

TRIPLE P PRACTITIONER SUPPORT SESSIONS

WHAT ARE THE TRIPLE P PRACTITIONER SUPPORT SESSIONS?

The Triple P Practitioner Support Sessions consist of brief 90-minute topic-specific sessions. Each session is designed for practitioners who have previously completed a Triple P Provider Training Course, and to optimise practitioner input and participation.

The support sessions are relevant to all Triple P providers irrespective of the level of Triple P programme being delivered, the parents being served or the culture or language of participants. Sessions can be delivered in-person¹ or remotely via Zoom, and each participant is encouraged to participate in the discussions to ensure a successful session. Practitioners who may benefit from the Practitioners Support Sessions are those who:

- Want additional skills to deliver Triple P to support parents better.
- Need additional information and familiarisation with Triple P Strategies and how these apply to particular issues.
- Require additional support to better support the parents they see.

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 SESSION?

The sessions have a common structure with a focus on self-regulation and the use of the Triple P Strategy Pyramids. Focusing on the strategies depicted in the pyramids helps to ground the discussions as to the available practical options for parents within core Triple P programmes and guides the session structure. Participants are encouraged to share their thoughts, experiences and issues.

Topic 1: Attachment

This topic covers self-regulation, what is attachment, Triple P strategies, and how Triple P promotes secure attachment and manages insecure attachment.

Topic 2: Working with Complex Families

During this session, the trainer covers self-regulation, parenting challenges for complex families, Triple P strategies, and how Triple P can contribute to preventing and responding to serious family dysfunction.

Topic 3: Time-out

Participants will discuss self-regulation, time-out and its purpose, Triple P strategies, and how to ensure effective time-out and reduce the need for it.

Topic 4: Trauma

This topic provides the opportunity to discuss self-regulation, what is individual trauma, Adverse Childhood Experiences (ACEs), Triple P and trauma-informed principles, Triple P strategies, and the role Triple P can play in preventing and responding to trauma.

Topic 5: Bullying

Participants will discuss self-regulation, what is bullying, Triple P strategies, and what role Triple P can play in reducing the chances of a child being bullied and responding to bullying.

Topic 6: Delivering Brief Primary Care Triple P

During this session, practitioners previously trained in Level 3 Primary Care Triple P will discuss self-regulation, Triple P interventions, what is Brief Primary Care Triple P, Triple P strategies, and the rationale and indicators for Brief Primary Care Triple P.

¹ In-person is an option when government rules, safety and insurance requirements allow.