



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



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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: