organization to have established a successful referral process for families requiring further assistance.

### Who is best suited to this course?

This course is best suited to practitioners working in a brief opportunistic consultation format with families experiencing mild behavioral/emotional difficulties with recent onset, including nurses, and family physicians.

### Overview

The Brief Primary Care Triple P Training Course is relevant to practitioners who regularly offer advice and support to parents with children (aged 0 to 12 years) during brief opportunistic consultations. Using this model, practitioners have a brief consultation (15 to 30 minutes) with families plus a follow-up visit or phone call to review if required.

The Brief Primary Care Triple P Provider Training Course comprises attendance at a 2-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Early detection and effective management of child behavior problems.
- Core principles of positive parenting and behavior change.
- Factors influencing child behavior
- Specific positive parenting strategies for promoting children's development.
- Effective parent consultation.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

### Estimating the number of program resources required for parents

Where Brief Primary Care Triple P consultations are conducted as part of core business, it can be expected each practitioner will see 125 parents or carers per year. Thus, each practitioner would require 125 *tip sheets* (any combination of topics) and 125 *Positive Parenting Booklets* per annum.

### Program Resource Formula

- 1 x Tip Sheet per family
- 1 x Positive Parenting Booklet per family



## Level 3

# Primary Care Triple P Provider Training Course

### What does the cost of the training include?

- 2 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for detail).
- Access to the Triple P Provider Network for up to 20 Providers.

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following at training:

- Practitioner's Kit for Primary Care Triple P (includes Practitioner's Manual and Consultation Flip Chart).
- Triple P Tip Sheet Series – Sample Pack. (Includes the Positive Parenting Booklet and a sample of the Triple P Tip Sheet series).
- Every Parent's Survival Guide [DVD].

### Do pre-requisites apply?

No Triple P pre-requisites apply.

### Who is best suited to this course?

This course is best suited to practitioners working in a brief consultation format with families experiencing mild behavioral/emotional difficulties with recent onset, including school counselors, nurses, home visitors, family physicians, pediatricians, and other allied health professionals.

### Overview

The Primary Care Triple P Training Course is relevant to practitioners who regularly offer advice and support to parents with children (aged 0 to 12 years) during focused consultations carried out in the course of providing routine health surveillance and care. Using this model, practitioners have 3 to 4 consultations (15 to 30 minutes) with families over a 4 to 6 week period.

The Primary Care Triple P Provider Training Course comprises attendance at a 2-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Early detection and effective management of child behavior problems.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children's development.
- Effective parent consultation.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.
- Risk and protective factors operating within families.

### Estimating the number of program resources required for parents

Where Primary Care Triple P consultations are conducted part of core business it can be expected each practitioner will see 50 parents or carers per year. Thus, each practitioner would require 150 *tip sheets* (any combination of topics) and 50 *Positive Parenting Booklets* per annum.

Note: In addition, organizations may expect practitioners to use additional tip sheets as part of one-off opportunistic Triple P consultations with parents or carers. Organizations may like to factor in an additional tip sheet per family per practitioner to account for this.

### Program Resource Formula

3 x Tip Sheets per Family  
1 x Positive Parenting Booklet per family



## Level 3

# Triple P Discussion Group Provider Training Course

### What does the cost of the training include?

- 1 training days (maximum of 20 practitioners).
- 1 accreditation days undertaken 6-8 weeks post-training. Each practitioner attends only one half-day workshop (maximum of 10 practitioners attending each workshop and a total of 20 practitioners attending the day).
- Training materials include: recommended readings, participant notes, questionnaires /evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for detail).

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following at training:

- Facilitator's Kit for Triple P Discussion Group (Includes Presentation Guide, four Workbooks, and DVD/PowerPoint).
- Facilitator's Manual for Triple P Discussion Group.

### Do pre-requisites apply?

Practitioners must have previously completed one of the following courses: *Brief Primary Care, Primary Care, Group, or Standard Triple P.*

Practitioners accredited in Selected (Seminars), Group, or Group Stepping Stones Triple P are exempt from Accreditation.

### Who is best suited to this course?

This course is best suited to practitioners working in a brief consultation format with families experiencing mild behavioral/emotional difficulties with recent onset, including school counselors, nurses, home visitors, family physicians, pediatrician and other allied health professionals.

### Overview

The Triple P Discussion Group Provider Training Course is relevant to practitioners who regularly offer advice and support to parents with children (aged 0 to 12 years). Using this model, practitioners will facilitate a 1-session 2-hour group discussion with an average of 10 families.

The discussion groups are designed to provide an overview and introduction to the principles of positive parenting for any interested parent. The discussion group topics are:

- Hassle free shopping with children.
- Managing fighting and aggression.
- Developing good bedtime routines.
- Dealing with disobedience.

The Triple P Discussion Group Provider Training Course comprises attendance at a 1-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Early detection and effective management of child behavior problems.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children's development.
- Effective parent consultation.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures..
- Risk and protective factors operating within families.

### Estimating the number of program resources required for parents

Where Triple P Discussion Group are conducted as part of core business, it can be expected each practitioner will facilitate 10 group sessions each with an average of 10 parents or carers. Thus, each practitioner would require 100 *Triple P Discussion Group Workbooks* (any combination of the four topics) per annum.

### Program Resource Formula for group discussions

1 x Triple P Discussion Group Workbook per family



## Level 4

### Group Triple P Provider Training Course

#### What does the cost of the training include?

- 3 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).
- Access to the Triple P Provider Network for up to 20 Providers.

#### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Facilitator's Kit for Group Triple P (includes Facilitator's Manual, CD-Rom with Group Triple P PowerPoint presentations, and the Every Parent's Group Workbook).
- Every Parent's Survival Guide [DVD].

#### Do pre-requisites apply?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development and psychopathology to undertake this training.

#### Who is best suited to this course?

Those who are able to provide long term regular group interventions, including school counselors, nurses, psychologists, social workers.

#### Overview

The Group Triple P Provider Training Course skills practitioners to deliver a broad focused parenting support program to groups of parents with children (aged 0 to 12 years). Group Triple P is suitable for parents with concerns about their child's behavior or who wish to learn a variety of parenting skills that will promote their child's development and potential. Group Triple P is suitable as a universal prevention strategy where it is offered to parents entering an early intervention or school age service.

Group Triple P is delivered to parents over the course of 8 weeks. The program involves 5 (2 hour) group sessions that educate and actively train skills, and three (15 to 30 minute) individual telephone consultations that follow a self-regulatory format to facilitate independent problem solving.

The Group Triple P Provider Training Course comprises attendance at a 3-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

#### Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Application of key parenting strategies to a broad range of target behaviors.
- Strategies for promoting generalization and maintenance of behavior change.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Telephone support consultations with parents.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.
- Risk and protective factors operating within families.

#### Estimating the number of program resources required for parents

Where Triple P is adopted within organizations as part of core business it is expected that each practitioner would conduct, on average, 3 group programs per year with approximately 10 parents or carers in each program. Thus, each practitioner would require 30 copies of *Every Parent's Group Workbook* per annum.

#### Program Resource Formula

1 x Every Parent's Group Workbook per family



## Level 4

### Standard Triple P Provider Training Course

#### What does the cost of the training include?

- 3 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).
- Access to the Triple P Provider Network for up to 20 Providers.

#### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Standard Triple P (includes Practitioner's Manual and Every Parent's Family Workbook).
- Every Parent's Survival Guide [DVD].

#### Do pre-requisites apply?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development and psychopathology to undertake this training.

#### Who is best suited to this course?

Recommended for psychologists, psychiatrists, social workers, family counselors, school guidance officers, behavior management teachers and other allied health professionals who regularly consult with parents about children's behavior.

#### Overview

The Standard Triple P Provider Training Course skills practitioners to deliver an intensive broad focused parenting support intervention individually to parents with children (aged 0 to 12 years). Standard Triple P is suitable for parents with concerns about their child's behavior or who wish to learn a variety of parenting skills that will promote their child's development and potential.

Standard Triple P is designed as a 10 session intervention with each session being approximately 1 hour in duration. The intervention involves a thorough assessment of parent-child interaction, the application of parenting skills to a broad range of target behaviors and the use of generalization enhancement strategies to promote parental autonomy. The course provides practitioners the opportunity to develop advanced assessment and intervention skills.

The Standard Triple P Provider Training Course comprises attendance at a 3-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

#### Learning Outcomes

On completion of this program, practitioners will have enhanced knowledge and skills in the following areas:

- Early detection and effective management of child behavior problems.
- Risk and protective factors operating within families
- Core principles of positive parenting and behavior change.
- Advanced assessment of child and family functioning
- Application of key parenting strategies to a broad range of target behaviors.
- Strategies for promoting generalization and maintenance of behavior change.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.

#### Estimating the number of program resources required for parents

Where Triple P is adopted within organizations as part of core business it is expected that each practitioner could conduct (on average) 250 consultations per year equating to 25 parents or carers per year (given 10 sessions per Standard Triple P delivery per family). Thus, each practitioner would require 25 *Every Parent's Family Workbook* per annum.

#### Program Resource Formula

1 x Every Parent's Family Workbook per family



## Level 2

### Selected (Seminars) Teen Triple P Provider Training Course

#### What does the cost of the training include?

- 1 training day (maximum of 20 practitioners).
- 1 accreditation workshop undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (a maximum of 10 practitioners per workshop and a total of 20 practitioners attending the day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).

#### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Facilitator's Kit for Selected Teen Triple P (includes a Facilitator's Manual and CD-Rom with Seminar Series PowerPoint presentations).
- Triple P Tip Sheet Series – Seminar Series (Includes a tip sheet from each of the 3 teen seminars).

#### Do pre-requisites apply?

Practitioners must have completed one of the following courses: *Brief Primary Care Teen, Primary Care Teen, Group Teen, or Standard Teen Triple P.*

#### Who is best suited to this course?

This delivery modality is best suited to experienced and confident facilitators involved in education or health services e.g., school counselors, nurses.

#### Overview

The Selected (Seminars) Teen Triple P Provider Training Course teaches Triple P Providers the skills to conduct parenting information seminars for parents with teenagers (up to 16 years). Selected Teen Triple P is suitable as a universal prevention strategy where it is offered to parents of teens transitioning to high school.

Selected interventions are typically delivered through primary care services including youth health services, colleges, and high schools. These services are well positioned to provide brief information presentations to groups of parents.

The Triple P Selected Teen Seminar series consists of three 2-hour seminars on the following topics:

1. Raising competent teenagers;
2. Raising responsible teenagers; and
3. Getting teenagers connected.

The seminar series may also assist parents with specific concerns about their teenager's behavior by building awareness of other Triple P services. This level of intervention is designed for the management of discrete teen problem behaviors that are not complicated by other major behavior management difficulties or family dysfunction.

The Selected Teen (Seminars) Triple P Provider Training Course comprises attendance at a 1-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

#### Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Organizing a successful seminar series.
- Presentation of the seminar series.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting teenagers' development.
- Responding to parents' questions.

#### Estimating the number of program resources required for parents

Where Selected Teen Seminars are considered part of core business for organizations it can be expected that each trained practitioner will run 2 rounds of the 3 seminars every year (6 seminars) with an average of 50 parents or carers attending each seminar. This equates to 300 seminar places. Each parent who attends a seminar will be provided with 1 tip sheet corresponding to the seminar they are attending.

#### Program Resource Formula

1 x Teen Seminar Tip Sheet per seminar place





## Level 2

# Brief Primary Care Teen Triple P Provider Training Course

### What does the cost of the training include?

- 2 training days (maximum of 20 practitioners).
- 1 accreditation day undertaken 6-8 weeks post-training. Each practitioner attends only one half-day workshop (maximum of 10 practitioners attending each workshop and a total of 20 practitioners attending the day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).
- Access to the Triple P Provider Network for up to 20 Providers.

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Primary Care Teen Triple P (Includes Practitioner's Manual and Consultation Flip Chart).
- Triple P Teen Tip Sheet Series—Sample Pack (includes Positive Parenting for Parents with Teenagers and a sample of the Teen Tip Sheets).
- Every Parent's Survival Guide to Teenagers [DVD].

### Do pre-requisites apply?

No Triple P pre-requisites apply. Requires an organization to have established a successful referral process for families requiring further assistance.

### Who is best suited to this course?

This course is best suited to practitioners working in a brief opportunistic consultation format with families experiencing recent onset of mild behavioral/emotional difficulties with a teenager. Those practitioners include nurses and family physicians.

### Overview

The Brief Primary Care Teen Triple P Training Course is relevant to practitioners who regularly offer advice and support to parents with teenagers (up to 16 years) during brief opportunistic consultations. Using this model, practitioners have a brief consultation (15 to 30 minutes) with families plus a follow-up visit or phone call to review if required.

The Brief Primary Care Teen Triple P Provider Training Course comprises attendance at a 2-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Early detection and effective management of teen behavior problems.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting teenager's development.
- Effective parent consultation.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

### Estimating the number of program resources required for parents

Where Brief Primary Care Teen Triple P consultations are conducted as part of core business, it can be expected each practitioner will see 125 parents or carers per year. Each of these is likely to receive, on average 1 teen tip sheet (any combination of topics) plus the Positive Parenting Booklet for Parents with Teenagers. Thus, each practitioner would require 125 *tip sheets* and 125 *Positive Parenting for Parents with Teenagers Booklets* per annum.

### Program Resource Formula

- 1 x Teen Tip Sheets per family
- 1 x Positive Parenting Booklet for Parents with Teenagers per family



## Level 3

# Primary Care Teen Triple P Provider Training Course

### What does the cost of the training include?

- 2 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending the day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for detail).
- Access to the Triple P Provider Network for up to 20 Providers.

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Primary Care Teen Triple P (Includes Practitioner's Manual and Consultation Flip Chart).
- Triple P Teen Tip Sheet Series—Sample Pack (includes Positive Parenting Booklet for Parents with Teenagers Booklet and a sample of the Teen Tip sheets).
- Every Parent's Guide to Teenagers [DVD].

### Do pre-requisites apply?

No Triple P pre-requisites apply.

### Who is best suited to this course?

This course is best suited to practitioners working in a brief consultation format with families experiencing recent onset of mild behavioral/emotional difficulties with a teenager. Those practitioners include school counselors, nurses, family physicians, pediatricians, and other allied health professionals.

### Overview

The Primary Care Teen Triple P Training Course is relevant to practitioners who regularly offer advice and support to parents with teenagers (up to 16 years) during focussed consultations carried out in the course of providing routine health surveillance and care. Using this model, practitioners have 3 to 4 consultations (15 to 30 minutes) with families over a 4 to 6 week period.

The Primary Care Teen Triple P Provider Training Course comprises attendance at a 2-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this course, practitioners should have skills and knowledge in the following areas:

- Early detection and effective management of teenager behavior problems.
- Core principles of positive parenting and effective behavior change.
- Factors influencing adolescent behavior.
- Specific positive parenting strategies for promoting teenagers' development.
- Identification of indicators suggesting more intensive intervention is required.
- Appropriate referral procedures.
- Risk and protective factors operating within families.

### Estimating the number of program resources required for parents

Where Primary Care Teen Triple P consultations are conducted as part of core business it can be expected each practitioner will see 50 parents or carers per year. Each of these is likely to receive, on average, 3 tip sheets (any combination of teen topics) plus the Positive Parenting for Parents with Teenagers Booklet. Thus, each practitioner would require 150 *tip sheets* and 50 *Positive Parenting for Parents with Teenagers Booklets* per annum.

Note: In addition, organizations may expect practitioners to use additional tip sheets as part of one-off opportunistic Triple P consultations with parents or carers. Organizations may like to factor in an additional tip sheet per family per practitioner to account for this.

