



## Family Transitions Triple P

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### What is Family Transitions Triple P?

Family Transitions Triple P is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. It is delivered to parents before they complete Level 4 Group or Standard Triple P and consists of five sessions. Family Transitions Triple P assists parents who need extra support to adjust and manage the transition from a two-parent family to a single-parent family. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

### Who is it for?

Parents who benefit from this program are those who have or are going through separation and divorce where there are unresolved conflicts and difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting the children or they may want to learn ways to talk to their children about it and teach them ways to cope. Parents who do this course usually have concurrent concerns about their child's behavior.

### What is covered in sessions with parents?

**Session 1: Divorce - a family transition.** During this session, parents learn the parent traps during separation and divorce, how to talk to their children about separation and divorce, and how to help children manage their emotions.

**Session 2: Coping with emotions (1).** Parents learn to identify unhelpful emotions (e.g., stress, anxiety, anger) and the link between these unhelpful emotions and parenting. Coping skills and relaxation strategies will also be discussed during this session.

**Session 3: Coping with emotions (2).** This session teaches parents how thoughts influence emotions and how they can challenge those automatic unhelpful thoughts. They will also learn coping strategies and how to take care of themselves.

**Session 4: Managing conflict.** During this session, the practitioner explains to parents the model of conflict and provides different conflict response styles. Parents will learn assertive communication skills, how to hold a child-related discussion with their former partner, problem solving techniques, and develop a parenting plan.

**Session 5: Balancing work, family and play.** During this session, the practitioner discusses with parents developing a new family identity, social support, and developing new romantic relationships.

*Note: these five sessions are followed by either Group Triple P, Group Teen Triple P, Group Stepping Stones Triple P, Standard Triple P, Standard Teen Triple P, or Standard Stepping Stones Triple P.*

# Triple P – Positive Parenting Program®



## What resources do parents receive?

Each family will receive a copy of the Family Transitions Triple P Workbook and Relaxation CD.

## How much time is needed to deliver the intervention?

In addition to consultations, the practitioner should allow time for reviewing satisfaction questionnaires, and preparing for the session and/or supervision. Please see the table below for an approximate delivery guideline time for each group.

Course	Face to Face Consultation or Group Session Time	Questionnaire Scoring and Feedback - Pre and Post Assessment*	Telephone Support or Home Visit	Session Preparation and Post-Session Debrief/Supervision	Case notes and Report Writing**	Total Time
Family Transitions Triple P	10 hours (2 hours per session for 5 weeks)	2 hours (8 participants on average per group)	n/a	5 hours	4 hours (8 participants, 30 mins per participant)	22 hours per group

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

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

## What is involved in provider training?

To provide Family Transitions Triple P to families, practitioners must have completed an 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.

Course	Number of Training Days (9.00am - 4.30pm)	Pre-Accreditation Day (9.00am - 4.30pm)	Preparation Time for Accreditation Day	Accreditation Day	Peer Support	Total Time
Family Transitions Triple P*	2 days	n/a	4-6 hours (quiz and competency preparation)	Half day	n/a (combined with Level 4 Course)	3½ days

\*Practitioner must have previously attended Level 4 Triple P Course.

## What resources do practitioners receive?

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

- Facilitator's Kit for Family Transitions Triple P (includes Facilitator's Manual, Family Transitions Triple P Workbook, Relaxation CD, and Session Presentations); and
- Family Transitions Triple P [DVD].