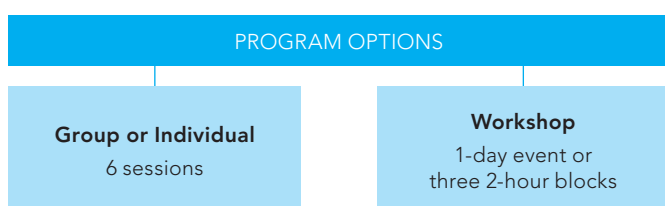


# FEAR-LESS TRIPLE P

## WHAT IS FEAR-LESS TRIPLE P?

Fear-Less Triple P is a cognitive-behavioral parenting intervention that supports parents to help children manage their anxiety more effectively. The program encourages parents to generalize strategies to all family members, not just the child of concern.

Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a toolbox of strategies and choose the most effective to respond to their child's anxiety. The Fear-Less Triple P program can either be completed in six weekly group or individual sessions, or as an intensive group workshop.



## WHO IS IT FOR?

Both variants are suited to parents or caregivers of children aged from 6 to 14 years who have moderate to high levels of anxiety that cause significant distress or impact on their everyday functioning.

## WHAT IS COVERED IN THE SESSIONS WITH PARENTS?

### Session 1: Understanding anxiety

In this session, parents learn about anxiety and how it works. Parents are encouraged to reflect on how anxiety impacts their family. 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

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: Setting a good example and encouraging realistic thinking

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: Understanding avoidance

In this session, parents learn about avoidance, the most common response to anxiety. Parents are introduced to the principle of exposure and the 'fear ladder', a tool used to gradually confront and overcome anxiety.

### Session 5: Responding to children's anxiety

This session focuses on the most common ways parents respond to children's anxiety, and the advantages and disadvantages of each. Parents are encouraged to reflect on which responses are relevant to them and what they might want to do differently.

### Session 6: Constructive problem solving and maintaining progress

This session introduces parents to a step-by-step problem solving approach to help children manage their anxiety. It also covers some guidelines on how to maintain positive 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	9-12 hours (1 ½–2 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	18–21 hours per intervention
WORKSHOP PROGRAM	
CONSULTATION TIME	6 hours (1 day or 3 blocks of 2 hours)
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	11 ½ hours per workshop

\*An additional 2-3 minutes per family should be allowed for reviewing the Fear-Less Triple P Program Satisfaction Questionnaire 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	25 families
NUMBER OF FAMILIES PER INTERVENTION	8 families	1 family
RESOURCES PER FAMILY	1 x Fear-Less Triple P Workbook	
TOTAL NUMBER OF FAMILIES	32 families	25 families
TOTAL RESOURCES PER YEAR	32 x Fear-Less Triple P Workbooks	25 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.
- Familiarization with the Fear-Less Triple P program content, structure, delivery variants and rationale.
- Knowledgeable in the strategies for promoting effective anxiety management, coping skills and resilience in children.
- Use of behavioral rehearsal to help parents coach their children in effective anxiety management strategies.
- Use of the self-regulatory approach when responding to parent questions and giving parents constructive feedback.
- 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 Fear-Less Triple P Practitioner’s Manual and Fear-Less Triple P Parent Workbook).
- The Fear-Less Triple P PowerPoint Session Presentations and Fear-Less Triple P Video can be downloaded from the Triple P Provider Site after training.

## SELECTED FEAR-LESS TRIPLE P

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.

To provide the seminar to families, practitioners must have completed Level 4 Fear-Less Triple P Provider Training plus the Level 2 Selected Fear-Less Triple P 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.

*Please note a service evaluation is required for Level 2 Selected Fear-Less Triple P.*