### Program Resource Formula

3 x Tip Sheets per family  
1 x Positive Parenting for Parents with Teenagers Booklet per family



## Level 3

# Teen Triple P Discussion Group Provider Training Course

### What does the cost of the training include?

- 1 training days (maximum of 20 practitioners).
- 1 accreditation days undertaken 6-8 weeks post-training. Each practitioner attends only one half-day workshop (maximum of 10 practitioners attending each workshop and a total of 20 practitioners attending the day).
- Training materials include: recommended readings, participant notes, questionnaires /evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for detail).

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following at training:

- Facilitator's Kit for Teen Triple P Discussion Group (Includes Presentation Guide, four Workbooks, and DVD/ PowerPoint).
- Facilitator's Manual for Teen Triple P Discussion Group.

### Do pre-requisites apply?

Practitioners must have previously completed one of the following courses: *Brief Primary Care Teen, Primary Care Teen, Group Teen, or Standard Teen Triple P.*

Practitioners accredited in Selected Teen (Seminars) or Group Teen Triple P are exempt from Accreditation.

### Who is best suited to this course?

This course is best suited to practitioners working in a brief consultation format with families experiencing mild behavioral/ emotional difficulties with recent onset, including school counselors, nurses, family physicians, and other allied health professionals.

### Overview

The Teen Triple P Discussion Group Provider Training Course is relevant to practitioners who regularly offer advice and support to parents with teenagers (aged up to 16 years). Using this model, practitioners will facilitate a 1-session 2-hour group discussion with an average of 10 families.

The discussion groups are designed to provide an overview and introduction to the principles of positive parenting for any interested parent. The discussion group topics are:

- Getting teenagers to cooperate.
- Coping with teenagers emotions.
- Building teenagers survival skills.
- Reducing family conflict.

The Teen Triple P Discussion Group Provider Training Course comprises attendance at a 1-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Early detection and effective management of teen behavior problems.
- Core principles of positive parenting and behavior change.
- Factors influencing adolescent behavior.
- Specific positive parenting strategies for promoting teenager's development.
- Effective parent consultation.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures..
- Risk and protective factors operating within families.

### Estimating the number of program resources required for parents

Where Teen Triple P Discussion Group are conducted as part of core business, it can be expected each practitioner will facilitate 10 group sessions each with an average of 10 parents or carers. Thus, each practitioner would require 100 *Teen Triple P Discussion Group Workbooks* (any combination of the four topics) per annum.

### Program Resource Formula for group discussions

1 x Teen Triple P Discussion Group Workbook per family



## Level 4

# Group Teen Triple P Provider Training Course

### What does the cost of the training include?

- 3 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).
- Access to the Triple P Provider Network for up to 20 Providers.

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Facilitator's Kit for Group Teen Triple P (includes Facilitator's Manual, CD-Rom with Group Teen Triple P PowerPoint presentations, and the Teen Triple P Group Workbook).
- Every Parent's Guide to Teenagers [DVD].

### Do pre-requisites apply?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of adolescent development and psychopathology to undertake this training.

### Who is best suited to this course?

Those who are able to provide long term regular group interventions, including school counselors, nurses, psychologists, social workers.

### Overview

The Group Teen Triple P Provider Training Course skills practitioners to deliver a broad focused parenting support program to groups of parents with teenagers (up to 16 years). Group Teen Triple P is suitable for parents with concerns about their teenager's behavior or who wish to learn a variety of parenting skills that will promote their teenager's development and potential. Group Teen Triple P is suitable as a universal prevention strategy where it is offered to parents of teens transitioning to high school.

Group Teen Triple P is delivered to parents over the course of 8 weeks. The program involves 5 (2 hour) group sessions that educate and actively train skills, and three (15 to 30 minute) individual telephone consultations that follow a self-regulatory format to facilitate independent problem solving.

Group Teen Triple P Provider Training Course comprises attendance at a 3-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this course, practitioners should have knowledge and skills in the following areas:

- Application of key parenting strategies to a broad range of teenagers' target behaviors.
- Strategies for promoting generalization and maintenance of behavior change.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Telephone support consultations with parents.
- Identification of indicators suggesting more intensive intervention is required.
- Appropriate referral procedures.
- Risk and protective factors operating within families.

### Estimating the number of program resources required for parents

Where Triple P is adopted within organizations as part of core business it is expected that each practitioner would conduct, on average, 3 group programs per year with approximately 10 parents or carers in each program. Thus, each practitioner would require 30 copies of *Teen Triple P Group Workbook* per annum.

### Program Resource Formula

1 x Teen Triple P Group Workbook per family



## Level 4

# Standard Teen Triple P Provider Training Course

### What does the cost of the training include?

- 3 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for a description).
- Access to the Triple P Provider Network for up to 20 Providers.

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Standard Teen Triple P (includes Practitioner's Manual and the Teen Triple P Family Workbook).
- Every Parent's Guide to Teenagers [DVD].

### Do pre-requisites apply?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child and adolescent development and psychopathology to undertake this training.

### Who is best suited to this course?

Recommended for psychologists, psychiatrists, social workers, family counselors, school guidance officers, behavior management teachers and other allied health professionals who regularly consult with parents about adolescent behavior.

### Overview

The Standard Teen Triple P Provider Training Course skills practitioners to deliver an intensive broad focused parenting support intervention individually to parents with teenagers (up to 16 years). Standard Teen Triple P is suitable for parents with concerns about their teenager's behavior or who wish to learn a variety of parenting skills that will promote their teenager's development and potential.

Standard Triple P is designed as a 10 session intervention with each session being approximately 1 hour duration. The intervention involves a thorough assessment of parent-teen interaction, the application of parenting skills to a broad range of target behaviors and the use of generalization enhancement strategies to promote parental autonomy. The course provides practitioners the opportunity to develop advanced assessment and intervention skills.

The Standard Teen Triple P Provider Training Course comprises attendance at a 3-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this program, practitioners will have enhanced knowledge and skills in the following areas:

- Early detection and effective management of teenager behavior problems.
- Risk and protective factors operating within families.
- Core principles of positive parenting and behavior change.
- Advanced assessment of teenager and family functioning.
- Application of key parenting strategies to a broad range of target behaviors.
- Strategies for promoting generalization and maintenance of behavior change.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.

### Estimating the number of program resources required for parents

Where Triple P is adopted within organizations as part of core business it is expected that each practitioner could conduct, on average, 250 consultations per year equating to 25 parents or carers per year (given 10 sessions per Standard Teen Triple P delivery per family). Thus, each practitioner would require 25 *Teen Triple P Family Workbooks* per annum.

### Program Resource Formula

1 x Teen Triple P Family Workbook per family



## Level 2

### Selected Stepping Stones (Seminars) Triple P Provider Training Course

#### What does the cost of the training include?

- 1 training day (maximum of 20 practitioners).
- 1 accreditation day undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 10 practitioners per workshop and a total of 20 practitioners attending the day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).

#### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Facilitator's Kit for Selected Stepping Stones Triple P (Includes a Facilitator's Manual and CD-Rom with Seminar Series PowerPoint presentations).
- Triple P Tip Sheet Series – Seminar Series (includes a tip sheet from each Seminar Series).

#### Do pre-requisites apply?

Practitioners must have completed one of the following courses: *Primary Care Stepping Stones*, *Group Stepping Stones*, or *Standard Stepping Stones Triple P*.

#### Who is best suited to this course?

This delivery modality is best suited to experienced and confident facilitators involved in providing services to parents of children with disabilities.

#### Overview

The Selected Stepping Stones (Seminars) Triple P Provider Training Course teaches Triple P Providers the skills to conduct parenting information seminars for parents of children with a disability (aged 0 to 12 years). Selected Stepping Stones Triple P is suitable as a universal strategy where it is offered to parents entering an intervention or school age service.

Selected interventions are typically delivered through primary care services including maternal and child health services, general practitioners and family doctors, child care centers, kindergartens, and schools. These services are well positioned to provide brief information presentations to groups of parents.

The Stepping Stones Triple P Selected Seminar Series consists of three 2-hour seminars covering the following topics:

1. Positive parenting for children with a disability;
2. Helping your child reach their potential; and
3. Changing problem behavior into positive behavior.

The seminar series may also assist parents with specific concerns about their child's behavior by building awareness of other Triple P services. This level of intervention is designed for the management of discrete child problem behaviors that are not complicated by other major behavior management difficulties or family dysfunction.

The Selected Stepping Stones (Seminars) Triple P Provider Training Course comprises attendance at a 1-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills based accreditation process.

#### Learning Outcomes

On completion of this program, practitioners will have knowledge and skills in the following areas:

- Organizing a successful seminar series.
- Presentation of the seminar series.
- Core principles of positive parenting and behavior change.
- Specific positive parenting strategies for promoting children's development.
- Responding to parents questions.

#### Estimating the number of program resources required for parents

Where Selected Seminars are considered part of core business for organizations it can be expected that each trained practitioner will run 2 rounds of the 3 seminars every year (6 seminars) with an average of 50 parents or carers attending each seminar. This equates to 300 seminar places. Each parent who attends a seminar will be provided with 1 tip sheet corresponding to the seminar they are attending.

#### Program Resource Formula

1 x Seminar Tip Sheet per seminar place



## Level 3

# Primary Care Stepping Stones Triple P Provider Training Course

### What does the cost of the training include?

- 3 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for detail).
- Access to the Triple P Provider Network for up to 20 Providers.

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Primary Care Stepping Stones Triple P (includes Practitioner's Manual and Consultation PowerPoint CD).
- Stepping Stones Triple P Primary Care Booklet Series.
- Stepping Stones Triple P: A Survival Guide for Families with a Child who has a Disability [DVD].

### Do pre-requisites apply?

No Triple P pre-requisites apply.

### Who is best suited to this course?

Those who work in a brief consultation format with families experiencing mild behavioral/emotional difficulties with recent onset with a child (e.g., family support workers, school counselors, special education teachers, nurses, family physicians, pediatricians and allied health professionals).

### Overview

The Primary Care Stepping Stones Triple P Training Course is relevant to practitioners who regularly offer advice and support to parents who have a child with a disability (0 to 12 years) during focused consultations carried out in the course of providing routine health surveillance and care.

Primary Care Stepping Stones Triple P involves teaching parents to apply parenting skills to specific target behaviors using active skills training. Using this model, practitioners have 3 to 4 brief consultations (15 to 30 minutes) with families over a 4 to 6 week period.

