



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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Additional Agenda Items

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Homework Tasks

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Signed: Date completed: