



# Primary Care Teen Triple P Session 1 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered, or with a cross  if the item was omitted.

Client name: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Introduction (welcome and self-introduction) and Agenda

(outline proposed session goals and gain consent from the parent/s)

- Assessment of teenager behavior problems
- Options for intervention
- Keeping track of teenager's behavior
- Homework tasks

### 02. Intake Interview

- Discuss each parent's current main concerns about their teenager's behavior (nature; context; intensity; frequency; duration; onset; course; other carers' approaches)
- Check for any developmental difficulties or health problems
- Check on the teenager's educational history
- Explore family relationships and interaction

### 03. Options for Intervention

- Ascertain the appropriateness of Primary Care Teen Triple P for the family
- Discuss continuation of the program if appropriate
- Discuss referral if appropriate

### 04. Keeping Track of Teenagers' Behavior

- Decide on the target behavior/s to monitor
- Provide a rationale for monitoring teenagers' behavior
- Devise a system for keeping track of the target behavior/s

### 05. Session Close

- Review the main points covered in the session
- Explain homework tasks (complete the *Family Background Questionnaire*, *Parenting Experience Survey*, and daily monitoring; review influences on teenager behavior and complete the checklist)
- Schedule the next appointment

## Session Notes

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# Primary Care Teen Triple P Session 1 Summary



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## Additional Agenda Items

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## Homework Tasks

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Signed: ..... Date completed: .....



# Primary Care Teen Triple P Session 2 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered, or with a cross  if the item was omitted.

Client name: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Agenda .....

(outline proposed session goals and gain consent from the parent/s)

- Review assessment information
- Discuss influences on teenager behavior
- Develop specific goals for change (*Goal Achievement Scales*)
- Develop a parenting plan
- Homework tasks

### 02. Feedback of Assessment Results .....

- Check the problem is still current and explain the feedback process
- Discuss data from each type of assessment (interview, monitoring, observation)
- Provide an integrating summary
- Check the accuracy of your summary

### 03. Influences on Teenager Behavior .....

- Outline the purpose of discussing influences on teenagers' behavior
- Ask the parent/s which factors they consider relevant to their teenager
- Prompt the parent/s to identify other influences
- Share your own observations if necessary
- Provide an integrating summary

### 04. Goals for Change .....

- Devise *Goal Achievement Scales*

### 05. Parenting Plan .....

- Introduce a parenting plan from a tip sheet, tailor a plan from a tip sheet for a similar problem or develop a plan using the *Planning Ahead* form
- Prompt the parent/s to transfer key steps on to a *Parenting Plan Checklist*
- Rehearse strategies as required

### 06. Session Close .....

- Review the main points covered in the session
- Explain homework tasks (continue to monitor target behavior/s; implement parenting plan and monitor on *Parenting Plan Checklist*, practice specific skills)
- Schedule the next appointment



# Primary Care Teen Triple P Session 2 Summary



## Session Notes

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## Additional Agenda Items

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## Homework Task

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Signed: ..... Date completed: .....



# Primary Care Teen Triple P Session 3 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered, or with a cross  if the item was omitted.

Client name: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Agenda

(outline proposed session goals and gain consent from the parent/s)

- Review of monitoring
- Review of implementation of the parenting plan and fine-tuning where necessary
- Overcoming obstacles to implementation
- Additional agenda items
- Homework tasks

### 02. Update on Progress

- Review monitoring of the target behavior/s (try to link changes in teenager behavior to changes in parenting strategies used)
- Review implementation of the parenting plan

Ask what worked (at least two positive points):

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Ask what the parent/s could have done differently:

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- Fine-tune routines as required
- Provide a model and rehearse specific skills until the parent/s reach a sufficient level of proficiency
- Check for understanding, unhelpful thoughts and other obstacles to implementation of the parenting plan
- Develop a coping plan to overcome identified obstacles



# Primary Care Teen Triple P Session 3 Summary



### 03. Other Issues \_\_\_\_\_

- Discuss any other issues the parent/s want to cover, such as developing a new parenting plan for another target behavior (use minimal prompts to help the parent/s solve any problems)

### 04. Session Close \_\_\_\_\_

- Review the main points covered in the session
- Explain homework tasks (continue to monitor target behavior/s; continue to implement parenting plan/s; other personal goals for practice)
- Schedule the next appointment

#### Session Notes

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#### Additional Agenda Items

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#### Homework Task

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Signed: ..... Date completed: .....



# Primary Care Teen Triple P Session 4 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered, or with a cross  if the item was omitted.

Client name: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Agenda

(outline proposed session goals and gain consent from the parent/s)

- Review of monitoring
- Review of implementation of parenting plan/s and fine-tuning where necessary
- Review of progress
- Maintenance of progress made
- Additional agenda items
- Completion of post-intervention assessment forms

### 02. Update on Progress

- Review monitoring of the target behavior/s (try to link changes in teenager behavior to changes in parenting strategies used)
- Review implementation of the parenting plan/s and homework goals for practice

Ask what worked (at least two positive points):

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Ask what the parent/s could have done differently:

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- Fine-tune routines and rehearse specific skills as required
- Check for any obstacles to implementation of the parenting plan/s and develop a coping plan to overcome identified obstacles



# Primary Care Teen Triple P Session 4 Summary



- Ask the parent/s what improvements they have seen in their teenager's and their own behavior since starting the program (refer to goals set in Session 2 recorded on the *Goal Achievement Scale Worksheet/s* and note percentage success achieved)
- Ask the parent/s what further improvements they would like to see in their own and their teenager's behavior and prompt them to think about how to achieve these goals
- Discuss ways of maintaining progress made

### 03. Other Issues \_\_\_\_\_

- Discuss any other issues the parent/s want to cover (use minimal prompts to help the parent/s solve any problems):

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### 04. Session Close \_\_\_\_\_

- Review the session
- Ask the parent/s to complete the *Parenting Experience Survey* and *Client Satisfaction Questionnaire*
- Discuss referral options as appropriate
- Congratulate and thank the parent/s for participating in Triple P

#### Session Notes

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#### Additional Agenda Items

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Signed: ..... Date completed: .....