The Primary Care Stepping Stones Triple P Provider Training comprises attendance at a 3-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this course, practitioners should have skills and knowledge in the following areas:

- Early detection and effective management of child behavior problems.
- Core principles of positive parenting and effective behavior change.
- Specific positive parenting strategies for promoting children's development.
- Identification of indicators suggesting more intensive intervention is required.
- Appropriate referral procedures.
- Risk and protective factors operating within families.

### Estimating the number of program resources required for parents

Where Primary Care Stepping Stones Triple P consultations are conducted as part of core business it can be expected each practitioner may see, on average, 50 parents or carers per year. Each of these families is likely to receive, on average 2 booklets (any combination of topics) plus the Positive Parenting Booklet. Thus, each practitioner would require 100 *Stepping Stones Triple P Primary Care Booklets* and 50 *Positive Parenting Booklets* per annum.

Note: In addition, organizations may expect practitioners to use additional booklets as part of one-off opportunistic Triple P consultations with parents or carers.

Organizations may like to factor in additional booklets per family per practitioner to account for this.

### Program Resource Formula

2 x Stepping Stones Triple P Primary Care Booklets per family  
1 x Positive Parenting Booklet per family



## Level 4

# Group Stepping Stones Triple P Provider Training Course

### What does the cost of the training include?

- 3 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).
- Access to the Triple P Provider Network for up to 20 Providers.

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Facilitator's Kit for Group Stepping Stones Triple P (includes Facilitator's Manual, CD-Rom with Group Stepping Stones Triple P PowerPoint presentations, and the Stepping Stones Triple P Group Workbook).
- Stepping Stones: A Survival Guide for Parents of Children with Disabilities [DVD].

### Do pre-requisites apply?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development, psychopathology and disability to undertake this training.

### Who is best suited to this course?

Those who are able to provide long term regular group interventions, including disability specialists, school counselors, nurses, psychologists, social workers.

### Overview

The Group Stepping Stones Triple P Provider Training Course skills practitioners to deliver a broad focused parenting support program to groups of parents who have children with a developmental disability (aged 0 to 12 years). Group Stepping Stones Triple P is suitable for parents with concerns about their child's behavior or who wish to learn a variety of parenting skills that will promote their child's development and potential. Group Stepping Stones Triple P is suitable as a universal strategy to prevent behavioral and emotional problems in children with a developmental disability.

Group Stepping Stones Triple P is delivered to parents over the course of 9 weeks. The program involves 6 (2½ hour) group sessions that educate and actively train skills, and 3 (15 to 30 minute) individual telephone consultations that follow a self-regulatory format to facilitate independent problem solving.

The Group Stepping Stones Triple P Provider Training Course comprises attendance at a 3-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

Practitioners successfully completing this program will have advanced knowledge and skills in the following areas:

- Application of key parenting strategies to a broad range of target behaviors.
- Strategies for promoting generalization and maintenance of behavior change.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Telephone support consultations with parents.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.
- Risk and protective factors operating within families.

### Estimating the number of program resources required for parents

Where Triple P is adopted within organizations as part of core business it is expected that each practitioner would conduct (on average) 5 group programs per year with approximately 7 parents or carers in each program. Thus, each practitioner would require 35 copies of the *Stepping Stones Triple P Group Workbook* per annum

### Program Resource Formula

1 x Stepping Stones Triple P Group Workbook per family





## Level 4

# Standard Stepping Stones Triple P Provider Training Course

### What does the cost of the training include?

- 3 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).
- Access to the Triple P Provider Network for up to 20 Providers.

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Standard Stepping Stones Triple P (includes Practitioner's Manual, and the Stepping Stones Triple P Family Workbook).
- Stepping Stones: A Survival Guide for Parents of Children with Disabilities [DVD].

### Do pre-requisites apply?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development, psychopathology and disability to undertake this training.

### Who is best suited to this course?

Recommended for psychologists, psychiatrists, social workers, family counselors, school guidance officers, behavior management teachers and other allied health professionals who regularly consult with parents about child behavior.

### Overview

The Standard Stepping Stones Triple P Provider Training Course skills practitioners to deliver an intensive broad focused parenting support intervention individually to parents with children who have a developmental disability (aged 0 to 12 years). Standard Stepping Stones Triple P is suitable for parents with concerns about their child's behavior or who wish to learn a variety of parenting skills that will promote their child's development and potential.

Standard Stepping Stones Triple P is designed as a 10 session intervention with each session being approximately 1 hour in duration. The intervention involves a thorough assessment of parent-child interaction, the application of parenting skills to a broad range of target behaviors and the use of generalization enhancement strategies to promote parental autonomy. The course provides practitioners the opportunity to develop advanced assessment and intervention skills.

The Standard Triple P Provider Training Course comprises attendance at a 3-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this program, practitioners will have enhanced knowledge and skills in the following areas:

- Early detection and effective management of child behavior problems.
- Risk and protective factors operating within families.
- Core principles of positive parenting and behavior change.
- Advanced assessment of child and family functioning.
- Application of key parenting strategies to a broad range of target behaviors.
- Strategies for promoting generalization and maintenance of behavior change.
- Identification of indicators suggesting the presence of additional family risk factors.

