

# TRIPLE P WORKSHOP SERIES

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## WHAT ARE TRIPLE P WORKSHOPS?

The Triple P Workshop Series consists of several half-day topic-specific workshops. Each workshop is designed for practitioners who have previously completed a Triple P Provider Training Course. The workshops provide the opportunity for practitioners to review and enhance skills following participation in a Triple P Provider Training Course. Practitioners who may benefit from the workshops are those who:

- Want additional skills to deliver Triple P to support parents better (e.g. providing telephone support).
- Need additional information and familiarisation with elements from the Triple P Provider Training (e.g. using assessment measures).
- Require additional support to supplement what they may be receiving from supervision or peer support (e.g. flexibility and fidelity, cultural diversity).

A variety of instructional methods, including didactic presentation, clinical problem solving, group discussion, and exercises are used throughout the workshops.

## WHAT IS COVERED IN EACH WORKSHOP?

### Workshop 1: Assessment

The Triple P Assessment Workshop is designed for practitioners who offer Level 4 Triple P to parents and provides a review of the importance of assessment and practical exercises to enhance skills in interpreting family assessment data. At the end of this workshop, participants should be able to:

- Understand the importance of assessment information.
- Be more familiar with the assessment tools commonly used in Triple P.
- Quickly and efficiently interpret pre-intervention information.
- Use pre-assessment information to better inform a tailored intervention for families.

### Workshop 2: Telephone Support

The Triple P Telephone Support Workshop is designed for practitioners who offer Level 3 Primary Care Triple P, Level 4 Standard Triple P, Self-Directed Triple P, or Triple P Online to parents and provides a rationale for the use of telephone support and practical exercises to enhance skills in conducting telephone consultations. The workshop will provide practitioners with enhanced knowledge and skills in the following areas:

- Understand the rationale for and purpose of providing telephone support.
- Preparation for adapting elements of face-to-face Triple P interventions for telephone delivery.
- Use of the self-regulatory framework to help parents solve their own problems.
- Use pre-assessment information to better inform a tailored intervention for families.

### Workshop 3: Flexibility and Fidelity

The Triple P Flexibility and Fidelity Workshop is designed for practitioners who offer any Triple P course to parents. The workshop provides a review of the challenges of providing parenting programmes that are responsive to the needs of parents while adhering to evidence-based practice. At the end of this workshop, participants should be able to:

- Understand the importance and rationale for delivering Triple P with fidelity.
- Be better able to adapt aspects of Triple P interventions to suit the needs of parents.
- More confidently use the self-regulatory framework to help parents solve problems.

### Workshop 4: Cultural Diversity

The Triple P Cultural Diversity Workshop is designed for practitioners who offer any Triple P course to parents and aims to increase their skills and knowledge about adapting Triple P programmes to flexibly meet the cultural, ethnic, or religious values and beliefs of parents. The workshop will provide practitioners with enhanced knowledge and skills in the following areas:

- The importance of acknowledging differences among parents.
- Preparation for adapting aspects of Triple P interventions to better suit the needs of individual parents.
- More confidently use the self-regulatory framework to help parents adapt Triple P to fit their own beliefs and values.

### **Workshop 5: Engaging Parents**

The Triple P Engaging Parents Workshop is designed for practitioners who offer any Triple P course to parents and provides a review and update following participation in Triple P Provider Training. At the end of this workshop, participants should be able to:

- Recognise the varying challenges of engaging parents.
- Be aware of opportunities to enhance engagement at varying points along a continuum.
- Use specific strategies at different points along a continuum.

### **Workshop 6: Group Skills for Delivering Triple P**

The Triple P Group Skills Workshop is designed for practitioners who offer any Triple P course in a group format to parents and explores the challenges of working in groups. The workshop provides practical exercises to enhance group skills and aims to increase practitioners' confidence and competence. The workshop will provide practitioners with enhanced knowledge and skills in the following areas:

- The varying challenges of facilitating group-based Triple P interventions.
- Awareness of opportunities to engage parents during group-based interventions.
- Effective management of group process issues.
- Confidence to answer parent questions using the self-regulatory framework.
- Using specific management strategies to deal with resistance.

### **Workshop 7: Using Tip Sheets**

The Triple P Using Tip Sheets Workshop is designed for practitioners who have completed any Triple P Provider Training Course and provides information on using tip sheets with parents completing Seminar, Discussion Group, Group or Standard Triple P programmes. The workshop will provide practitioners with enhanced knowledge and skills in the following areas:

- The importance of using a tip sheet to develop a parenting plan.
- Preparation for using tip sheets as additional consultations.
- Developing and reviewing parenting plans based on the self-regulatory framework.
- Effective management of issues concerning the development and review of a parenting plan.

### **Workshop 8: Triple P Peer Support**

The Triple P Peer Support Workshop is designed for practitioners who offer any Triple P course to parents. The workshop reviews the Peer Assisted Supervision and Support (PASS) model, providing exercises to enhance practitioners' confidence and competence in facilitating and participating in PASS sessions. The workshop will provide practitioners with enhanced knowledge and skills in the following areas:

- The importance and rationale for a self-regulatory framework in self-evaluation and support.
- Preparation for giving and receiving feedback.
- Skill in conducting PASS sessions based on a self-regulatory framework.
- Effective strategies for managing common process issues arising during peer support.

### **Workshop 9: Clinical and Implementation Support**

This Triple P Clinical and Implementation Support Workshop is designed for practitioners who have completed any Triple P Provider Training Course for parents. The workshop provides an exploration of the challenges of implementing Triple P programmes with parents and practical exercises to enhance skills in achieving this. The workshop will provide practitioners with enhanced knowledge and skills in the following areas:

- Interpreting and using questionnaire data.
- Managing cultural diversity, flexibility and process issues.
- Using the self-regulatory framework to respond to parents' concerns.

### **Workshop 10: Online Support**

The Triple P Online Support Workshop is designed for practitioners who offer any Triple P programmes remotely to parents and provides a rationale for the use of online and other remote support options and practical exercises to enhance skills in conducting remote consultations. The workshop will provide practitioners with enhanced knowledge and skills in the following areas:

- Understand the rationale for and purpose of providing remote support.
- Preparation for adapting elements of face-to-face Triple P interventions for remote delivery.
- Use of the self-regulatory framework to help parents solve their own problems.
- Use pre-assessment information to better inform a tailored intervention for families.