



# 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



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## Session Notes

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## Additional Agenda Items

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## Homework Task

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