### Estimating the number of program resources required for parents

Where Triple P is adopted within organizations as part of core business it can be expected that each practitioner could conduct (on average) 8 or 9 Standard Stepping Stones Triple P consultations per week (350 consultations per year). This would equate to 35 different client families per year per practitioner (given 10 sessions per Standard Stepping Stones Triple P delivery per family). Thus, each practitioner would require 35 *Stepping Stones Triple P Family Workbooks* per annum.

### Program Resource Formula

1 x Stepping Stones Triple P Family Workbook per family



## Level 5

### Enhanced Triple P Provider Training Course

#### What does the cost of the training include?

- 2 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).

#### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Enhanced Triple P (includes Practitioner's Manual for Enhanced Triple P and the Every Parent's Supplementary Workbook Modules).
- Supporting your Partner [DVD].
- Coping with Stress [DVD].

#### Do pre-requisites apply?

Practitioners must have previously completed one of the following courses: *Standard, Standard Teen, Standard Stepping Stones, Group, Group Teen, or Group Stepping Stones Triple P.*

This course includes training in Cognitive Behavior Therapy (CBT) strategies and experience in this area is an advantage when completing the course.

#### Who is best suited to this course?

Recommended for psychologists, psychiatrists, social workers, family counselors, school guidance officers, behavior management teachers and other allied health professionals.

#### Overview

The Enhanced Triple P Provider Training skills practitioners to provide family interventions which address family factors that may impact upon, and complicate, the task of parenting. These include problems with parental mood and adjustment and partner conflict. Typically families access Level 5 Enhanced interventions after completion of a Level 4 intervention.

Enhanced Triple P consists of a review interview which involves a brief assessment of progress to date, three stand alone modules, and a closure session. The three modules consist of a maximum of three 60-90 minute sessions.

- The *Practice Sessions* Module assists parents with implementation in the home environment and generalisation.
- The *Coping Skills* Module teaches a range of cognitive and behavioral strategies to manage mood and cope with everyday stress. It is designed for parents who are experiencing problems with personal adjustment which interfere with their parenting ability.
- The *Partner Support* Module is designed for two parent families with relationship adjustment or communication difficulties. It introduces parents to a variety of skills to enhance their teamwork as parenting partners including communication and problem solving skills.
- The *Maintenance and Closure* Module provides final opportunity to practise and plan for the future with a practitioner.

The Enhanced Triple P Provider Training Course comprises attendance at a 2-day training program, followed by a skills-based accreditation process.

#### Learning Outcomes

On completion of this program, practitioners will have enhanced knowledge and skills in the following areas:

- Assessment of personal and relationship adjustment of parents.
- Specific strategies for improving personal coping skills and reducing parental stress, anxiety, and depression.
- Reducing parenting conflict, improving parents' communication skills and promoting partner support.
- Helping parents develop independent problem solving skills.
- Strategies for promoting generalization and maintenance of behavior change.

#### Estimating the number of program resources required for parents

Where Triple P is adopted by organizations as part of core business it can be estimated that a proportion of families accessing other Triple P interventions will require additional support in Enhanced Triple P (approximately 25 families per practitioner per annum). It is estimated that an average of 3 out of the available 4 supplementary workbooks are used by each family at this level of support.

#### Program Resource Formula

3 x Every Parent's Supplementary Workbook Modules per family



## Level 5

# Pathways Triple P Provider Training Course

### What does the cost of the training include?

- 2 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Practitioner's Kit for Pathways Triple P (includes Practitioner's Manual, CD-Rom with Group Pathways PowerPoint presentations, Pathways to Positive Parenting Modules).
- Coping with Stress [DVD].

### Do pre-requisites apply?

Practitioners must have completed one of the following: *Standard, Standard Teen, Standard Stepping Stones, Group, Group Teen, or Group Stepping Stones Triple P.*

This course includes training in Cognitive Behavior Therapy (CBT) strategies and experience in this area is an advantage when completing the course.

### Who is best suited to this course?

Recommended for psychologists, psychiatrists, social workers, family counselors, school guidance officers, behavior management teachers and other allied health professionals.

### Overview

Pathways Triple P is a comprehensive parenting intervention for parents at risk of maltreating their children. Training to deliver this intervention is recommended for professionals who in the course of their duties regularly consult with parents at risk of maltreating their children, and have the capacity to deliver an extended group or individual program.

This course extends understanding of parent training with parents at risk for child maltreatment and the factors associated with abuse of children. It includes components addressing risk factors commonly encountered with maltreating parents, such as anger control problems and attributional biases. Modules include:

- Avoiding Parent Traps
- Coping with Anger
- Maintenance and Closure.

The Pathways Triple P Provider Training Course comprises attendance at a 2-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

On completion of this course, practitioners should have knowledge and skills in the following areas:

- Advanced assessment of child and family functioning.
- Identification of indicators suggesting the presence of additional risk factors within families.
- The delivery of interventions targeting additional risk factors, including anger management training and cognitive restructuring skills.
- Strategies for promoting generalization and maintenance of behavior change.

### Estimating the number of program resources required for parents

Where Triple P is adopted by organizations as part of core business it can be estimated that a proportion of families accessing other Triple P interventions will require additional support in Pathways Triple P. It is predicated that three supplementary workbooks are used by each family who access this level of support.

Note: Organizations will need to determine what proportion of their clientele will require this Level 5 intervention. It is estimated each practitioner would see 25 families per annum.

### Program Resource Formula

3 x Pathways to Positive Parenting Modules per family



## Level 5

### Group Lifestyle Triple P Provider Training Course

#### What does the cost of the training include?

- 3 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).
- Access to the Triple P Provider Network for up to 20 Providers.

#### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Facilitator's Kit for Group Lifestyle Triple P (includes Facilitator's Manual, CD-Rom with Group Lifestyles Triple P PowerPoint presentations, Lifestyle Triple P Group Workbook, Active Games Booklet and Recipe Booklet).
- Every Parent's Survival Guide [DVD].

#### Do pre-requisites apply?

No Triple P pre-requisites apply. However, it is desirable that practitioners have knowledge of child development, psychopathology, physical science and food nutrition to undertake this training.

#### Who is best suited to this course?

Those who are able to provide long term regular group interventions, including school counselors, nurses, psychologists, social workers.

#### Overview

Group Lifestyle Triple P is a family intervention strategy designed for delivery to groups of parents who require information and practical strategies to help manage their children's weight-related behavior.

Specifically, Group Lifestyle Triple P is delivered to parents of overweight or obese children aged 5 to 10 years, over the course of 4 to 5 months (minimum 14 weeks). The program involves 10 (1½ hour) group sessions that educate and actively train skills related to nutrition, physical activity and positive parenting, and 4 (15 to 30 minute) individual telephone consultations that follow a self-regulatory format to facilitate individual family goal-setting and progress monitoring.

The Group Lifestyle Triple P Provider Training Course comprises attendance at a 3-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

#### Learning Outcomes

Practitioners successfully completing this program will have advanced knowledge and skills in the following areas:

- Monitoring child growth using height, weight and BMI (Body Mass Index).
- Assessing child and family functioning.
- Strategies for promoting generalization and maintenance of behavior change.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Telephone support consultations with parents.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.

#### Estimating the number of program resources required for parents

Where Triple P is adopted within organizations as part of core business it is expected that each practitioner would conduct (on average) 2 group programs per year with approximately 10 families in each program. Thus, each practitioner would require 20 copies of *Every Parent's Group Lifestyle Workbook* per annum.

#### Lifestyle Triple P Extension Day

*A two-day Lifestyle Triple P Extension course is available for practitioners who have already completed training in Group Triple P, and wish to extend their services to include assisting families with child weight-management concerns.*

#### Program Resource Formula

- 1 x Every Parent's Group Lifestyle workbook per family
- 1 x Lifestyle Triple P recipe booklet per family
- 1 x Lifestyle Triple P active games booklet per family



## Level 5

# Family Transitions Triple P Provider Training Course

### What does the cost of the training include?

- 2 training days (maximum of 20 practitioners).
- 2 accreditation days undertaken 6-8 weeks post training. Each practitioner attends only one half-day workshop (a maximum of 5 practitioners attending each workshop and a total of 10 practitioners attending per day).
- Training materials include: recommended readings, participant notes, questionnaires/evaluation forms for each practitioner.
- Triple P practitioner resources (refer below for description).

### What Triple P practitioner resources are included with training?

Each practitioner will receive a copy of the following:

- Facilitator's Kit for Family Transitions Triple P (includes Facilitator's Manual, CD-Rom with Family Transitions Triple P PowerPoint presentations, Family Transitions Triple P Workbook and Relaxation CD).
- Family Transitions Triple P- positive parenting after separation and divorce [DVD].

### Do pre-requisites apply?

Practitioners must have completed one of the following: *Standard*, *Standard Teen*, *Standard Stepping Stones*, *Group*, *Group Teen*, or *Group Stepping Stones Triple P*.

This course includes training in Cognitive Behavior Therapy (CBT) strategies and experience in this area is an advantage when completing the course.

### Who is best suited to this course?

Recommended for psychologists, psychiatrists, social workers, family counselors, school guidance officers, behavior management teachers and other allied health professionals.

### Overview

Family Transitions Triple P is a cognitive-behavioral family intervention designed to be delivered to parents who are experiencing personal distress from separation or divorce, which is impacting on, or complicating, the task of parenting.

A qualified provider typically delivers Family Transitions Triple P to parents over five group sessions before they complete Group Triple P or Group Teen Triple P. Family Transitions Triple P assists in managing conflict with former partners, coping with distressing emotions and managing the transition from being a two-parent family to a single-parent family.

The Family Transitions Triple P Provider Training Course comprises attendance at a 2-day training program, followed some weeks later by demonstration of knowledge and competence in program delivery through a skills-based accreditation process.

### Learning Outcomes

Practitioners successfully completing this program will have enhanced knowledge and skills in the following areas:

- Assessment of personal adjustment in parents following divorce.
- Specific strategies for improving personal coping skills and reducing parenting stress anxiety, anger and depression.
- Specific strategies for reducing conflict between parents and improving communication.
- Strategies for promoting work, family, and play balance and gaining appropriate social support.
- Helping parents develop independent problem solving skills.
- Use of consultation resources (audio visual materials and parent workbooks).

### Estimating the number of program resources required for parents

Where Triple P is adopted by organizations as part of core business it can be estimated that a proportion of families accessing Level 4 interventions will require additional support to help them to deal with separation and divorce.

Organizations will need to determine what proportion of their clientele will require this Level 5 intervention. One Family Transitions Workbook and Relaxation CD is required for each parent.

### Program Resource Formula

- 1 x Family Transitions Workbook per family
- 1 x Family Transitions Relaxation CD per family