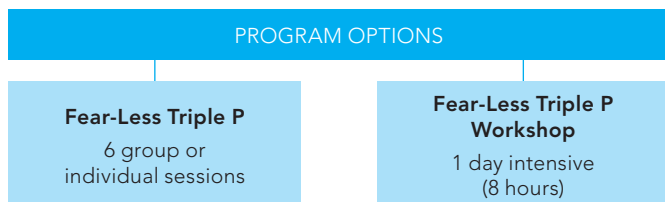


# FEAR-LESS TRIPLE P

## WHAT IS FEAR-LESS TRIPLE P?

Fear-Less Triple P supports parents and helps them to learn new cognitive behavioral strategies for anxiety management, encouraging them to apply these themselves for all their children. The Fear-Less Triple P program can either be completed in six weekly group or individual sessions, or as a 1-day intensive group workshop.



## WHO IS IT FOR?

Both variants are intensive interventions suited to parents or caregivers of children aged from 6 to 14 years who have moderate to high levels of anxiety that negatively impact on everyday functioning.

## WHAT IS COVERED IN THE SESSIONS WITH PARENTS?

### Session 1: Anxiety – what is it and how does it develop?

This session provides parents with psychoeducation about anxiety and how it works. Parents are encouraged to reflect on how anxiety impacts their family and how their family reacts to anxiety. The session aims to give parents a better understanding of the development of their child's anxiety and why it continues. At the end of the session, parents establish some goals for change to focus on through the program.

### Session 2: Promoting emotional resilience in children

Parents are introduced to parenting strategies that promote emotional resilience in children. These strategies help parents encourage their children to express, tolerate and manage their upsetting emotions more effectively. Parents are also introduced to a tool that helps to track how anxious their child is feeling.

### Session 3: Modelling and the way children think

This session introduces the importance of parental modelling in understanding children's emotional reactions. The session also covers how thoughts can affect the development and maintenance of anxiety, highlighting the importance of flexible thinking and teaching parents to encourage this skill in children.

### Session 4: The way you behave – avoidance and exposure

Practitioners teach parents about avoidance, the most common response to anxiety. Practitioners introduce the value of exposure and the use of the Fear Ladder as an approach to gradually confronting anxiety.

### Session 5: Parental strategies for responding to children's anxiety

Practitioners discuss common ways that parents respond to children's anxiety, as well as the advantages and disadvantages of each. Parents are encouraged to reflect on which responses are relevant to them and what they might want to think about changing. Practitioners work with parents to develop a parenting plan to encourage children to confront and overcome their fears using a Fear Ladder and to start using it with their child at home.

### Session 6: Constructive problem solving – how to promote it and maintain gains

Practitioners help parents develop a constructive step-by-step coping plan and offer some guidelines on maintaining changes over time.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to consultations, the practitioner should allow time for preparing for the sessions and supervision. Please see the table below for an approximate delivery guideline time for each program.

INDIVIDUAL OR GROUP PROGRAM	
CONSULTATION TIME	12 hours (2 hours per session for 6 sessions)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	2 hours
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	6 hours
CASE NOTES AND REPORT WRITING**	1 hour
TOTAL TIME	21 hours per intervention
WORKSHOP PROGRAM	
CONSULTATION TIME	8 hours (Workshop)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	2 hours
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	3 hours
CASE NOTES AND REPORT WRITING**	30 minutes
TOTAL TIME	13 ½ hours per workshop

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.



## WHAT RESOURCES DO PARENTS RECEIVE?

Families that attend the program receive a copy of the Fear-Less Triple P Workbook.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

	GROUP/ WORKSHOPS	INDIVIDUAL
NUMBER OF INTERVENTIONS PER YEAR	4 groups/ workshops	15 families
NUMBER OF FAMILIES PER INTERVENTION	6 families	1 family
RESOURCES PER FAMILY	1 x Fear-Less Triple P Workbook	
TOTAL NUMBER OF FAMILIES	24 families	15 families
TOTAL RESOURCES PER YEAR	24 x Fear-Less Triple P Workbooks	15 x Fear-Less Triple P Workbooks

## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Fear-Less Triple P to families, practitioners must have completed an approved active skills training program and demonstrated their knowledge and competence in program delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE- ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2-3 hours (hourly meetings per month)
TOTAL TIME	5 ½ days

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. Assumes the professional will have basic professional training in psychology, psychiatry, paediatrics, medicine, nursing, education, social work or counselling.

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Awareness of the significance of child anxiety and its causal and maintaining factors, as well as proficiency in assessing child anxiety and family functioning.
- Familiarisation with the Fear-Less Triple P program content, structure, delivery variants and rationale.
- Use of behavioral rehearsal to help parents coach their children in effective anxiety management strategies.
- Ability to help parents transfer Triple P strategies to different situations and behaviors.
- Use of the self-regulatory approach when responding to parent questions and giving parents constructive feedback regarding implementations strategies.
- Able to address parent resistance and other common process issues.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

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

- Practitioner’s Kit for Fear-Less Triple P (includes Practitioner’s Manual, Fear-Less Triple P PowerPoint Presentation, Fear-Less Triple P Parent Workbook).

## FEAR-LESS TRIPLE P SEMINAR

There is also a 2-hour seminar option, which can be used to engage parents in the program or for parents who would like some tips on anxiety management for their family. The topics covered with parents in the seminar include:

- Understanding how anxiety works.
- Becoming the best possible model of anxiety management for their children.
- Becoming effective emotion coaches.
- Understanding and teaching the value of flexible thinking.
- Managing their children’s anxiety effectively.
- Using constructive coping.

To provide the seminar to families, practitioners must have completed Level 4 Fear-Less Triple P Provider Training plus the Level 2 Fear-Less Triple P Seminar Extension training. Alternatively practitioners accredited in Level 4 Fear-Less Triple P and Level 2 Selected Triple P can apply for Special Accreditation. Please contact your local Triple P office for more information.

