



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



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- 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: